

## Mothers' Union's 16 Days of Activism

### Knit two white hearts and one purple heart, to symbolise #1 in 3

These hearts were originally designed to give hope and spread love in hospitals, care homes and hospices. For the 16 days of Activism against Gender Based Violence you might like to knit one purple heart and two white hearts to signify 1 in 3.

#### **You will need:**

A small amount of double knit yarn.

3.25mm (size 10) knitting needles

New polyester filling conforming to BS1425 (for cleanliness) and BS5852 (for flammability)

**Abbreviations:** K Knit/ P Purl

**K2 tog** Knit 2 stitches together

**K2tog tbl** Knit 2 stitches together through the back of the loop

**Kfb** Knit into the front and back of the stitch

**M1** Make an stitch by knitting into the bar between 2 stitches

**P3 tog** Purl 3 stitches together

**Sts** Stitches

#### **Method: Makes 2**

Cast on 2 sts.

Row 1 Knit

Row 2 Purl

Row 3 (Kfb) twice. [4 sts]

Row 4 Purl

Row 5 K1, M1, knit to last st, M1, K1. [2 sts inc'd]

Row 6 Purl

Rep last 2 rows 8 more times. [22 sts]

Row 23 Knit

Row 24 Purl

Row 25 K1, M1, knit to last st, M1, K1. [24 sts]

Row 26 Purl

Row 27 Knit

Row 28 Purl

Row 29 Knit

#### **Method cont.**

Row 30 P12, turn and work on these sts only

Row 31 K1, K2tog tbl, K9. [11 sts]

Row 32 Purl

Row 33 K1, K2tog, knit to last 3 sts, K2tog tbl. K1

Rep last 2 rows twice more [5 sts]

Row 38 P1, p3tog, P1. [3 sts]

Cast off.

With wrong side facing, rejoin yarn and purl remaining 12sts.

Row 1 K9, k2tog, K1. [11 sts]

Row 2 Purl

Row 3 K1, K2tog tbl, knit to last 3 sts, k2tog

Rep last 2 rows twice more [5 sts]

Row 8 P1, p3tog, P1

Cast off



To find out more, please visit:

[www.mothersunion.org/MUGlobalDay](http://www.mothersunion.org/MUGlobalDay)