# Bolster Squared

*Designed and woven by Constance Hall*

**Difficulty rating:** Easy weaving with some sewing and knitting

**Size:** 16" long x 20" circumference

**Yarn:** Trendsetter Zoe (50% Cotton/45% Viscose/5% Polyester; 50 grams/75 yards/skein), 4 skeins in #74 Ginger Snap.

**Other notions, equipment or tools:** Sewing machine or hand sewing needle; sewing thread and pins; 5 yards of ribbon; 1 yard of decorative cord; size 7 (4.5mm) double pointed knitting needles (DPNs); size 7 or H crochet hook; tapestry or yarn needle; bolster pillow form or stuffing.

**Overview:** This bolster pillow is easy to weave. Only 20 squares are needed for the body of this pillow but it depends on the size of the bolster form used. The squares are sewn together by hand or on the sewing machine. The seams are hidden by the flat ribbon which is sewn on top of the seams. The ends are knitted on and decorative cord is sewn on each end seam.
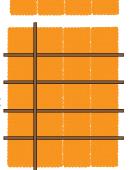
**Weaving:** Weave 20 squares with the Zoe yarn on the Zoom Loom. Weave in the ends of the yarn on each square while it is on the loom and trim the ends.

**Assembly:** Sew the squares into a large rectangle 5 squares by 4 squares. Butt the edges of two squares tightly together with no overlap, and using a wide zig-zag stitch, sew across the edge loops of the squares. Zig-zag the squares into 4 strips of 5 squares, then sew the strips into a rectangle. All the seams are sewn flat, butted together. If sewing by hand, whip stitch the squares together with doubled sewing thread.

Cut four pieces of ribbon long enough to cover the short seams plus two inches. Pin the ribbon into place with an inch overhanging each side of the woven rectangle. Sew a line of straight stitching on both edges of the ribbon, starting at one edge and going to the other edge.

Cut three pieces of ribbon long enough to cover the long seams plus two inches. Pin the ribbon into place with an inch overhanging each side of the woven rectangle. Sew a line of straight stitching on both edges of the ribbon. *Start and end the stitching half an inch from the edges of the woven rectangle to leave the ends of the ribbon loose.*

Fold the short sides of the woven rectangle together to create a tube. Butt the edges of the rectangle together and zig-zag the last seam closed, pulling the ribbon out of the way. Overlap and sew the ends of the ribbons to the seam, folding under the end of the top ribbon so that there is no raw edge showing.

**Knitting:** Using the crochet hook and the Zoe yarn, pick up 82 stitches around the end of the pillow. There are 16 loops on the edge of each square. Pick up a stitch in each loop plus one additional stitch on each side of the tube, as you work around

the end. 16 stitches per square times the 5 squares, plus 2 more picked up, gives you the 82 needed to start knitting. If you prefer, you can cast on and join 82 stitches instead of picking up stitches. You will need to knit two ends, then sew the knitted ends to the pillow.



Row 1- Knit
Row 2- Knit 8, knit 2 tog, repeat across row.
Row 3- Knit
Row 4- Knit 7, knit 2 tog, repeat across row.
Row 5- Knit
Row 6- Knit 6, knit 2 tog, repeat across row.
Row 7- Knit
Row 8- Knit 5, knit 2 tog, repeat across row.
Row 9- Knit
Row 10- Knit 4, knit 2 tog, repeat across row.
Row 11- Knit
Row 12- Knit 3, knit 2 tog, repeat across row.
Row 13- Knit
Row 14- Knit 2, knit 2 tog, repeat across row.
Row 15- Knit
Row 16- Knit 2 tog, repeat across row.

Cut the yarn leaving a 6" tail and thread the end on a tapestry needle. Draw the yarn though the remaining stitches, removing the needles. Pull the yarn to gather the remaining stitches tightly together and knot the yarn. Weave in the end.

Insert the pillow form and repeat the knitting on the other end. The pillow form has to be pushed down hard, to give some slack in the project so that the end stitches can be knitted.

**Finishing:** Cut the cord in half. Tuck the ends of the ribbons in the seam and hand sew one piece of cord over an end seam. Tuck one end of the cord into the seam and whip stitch the tail of the cord to the beginning. Make sure to leave no raw edge exposed. Repeat on the other end.