



HEARTBEAT DISHCLOTH

56212

by Knit Picks Design Team

FINISHED MEASUREMENTS

8.5" square

YARN

Dishie™ Multi (worsted weight, 100% Cotton;
190 yards/100g): Sailboat 28084, 1 skein

NEEDLES

US 7 (4.5 mm) straight or circular needles

NOTIONS

Yarn Needle
Stitch Markers

GAUGE

20 sts and 28 rows = 4" in Heartbeat Pattern, blocked



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Heartbeat Dishcloth

Notes:

This dishcloth is perfect for anyone looking for a fun, quick project. Knit in a simple chevron pattern, the dishcloth is bordered by Garter Stitch to keep it nice and flat. Work one up for a charming addition to any kitchen.

Heartbeat Pattern (flat over a multiple of 6 sts plus 6)

Row 1 (WS): K across.

Row 2 (RS): P across.

Rows 3: (K5, P1) to end.

Rows 4: (K1, P5) to end.

Rows 5: P1, (K3, P3) to last 5 sts. K3, P2.

Rows 6: K2, (P3, K3) to last 4 sts. P3, K1.

Rows 7: (P2, K1) to end.

Rows 8: (P1, K2) to end.

Rows 9: K1, (P3, K3) to last 5 sts. P3, K2.

Rows 10: P2, (K3, P3) to last 4 sts. K3, P1.

Rows 11: K2, (P1, K5) to last 4 sts P1, K3.

Rows 12: P3 (K1, P5) to last 3 sts, K1, P2.

Row 13: K across.

Row 14: P across.

Rep Rows 1-14 for pattern.

DIRECTIONS

Loosely CO 44 sts.

Knit four rows.

Row 1: K4, work Row 1 of Heartbeat Pattern to last 4 sts, K4.

Row 2: K4, work Row 2 of Heartbeat Pattern to last 4 sts, K4.

Work as established, working through Heartbeat Pattern, with 4 K sts at each end. Work until piece measures 8" from CO edge, approx four reps total, ending after a Row 14.

Knit four rows.

BO all sts.

Finishing

Weave in ends, wash, and block if desired.



Glossary

Common Stitches & Techniques

Slipped Stitches (SI)

Always slip stitches purl-wise with yarn held to the wrong side of work, unless noted otherwise in the pattern.

Make 1 Left-Leaning Stitch (M1L)

Inserting LH needle from front to back, PU the horizontal strand between the st just worked and the next st, and K TBL.

Make 1 Right-Leaning Stitch (M1R)

Inserting LH needle from back to front, PU the horizontal strand between the st just worked and the next st, and K TFL.

Slip, Slip, Knit (SSK)

(SI K-wise) twice; insert LH needle into front of these 2 sts and knit them together.

Centered Double Decrease (CDD)

Slip first and second sts together as if to work K2tog; K1; pass 2 slipped sts over the knit st.

Stockinette Stitch (St st, flat over any number of sts)

Row 1 (RS): Knit all sts.

Row 2 (WS): Purl all sts.

Rep Rows 1-2 for pattern.

St st in the round: *Knit every rnd.*

Garter Stitch (in the round over any number of sts)

Rnd 1: Purl all sts.

Rnd 2: Knit all sts.

Rep Rnds 1-2 for pattern.

Garter Stitch flat: *Knit every row.*

(One Garter ridge is comprised of two rows/rnds.)

1x1 Rib (flat or in the round, over an even number of sts)

Row/Rnd 1: (K1, P1) to end of row/rnd.

Rep Row/Rnd 1 for pattern.

2x2 Rib (flat over a multiple of 4 sts plus 2)

Row 1 (RS): K2, (P2, K2) to end of row.

Row 2 (WS): P2, (K2, P2) to end of row.

Rep Rows 1-2 for pattern.

2x2 Rib (in the round over a multiple of 4 sts)

Rnd 1: (K2, P2) to end of rnd.

Rep Rnd 1 for pattern.

Magic Loop Technique

A technique using one long circular needle to knit in the round around a small circumference. A tutorial can be found at <https://tutorials.knitpicks.com/wptutorials/magic-loop>.

Knitting in the Round with Two Circular Needles

A technique using two long circulars to knit around a small circumference. A tutorial can be found at <https://tutorials.knitpicks.com/knitting-in-the-round-with-2-circular-needles>.

Backward Loop Cast On

A simple, all-purpose cast on that can be worked mid-row. Also called Loop, Single, or E-Wrap Cast On. A tutorial can be found at <https://tutorials.knitpicks.com/loop-cast-on>.

Long Tail Cast On

Fast and neat once you get the hang of it. Also referred to as the Slingshot Cast On. A tutorial can be found at <https://tutorials.knitpicks.com/long-tail-cast-on>.

Cabled Cast On

A strong and nice looking basic cast on that can be worked mid-project. A tutorial can be found at <https://tutorials.knitpicks.com/cabled-cast-on>.

3-Needle Bind Off

Used to easily seam two rows of live stitches together.

A tutorial can be found at <https://tutorials.knitpicks.com/3-needle-bind-off>.

Abbreviations

approx	approximately	KFB	knit into front and back of stitch	PSSO	pass slipped stitch over	SSP	slip, slip, purl these 2 stitches together through back loop
BO	bind off	K-wise	knit-wise	PU	pick up	SSSK	slip, slip, slip, knit these 3 stitches together (like SSK)
BOR	beginning of round	LH	left hand	P-wise	purl-wise	St st	stockinette stitch (<i>see above</i>)
CN	cable needle	M	marker	rep	repeat	st(s)	stitch(es)
C (1, 2...)	color (1, 2...)	M1	make 1 stitch	Rev St st	reverse stockinette stitch	TBL	through back loop
CC	contrast color	M1L	make 1 left-leaning stitch (<i>see above</i>)	RH	right hand	TFL	through front loop
CDD	centered double decrease (<i>see above</i>)	M1R	make 1 right-leaning stitch (<i>see above</i>)	rnd(s)	round(s)	tog	together
CO	cast on	MC	main color	RS	right side	W&T	wrap & turn (for short rows; <i>see next pg</i>)
cont	continue	P	purl	Sk	skip	WE	work even
dec(s)	decrease(es)	P2tog	purl 2 stitches together	SK2P	slip 1, knit 2 together, pass slipped stitch over	WS	wrong side
DPN(s)	double pointed needle(s)	P3tog	purl 3 stitches together	SKP	slip, knit, pass slipped stitch over slip (<i>see above</i>)	WYIB	with yarn in back
inc(s)	increase(s)	PM	place marker	SI	slip marker	WYIF	with yarn in front
K	knit	PFB	purl into front and back of stitch	SSK	slip, slip, knit these 2 stitches together (<i>see above</i>)	YO	yarn over
K2tog	knit 2 stitches together						
K3tog	knit 3 stitches together						

Cabling Without a Cable Needle

Tutorials for 1 over 1 cables can be found at <https://blog.knitpicks.com/tutorial-1-over-1-cables-without-a-cable-needle>. A tutorial for standard cables can be found at <https://tutorials.knitpicks.com/learn-to-cable-without-a-cable-needle>.

Felted Join (to splice yarn)

One method for joining a new length of yarn to the end of one that is already being used. A tutorial can be found at <https://tutorials.knitpicks.com/felted-join>.

Mattress Stitch

A neat, invisible seaming method that uses the bars between the first and second stitches on the edges. A tutorial can be found at <https://tutorials.knitpicks.com/mattress-stitch>.

Provisional Cast On (crochet method)

Used to cast on stitches that are also a row of live stitches, so they can be put onto a needle and used later.

Directions: Using a crochet hook, make a slipknot, then hold knitting needle in left hand, hook in right. With yarn in back of needle, work a chain st by pulling yarn over needle and through chain st. Move yarn back to behind needle, and rep for the number of sts required. Chain a few more sts off the needle, then break yarn and pull end through last chain. (CO sts may be incorrectly mounted; if so, work into backs of these sts.) To unravel later (when sts need to be picked up), pull chain end out; chain should unravel, leaving live sts. A video tutorial can be found at <https://tutorials.knitpicks.com/crocheted-provisional-cast-on>.

Provisional Cast On (crochet chain method)

Same result as the crochet method above, but worked differently, so you may prefer one or the other.

Directions: With a crochet hook, use scrap yarn to make a slipknot and chain the number of sts to be cast on, plus a few extra sts. Insert tip of knitting needle into first bump of crochet chain. Wrap project yarn around needle as if to knit, and pull yarn through crochet chain, forming first st. Rep this process until you have cast on the correct number of sts. To unravel later (when sts need to be picked up), pull chain out, leaving live sts. A photo tutorial can be found at <https://tutorials.knitpicks.com/crocheted-provisional-cast-on>.

Judy's Magic Cast On

This method creates stitches coming out in opposite directions from a seamless center line, perfect for starting toe-up socks.

Directions: Make a slipknot and place loop around one of the two needles; anchor loop counts as first st. Hold needles tog, with needle that yarn is attached to on top. In other hand, hold yarn so tail goes over index finger and yarn attached to ball goes over thumb. Bring tip of bottom needle over strand of yarn on finger (top strand), around and under yarn and back up, making a loop around needle. Pull loop snug. Bring top needle (with slipknot) over yarn tail on thumb (bottom strand), around and under yarn and back up, making a loop around needle. Pull loop snug. Cont casting on sts until desired number is reached; top yarn strand always wraps around bottom needle, and bottom yarn strand always wraps around top needle. A tutorial can be found at <https://tutorials.knitpicks.com/judys-magic-cast-on>.

Stretchy Bind Off

Directions: K2, *insert LH needle into front of 2 sts on RH needle and knit them tog—1 st remains on RH needle. K1; rep from * until all sts have been bound off. A tutorial can be found at <https://tutorials.knitpicks.com/go-your-own-way-socks-toe-up-part-7-binding-off>.

Jeny's Surprisingly Stretchy Bind Off (for 1x1 Rib)

Directions: Reverse YO, K1, pass YO over; *YO, P1, pass YO and previous st over P1; reverse YO, K1, pass YO and previous st over K1; rep from * until 1 st is left, then break working yarn and pull it through final st to complete BO.

Kitchener Stitch (also called Grafting)

Seamlessly join two sets of live stitches together.

Directions: With an equal number of sts on two needles, break yarn leaving a tail approx four times as long as the row of sts, and thread through a blunt yarn needle. Hold needles parallel with WSs facing in and both needles pointing to the right. Perform Step 2 on the first front st, then Step 4 on the first back st, then continue from Step 1, always pulling yarn tightly so the grafted row tension matches the knitted fabric:

Step 1: Pull yarn needle K-wise through front st and drop st from knitting needle.

Step 2: Pull yarn needle P-wise through next front st, leaving st on knitting needle.

Step 3: Pull yarn needle P-wise through first back st and drop st from knitting needle.

Step 4: Pull yarn needle K-wise through next back st, leaving st on knitting needle.

Rep Steps 1-4 until all sts have been grafted together, finishing by working Step 1 through the last remaining front st, then Step 3 through the last remaining back st. Photo tutorials can be found at <https://blog.knitpicks.com/tutorial-grafting-with-kitchener-stitch-stockinette-garter>.

Short Rows

There are several options for how to handle short rows, so you may see different suggestions/instructions in a pattern.

Wrap and Turn (W&T) (one option for Short Rows)

Work until the st to be wrapped. If knitting: Bring yarn to front, SI next st P-wise, return yarn to back; turn work, and SI wrapped st onto RH needle. Cont across row. If purling: Bring yarn to back of work, SI next st P-wise, return yarn to front; turn work and SI wrapped st onto RH needle. Cont across row.

Picking up Wraps: Work to wrapped st. If knitting: Insert RH needle under wrap, then through wrapped st K-wise; K st and wrap tog. If purling: SI wrapped st P-wise onto RH needle, use LH needle to lift wrap and place it onto RH needle; SI wrap and st back onto LH needle, and P tog.

A tutorial for W&T can be found at <https://tutorials.knitpicks.com/short-rows-wrap-and-turn-or-wt>.

German Short Rows (another option for Short Rows)

Work to turning point; turn. WYIF, SI first st P-wise. Bring yarn over back of right needle, pulling firmly to create a "double stitch" on RH needle. If next st is a K st, leave yarn at back; if next st is a P st, bring yarn to front between needles. When it's time to work into double st, knit both strands tog.