



MitoHearts

Knitting Pattern

Each heart uses a small amount of bulky or worsted **yarn**. The sample hearts were knit with Big Twist acrylic yarn. Color: Light Green. One skein will go a long way. The green is for Mito, but you can use other colors if you do not already have or want to buy green yarn. Please only use acrylic yarn to avoid potential allergic reactions to the hearts.

Gauge:

You do not need to have an exact gauge for the hearts. It should be tight enough to make a firm fabric that will hide the polyester filling when it is stuffed. Desired gauge is about 9 stitches = 2". A finished unstuffed heart is about 3" high and 3' wide.

Needles and Notions:

1. The project is worked on a size 8 (5 mm) knitting needles. Two single pointed needle or one circular needle (20-24")
2. A darning or yarn needle for seaming
3. Polyester fiber fill to use for stuffing the hearts (such as Polyfill) • One stitch holder or a contrasting yarn for holding 17 stitches.

INSTRUCTIONS:

You will be knitting in stockinette stitch. The heart will be worked as one flat piece. To assemble the heart, all you need to do it is stuff it and sew up the backside.

TO BEGIN:

Cast on 6 sts with long tail cast on size 8 needle. You will start at the bottom of the heart.

Row 1 and all WS (odd) rows before row

Row 2:(RS): (K1, M1) twice, k2, (M1,K1)twice. (**10 Sts**)

Row 1-16 K2, (K1, M1) twice, K3, (M1,K1) twice, K1. **(14 Sts)**

Row 6 (RS): K3, (M1, K1) twice, K5, (M1,K1) twice, K2. **(18 Sts)**

Row 8 (RS): K4, (M1, K1) twice, K7, (M1,K1) twice, K3. **(22Sts)**

Row 10 (RS): K5, (M1, K1) twice, K9, (M1,K1) twice, K4. **(26 Sts)**

Row 12 (RS): K6, (M1, K1) twice, K11, (M1,K1) twice, K5. **(30 Sts)**

Row 14 (RS): K7, (M1, K1) twice, K13, (M1,K1) twice, K6. **(34 Sts)**

Row 16 (RS): Knit across. This is the final row for the bottom of the heart.

TOP "BUMPS" OF HEART

Row 17: P17 Sts. Do not break the yarn. Transfer the remaining 17 Sts to a stitch holder by slipping the stitches onto holder or contrasting color yarn for later.

BEGIN FIRST BUMP

Row 17

Row 18: (K1, K2tog, K3, Ssk) twice, K1 **(13 sts)**

Row 19: P

Row 20: (K1, K2tog, K1, Ssk) twice, K1 **(9 Sts)**

Cut yarn with about 6 -8" extra length. Pull yarn through stitches with a yarn needle to cast off.

BEGIN SECOND BUMP

Transfer the 17sts from your stitch holder to your needle.

Yarn ball should be attached with the **WS** facing you.

Row 1 (WS): Attach yarn, P across **17Sts.**

Row 2 (RS): (K1, K2tog, K3, **Ssk**) twice, K1 **(13 Sts)**

Row 3: (WS): P



Row 4 (RS): (K1, K2tog, K1, **Ssk**) twice, K1 (**9 Sts**) (Cast Off same as 1st bump)

FINISHING



1. Use a mattress stitch or any stitch of your choice to seam the heart together.
<https://www.purlsoho.com/create/mattressstitch/>

2. Sew the side edges of the first heart "bump" together with edges down to row 17. Row 17 is the low point of the V formed when row 17 split into the two bumps. **Repeat for second "bump"**. Photo shows stopping point.

3. Add some stuffing to fill up the bumps, then sew the side edges of the bottom together (rows 17 to 1). The seam runs down the back side of the heart.

2. Add more stuffing when you are about an inch from the point of the heart. When it is stuffed, it should feel a bit squishy, but do not add too much or the polyester fill will show through.

3. Finish by gathering together the cast on stitches at the bottom tip of the heart. Weave in all ends using your extra length of yarn from cast on.

Abbreviations:

K knit **P** purl **RS** right side **WS** wrong side **Sts** stitches

Ssk slip next stitch from left needle knit-wise and the following stitch purl-wise onto your right needle. Knit the two slipped stitches through the front of stitches on your needle. (Decrease by 1 stitch) <https://www.youtube.com/watch?v=KEsNBIC5cZU>

M1 Make a new stitch by picking up the horizontal bar between the needles, place it on the left needle and knit into the back of the stitch.

<https://www.youtube.com/watch?v=4wxoi4Bs3ao>

Thank you for sharing your time and energy to create hearts for MitoAction's MitoHearts project. We are grateful for your talents and support.

Modified solely for charitable use.

Original pattern by Amanda Berry's Hearts (Ravelry Pattern)