

# **BERNAT** EZ KNIT SOPHISTICATED KNOT PILLOWS

BRN0520-036391M | March 18, 2024



## **MATERIALS**

Bernat® Alize® Blanket-EZ™ (6.4 oz/180 g; 18 yds/16 m)

White (37001) **or** Orange Crush (37027) **3 balls or 54 yds/48 m** 

Susan Bates® steel yarn needle. Safety pin. Polyfil stuffing. Matching worsted weight scrap yarn or sewing thread with hand-sewing needle. 3 pairs of adult-sized pantyhose in white or matching color to secure stuffing.





#### **ABBREVIATIONS**

Approx =Rem = RemainingSt(s) = Stitch(es)ApproximatelyRep = RepeatWS = Wrong sideBeg = BeginningRnd(s) = Round(s)

**RS** = Right side

## **MEASUREMENT**

**Cont** = Continue

Approx 22" [56 cm] diameter.

## **GAUGE**

5 sts = 4'' [10 cm].

## **INSTRUCTIONS**

#### **Notes:**

- RS of project is facing at all times. **Do not** turn work.
- Loops from working yarn are always pulled through sts from back to front of work.
- Move safety pin at end of each rnd to mark end of rnd. As Tube lengthens, safety pin becomes less necessary for tracking.
- Tube will naturally lengthen and tighten up as knotted—take care to stuff lightly and evenly.

 Using pantyhose stocking legs to contain stuffing will keep the shape of EZ Pillow Tube consistent and will contain the stuffing securely.

## **EZ PILLOW TUBE**

Cut first 4 loops of yarn close to base to create a long yarn "tail" for seaming at end.



Count next 8 loops for foundation rnd.

Tie tail to working yarn between 8th and 9th loops to create ring. Place ring on a flat surface with loops pointing outward.

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**Set-up rnd:** Working from **right** to **left**, pull first loop from working yarn up through first loop of rnd (first loop to the left of tie). (Pull next loop from working yarn up through next loop of foundation rnd) 7 times. 8 sts in rnd. Place safety pin between first and last sts of rnd to mark end of rnd.

1st rnd: Working from right to left, pull first loop from working yarn up through first st. Pull next loop from working yarn up through next st of rnd. Continue in this manner to end of rnd.

Rep last rnd, AT SAME TIME stuffing lightly as you go using pantyhose legs (see below), until all 3 balls of **Bernat® Alize® Blanket-EZ™** have been worked, with 4 loops rem in last ball.

#### **STUFFING**

Cut pantyhose legs from waistband, creating 2 stocking Tubes. Discard waistband or save for future project. Roll down one stocking Tube and place inside EZ Pillow Tube (below). Fill with stuffing, taking care not to overstuff. Unroll and stuff stocking

Tube as EZ Pillow Tube lengthens. When stocking Tube length is complete, knot end and repeat process with another stocking Tube until entire EZ Pillow Tube has been stuffed. Cut extra length off last stocking Tube to match final length of EZ Pillow Tube, and secure with a knot.

### **FINISHING**

Cut last 4 loops of working yarn close to base to create a tail.

Fold Tube flat, aligning 8 sts into 2 rows of 4 sts, one in front of the other with yarn tail at right. Pull each loop from back row up through corresponding loop at front, 4 sts remain.

Working from **left** to **right**, pull 2nd st through first st. Pull 3rd st through 2nd st. Pull 4th st through 3rd st. Pull tail through remaining st. Tie to secure. Leave tail unwoven.

Use tail from beg of Tube to sew opening closed, leaving rem tail unwoven.

#### **KNOTTING**

**Note:** You may need to open and reknot your Pillow a few times until you reach desired look. Once finished, pull slack from loose areas, and tighten along path of knot.

1. Make pretzel-like shape with Tube as shown, with beg of Tube on left and rem length of Tube on right.



 Thread Tube over left side of pretzel, under inner left arm of pretzel, over inner right arm of pretzel, and under right side of pretzel, with rem length of Tube on right.



3. Pull Tube end until loop created is snugger.



4. Place end of Tube over outer edge of last loop formed (placement marked with an "X"). Run Tube alongside original path worked from beg.



Cont to follow path of Tube previously worked.





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5. Once knot is finished (shape shown below), adjust size of loops until happy with placement. Tuck ends of Tube onto WS of Pillow, using tails to secure in place.



6. On WS, secure Tube in place by sewing with coordinating worsted weight yarn or sewing thread along grooves marked in red, tacking together adjacent sections and overlapping areas as needed.



