Arm Knitting: Make a Throw Pillow with Anne Weil

Chapter 1 - Introduction
Overview
- I'm Anna Weil. I'm a maker and blogger of FlaxandTwine.com and author of the book, Knitting Without Needles. I'm so excited to show you how to make this chunky arm knit pillow. I'm gonna show you all the basics of arm knitting, including how to cast on, how to stop in the middle, how to change colors, how to bind off. Because the stitches in arm knitting are oversized. Sometimes, we can see through those stitches, so I like to make a nice lining for the pillow, in the color of my yarn to make the whole piece look beautiful. And finally, I'm going to show you how to mattress stitch the pillow together so that there's no seam showing and then you will have a fabulous arm knit chunky pillow to make your place kush and lush and lovely.

Chapter 2 - Materials
Materials
- So let's talk about the materials you're gonna need. We're gonna start from the inside out. You're gonna need an 18 inch pillow insert. You'll need a piece of fabric that's 37 inches by 19 inches, to cover that 18 inch pillow insert. It's great if that is in a color that's similar to your main yarn color. Because that's what you're gonna sometimes see through the stitches. To sew it, you need your sewing machine, coordinating thread, pins, scissors, and a measuring tape. We'll also use the measuring tape for measuring the knitting. And you'll need a cardboard tube or anything cylindrical . It could be a wrapping paper tube or a hammer handle or a broom stick or something. That's to take a break if you want to. You may even not need that at all. Everybody always asks me, can I stop? And yes, you can stop. I'll show you how. And then finally, we're gonna need yarn, lots of yarn. Super bulky yarn comes in a wide range of thickness. When somebody talks about a knitting gauge, you're just simply talking about how thick your yarn is. The way you're gonna be able to tell if you have the right thickness, is by looking here on the label where it talks about your traditional knitting gauge. Basically, it's gonna show you how many stitches you get per inch. A lot of times, when it describes it, it describes it over a four inch distance. So this yarn, on a traditional knitting gauge, gets six to eight stitches for four inches. So that's about 1.75 to two per inch. Six to eight stitches over four inches is a great gauge yarn for this project. You can go a little bit thinner than that, but if you do that, you may want to buy more yarn I'll get into how much later, to bulk up your yarn a little bit more. For this project, I'm using Cascade Magnum, which I love for arm knitting. It's a very lofty, hundred percent wool yarn. And in this case, we're doing a color block pillow, which involves two skein of your main color and one skein of your color block section. For this pillow cover, you're gonna want 164 yards of your main color and 84 yards of your color block section. If you're gonna do this in one solid color, you will need about 250 yards overall.

Chapter 3 - Make Pillow
Preparing yarn and arm knitting basics
- The first thing you need to do when you start arm knitting is prepare your yarn to make a swatch for the pillow. We make a swatch for the pillow so we can make sure we are casting on the right number of stitches to cover the pillow. In arm knitting you're using your arms as the needles and because these are big, you're gonna want to make big yarn. So the way I do that without breaking

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the bank is I use multiple strands of this super-bulky yarn. In this case we're using four strands of this super bulky. I told you your total measurement for the color block section was 164 yards but because we're using four strands you need four 41-yard lengths. Depending on your skein size, you can measure that out with a measuring tape or, in this case, I know that my skeins are 120 yards and half is 60, I know that's plenty to make my project. So I'm basically gonna split these two skeins in half to make the color block section. We're starting with a swatch, so we don't need this much length but we're gonna undo the swatch and reuse the yarn so that we're not wasting this gorgeous yarn of ours. I've got my skeins wound into balls here and when you do it on a winder, it's great, because you've got this section that comes out the middle and that's basically the ball winding from the center of the skein, but you also have this part that's coming around the outside and this is the other end. And if you have your skein wound this way, you can actually work from both at the same time and this is a convenient way to arm knit with four strands without having to actually measure out your lengths of yarn. So I'm gonna go ahead and take these four strands and here's my yarn all put together. And again, I know that this is enough because if you split each skein in half it's two lengths of 60, two lengths of 60 and that's enough to make my color block section. So you can see, as you pull, it comes out of the center and around the center at the same time, isn't that cool? To make a swatch we're gonna cast on eight stitches. You wanna start with a length of your yarn out because this is effectively, for you knitters out there, a long-tail cast on. I'm gonna refer to this as the tail and I'm gonna refer to this here as your working yarn. So we're gonna start by making a slip knot. The way you do that is you wanna lay the tail over your hand, just like that. And you're gonna bring the working yarn up and over your hand so you've got that little cross. Then what you wanna do is you're gonna reach your right hand through the loop that's on your left hand and grab the working yarn and then you're gonna pull that through. Let me show you that one more time, we're gonna lay our tail over our left hand, we're gonna bring the working yarn up over the left hand so you've got this cross top of your left hand. Then you've got this loop here, we're gonna reach our right hand through, grab the working yarn and pull it through the loop, just like that. So that's your first stitch, and what we're gonna do with that stitch is we're gonna just put that on our right arm. Now you've got your working yarn here in your right hand, you've got your first cast-on stitch on your right arm and you're gonna hold your tail in your left hand and you're gonna pull those apart. And any time you wanna tighten these cast-on stitches on your arm, you're gonna pull apart the working yarn and the tail, pull them apart. Take this tail and you're gonna twist it up in the shape of a four. Do you see how that works? So you basically, from your arm, you've got the yarn coming underneath the tail, up above, so the tail is on top of your four. See that number four? Now we're gonna reach through that loop, through the top of the four, we're gonna grab the working yarn and we're gonna pull it through that four loop. Drop what's in your right hand and just keep ahold of that working yarn in your left hand. You're gonna give that working yarn a little twist and put it onto your hand. And then we're gonna pick up the working yarn, put it in your right hand, pick up the tail, keep it in your left and again you're gonna pull those apart to tighten it down. Just like that. We're gonna do a bunch of these, so don't panic. I know you're gonna get this, it seems a little complex at first, and trust me, this is the hardest part of arm knitting but with a little bit of practice and a few more stitches, you're gonna have it down. I'm gonna show you this again. You wanna take the tail in your left hand and twist it over so that you've got that four. See that four shape? The tail should be going on top. You're gonna reach through the four, grab the working yarn, bring the working yarn through and now drop what's in your right hand. Then you wanna bring your right hand towards you and through this stitch that you were holding with your left hand. Bring that onto your hand,

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grab the working yarn with your right hand and the tail with your left and pull apart to tighten it down. Just like that. You're gonna do it again. You know, as you do this over time, you'll get more comfortable with the action and you won't necessarily need to do the four. So when I do it, I just kinda go around and grab it and pull it through. I'm gonna do a couple like that so you can see it. And then you wanna count your stitches. So right now, each grouping of four strands is a stitch, so we've got one, two, three, four, five, six, seven stitches, we need one more for our swatch. Gonna tighten that down. Yay, so we're all cast on for our swatch. Great work. Now I want you to know that this tail doesn't mean anything, we don't need to worry about it, we're gonna kinda keep it out of our way. We're only gonna be working with the working yarn. I want you to hold your hand out like a stop sign and we're gonna take this working yarn and put it over our thumb. We're gonna close our fingers over that working yarn and now bring your arm towards you so that you've got your stitches and your working yarn is going up over your thumb and you're holding it in your fist. This is gonna be our new stitch. We're gonna pull our old stitch, which is here on our right arm, over our fist... And we're gonna drop it, this is an old stitch, that's from the row below, our new stitch is in our hand. What we wanna do then is put this new stitch onto our left arm. So we're gonna reach in here underneath our thumb and bring that loop onto our left hand. You can see the working yarn comes up over my arm and to the front, it hangs in the back but it's on this side of my arm. We're gonna tighten that stitch down by pulling on the working yarn. Now again we reach out and we can make our stop sign, working yarn over our thumb, close our fist. And this part is tight, it's gonna get looser as we get further on in rows but it's tight in the beginning. So we've got your working yarn closed in your fist, you're gonna take, remember this is your new stitch, what's in your fist, you're gonna take that old stitch, bring it over your right fist and drop it, that's your old stitch. We're gonna take this new stitch, we're gonna reach underneath and bring it onto our left hand. Do it again, put that working yarn over your thumb, close your hand, take your old stitch, bring it over. I'm gonna show you this in an open way so that you can also see it this way. We're basically twisting it half way so that that working yarn ends up towards us. Put the working yarn in your right fist, bring your old stitch over, here you go, put it onto your left hand. You're gonna finish this row up. Now this little half twist is important because if you have the working yarn coming on the other side of your arm, when you go back the other direction you're gonna get a twisted stitch like this. So you wanna make sure this working yarn is in front. It hangs in the back of your work but it's towards you. Then finish this row up. There's the last one. You're done with your first row, and don't worry about it, it's gonna look a little wonky and a little funny in the beginning especially that cast-on row, but it'll all make sense as you keep going. We're gonna now knit all these stitches on for our second row and that means that the stitches are gonna move from our left arm back onto our right. And that's how the arm knitting works, each row is when you move all the stitches from one arm onto the other. We're gonna be putting the working yarn into our left hand this time. We're gonna bring it up, you can think of your stop sign again, bring it over your thumb, close your fist. And now again, this is our new stitch in this fist, we're gonna take our old stitch and bring it over our fist and then we're gonna twist this and put it on our right hand. You've got your first stitch in your second row. Take your working yarn, tighten it down. This is a great way to make your fabric tight as you want this stitch snug to your wrist, not cutting off your circulation but fairly snug. You wanna hold onto that working yarn close to your wrist. This is your new stitch in your hand. You're gonna pull that old stitch over, let it go, take your new stitch, give it a half twist and put it on your right arm. You can see that the working yarn is still coming on this side of your arm. Now we're gonna put it over our thumb, close our fist, take your old stitch, pull it over, drop it, put your hand through. So your hand

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should always be moving towards you and away. So as you close onto that stitch, the new working, the working yarn, the new stitch, bring your old stitch over, bring your right hand toward you and away into that new stitch. People all the time ask me how I get nice, full stitches here, so I'm gonna give you a couple tips on how to keep it tight. The first thing is, when you are grabbing your working yarn, you want it close to your hand. So do you see how my fist is close to my right hand? The stitch I just made fairly snug. The other thing is, when you're making it, you wanna keep your hands close together here. If I pull my hands wide apart you can see that working yarn stretch, stretch, stretch, stretch, stretch. And that's gonna be, and then if I put that on, you can see that's gonna be a much bigger stitch. Whereas if I keep it close... I'm close to my right hand. I keep my left hand close to my right hand as I twist it and put it on. That keeps that nice and snug. If you do end up getting loose stitches, like let's say these are loose and I've got, whoa, I'm really coming across all this room here and they were snug here and they're loose here. The way you can also tighten down your work is by reaching from the back, you can tighten down that stitch. And you basically pull the working yarn to tighten down each stitch snug to your arm and you move towards your hand so that you can pull that extra length into that working yarn and that keeps those stitches snug and even on your arm. So let's go ahead and finish your second row here. Get that twist, and on. To complete your swatch you wanna knit six more rows total, so you're gonna be moving your stitches from your right arm to your left and your left arm to your right, you're gonna do that six more times. And then I'm gonna show you how to bind off so we can measure your swatch and get your gauge. See how pretty it looks? Now we're gonna bind off. Start by knitting two stitches the way you normally would. We're gonna knit two stitches from our right arm to our left. You can bind off of either arm. In this case we're binding off of our right arm but you could as easily do it the other way. Knit two stitches regularly. And then what you wanna do is you're gonna take that first stitch that you knit on and you're gonna pull it over the second stitch. Just like that. Now you can see it's loose here and you wanna tighten it a little bit, you can tighten a little bit by pulling up on your left arm. That tightens the stitch up, but you don't wanna tighten it too much because then it'll bring in the ends really close and the end of your swatch will pull in. You want the size of your bound-off stitch to be equal to the width of the stitch underneath here. So see how loose my arm is here? You're gonna want to tighten this working yarn down a little bit, like that. We're gonna do our next stitch and put it on our left hand. So you wanna get back to the point where you have two stitches on your left hand again, you're gonna pull that first stitch over the second, just like that, and you can see it's loose here, we wanna tighten it down just a little bit. We're trying to get the width of this to equal the width of that as we do this. Again, now we only have one so we need to get that second stitch back on our left hand. Pull that first one over, tighten it a little bit. Keep going. We're almost done here. Now we're not going to cut the lengths of yarn because we don't wanna waste this gorgeous yarn, we're doing this to measure the right number of stitches to make your pillow. And we're also doing it for you to practice getting your initial arm knit stitches kind of over with before we start on the really pretty project. You're gonna pull that second one over. And now you have this last loop, so as I said, we're not gonna cut that because we need to reuse this yarn. But to measure the swatch you wanna bring these skeins through that loop, just like that, and tighten this down. Like that. So there we have our nice, pretty swatch all ready to measure. Now if you started out a little inconsistently, and this is very typical for new arm knitters, you might start out really loose and then get cleaner and tighter up top, you may wanna knit this swatch one more time so that you have a really accurate measurement of the number of stitches you need for your pillow. If you really like how it looks and it's fairly consistent all the way through the swatch then you're ready

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to measure. A couple things about your swatch, when you cast on, it's tighter down here at the bottom and that will loosen up if you pull on the cast-on edge a little bit. You basically want your cast-on edge, you can just pull it out a little bit here like that, to match the rest of the piece. The other thing I wanna note is that I had you cast on eight stitches because you get this edge that curls on. We're not gonna measure the eighth stitch, we're only gonna measure the inside six. And the same with the rows, we're only gonna measure the inside six. A lot of people ask about this stuff on the edge, it's okay if these are a little looser and these rows are a little tighter, that's just kind of how arm knitting works, that's the nature of going back and forth the same direction. So don't worry about that. When we do the pillow that's all gonna be seamed in, you won't see that. So let's go ahead and measure. You wanna take your pillow, and this gives you a good sense of how it will lay on the pillow. And we're gonna take our tape measure, and what we're trying to do is figure out how many stitches to an inch we get. Because we want it to fit our pillow perfectly. If you knit way bigger than I do and you cast on the same number of stitches I do, your cover is gonna be way too big for the pillow. We're only measuring six stitches so that's one, two, three, four, five, six. See how those Vs come together? So we're gonna take our tape measure and you can see here that I get six stitches over that 10 inches. So to get a per-inch number, you divide the six by 10 and you get 0.6 stitches per inch. So this pillow is 18 inches. The way you figure out how many you're gonna cast on is you multiply 0.6 stitches per inch by 18 and you get 10.8. So I just round that up to 11 and I know I need to cast on 11 stitches. The next part is measuring the rows, we're gonna do a very similar calculation. You wanna could the six rows, one, two, three, four, five, six. We're gonna measure that with our tape from the base of the stitch where that V comes together, we're gonna do the six. And so in this case, my six rows cover eight inches. And six divided by eight is 0.75 so I have 0.75 rows to the inch. We need to make enough fabric to go all the way around the pillow so you need 36 inches in that case. So 0.75 rows per inch times that 36 inches is 27 rows. So I know I'm gonna need 27 rows of knitting to go around the whole pillow. Your measurements may be slightly different than mine and that's okay, it just may mean you will cast on a couple more stitches, or one or two less, fewer, stitches. And the same with the number of rows, you may need more rows to cover the pillow or fewer to cover the pillow. However your knitting is is just right.

Knitting, switching colors, and placing on hold

- We're ready to start knitting the pillow cover. I'm so excited. The way we construct this is we knit the secondary color first, then we knit the primary color all the way around to the other side and then you finish with the secondary color again. It's not an exact science, so if you want to do more rows or a fewer rows, that's fine, but just keep in mind that you've got 1/3 of your yarn in your secondary color and 2/3 in your primary color. So if you change the proportions, you're gonna need more or less yarn depending on what you shift. Let's get started on measuring your secondary color. Again, I didn't want to buy a whole bunch of skeins so I'm gonna measure out what I need from this one skein of yarn. I need 21 yards to knit both color block sections but because this skein is 120 some yards, I'm just gonna divide it by four so that I have four equal length strands and I might end up with some left over. But I find that easiest to use all your yarn just to play it safe. I'm gonna take the length from the outside and the length from the inside and I'm just gonna measure out 30 yards of this yarn using the two lengths at the same time and that's 1/4 of this skein. So one, two, three, just like this. It's not an exact science. I like to make a little pile, to my left here, as I go and as I count. If you wrap it all up in a ball, everything gets really twisted. It goes so quickly that it's okay if you leave it in the pile without getting it too tangled. Now I have two lengths that are 30 yards

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each. What I'm gonna do it I'm gonna put my skein over here and we're just gonna redo the pile measuring out two more lengths of the 30 yards just by running it through. Cut it here at the end. So now I've got my four lengths. Two are coming from this pile, two are coming from my skein and that makes my four lengths. I've already measured that it's 30 yards so you can just run it through your hands this way and try and make a relatively nice pile, over here to your right, 'cause that's what you're gonna knit from. You can see here, I obviously wasn't exact in my measurements but that's okay because we had more than we needed for the color block section anyway. I'm gonna go ahead and cut it here and use this to make my color block yarn. Save this for later just in case you need it for something. Here we are with our four strands. Now what you want to do is cast on the number of stitches you got in our swatch calculation. So if you remember, for me, that was 11 stitches. 11 stitches will cover that 18 inch pillow. I leave this long tail. I leave about a yard. I lengthen it from my fingertips to my shoulder. Maybe just a little bit more than that. That leaves you enough rooms to cast on the number of stitches you need. And then we just go back to our knitting the way we did the swatch. You're gonna knit the exact same way but we're doing it in the number of cast on stitches. We're gonna go back to doing the slip knot, right there. We put that on our right hand. If you forget how to do any of this, you can just go back to the beginning of that swatch and check it out. We make our four. I'll show you a couple of stitches, bring through the working yarn, tighten it down, and keep going and cast on those 11 stitches. You can see that the yarn from your pile just, kind of, pulls of in a nice length as you go. You want to check how many you have. I don't bring my stitches way up to here because your arm width gets wider up here. I like to keep them crunched down towards my wrist. One, two, three, four, five, six, seven, eight. So I've got eight stitches. And that's 11. It's also nice to have this extra length because you can use it for seaming at the end. I have about 2/3 of a yard left. And that's good. I'm gonna knit four rows here. I want you to go ahead and knit four rows as well. Or however many you decided you wanted. Then I'll show you how to change to that main primary color. Just a reminder, as you're knitting. When it's coming off your right hand, it's an odd number. So this is row one, it's moving off my right hand. And then when you're moving off your left hand, they're even numbers so that would be row two. I'm gonna show you how to take a break. Now if you ever want to stop or in this case, I'm gonna prepare my primary color. All you need to do is put your stitches on a holder. I think it helps to have an item that is similar size to your arm because it helps hold the stitches. You could just string it on another piece of yarn. But you can use a hammer handle, a broomstick, a gift wrapping tube. It could be whatever you find. The way I just take the stitches off is I pull them off of my hand and put them on the holder. Just like this. You want to just keep in mind, the side that's facing me is this beautiful knit side. The pearl side is over here with the bumps so that is facing away from me. That helps you remember how to put it back on. The other thing to note is that when you put it back on, you can see that the working yarn is down here and you want that to end up back at your hand. So when you put it back on, you want to go this way. I'm gonna set this aside so I can prepare my yarn for the next color. Of course, we don't want to waste all this gorgeous yarn, even though the swatch is beautiful, I feel like I could use it for a blanket. But we're going to undo this so we can use it. What you want to do is you want to loosen up the loop at the top. That was our last cast on stitch and you want to pull those skeins we had thought the loop again so that we're undoing it. And you see how you just have your loose stitch now. I'm gonna put these skeins over here. We're just gonna keep pulling out. Bye-bye swatch. We're almost done here. See how quickly it comes undone and then we can just redo it. We keep our nice pile here. Now I'm gonna bring the initial knitting back over. And you can see this still comes nicely from the pile. But what I'm gonna do is I'm gonna cut this length. This is for the second

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color block section. I'm gonna leave about 10 inches and I'm gonna cut it here. And I'm gonna put this back on my right hand. Remember, we've got the knit facing side up. What used to be the working yarn is gonna end up at our right hand. So we want to put the stitches back onto your hand and just keep in mind, you want them to go back on the hand they left from. What happens is this gets, kind of, loose here in the beginning, so then the rest of them get tight. So you just want to snug that down to make more room in the stitches you're putting back on your hand. I wanted to show you how to stop. We could have prepared the primary color before we even started. It is possible to do this pillow without ever having to put it a holder but I wanted to show you how to do it. Now we're gonna change colors. Bring that new color up next to your arm, pull it through just like you're knitting so you match the lengths here but just like you're knitting with it as your working yarn. It's gonna go here, on your left arm. Before I do that, I'm gonna put it back on my right arm so I can secure these lengths. 'Cause I don't want them to come through the stitches. So I'm just gonna tie a little knot here. And you're gonna undue this and weave them in later. This is jut temporary to tie a little knot. You don't want to do it too tightly 'cause you're gonna undo it. But just that secures that length of tail from the color change. We're gonna move this stitch back onto our left hand again. Remember, you want the working yarn to come in front of your hand. And then we're gonna keep on knitting here in our new color, it's magic. You already know how many rows are required to cover your whole pillow. To figure out how many rows of your primary color you want to do, you just want to subtract the number of rows of your secondary color from that total. So for me, I know that my pillow is 27 rows and I'm knitting eight total rows of my secondary color. That's four on each side. So 27 minus eight is 19. I know that I need to knit 19 rows of my primary color. So I'm gonna go ahead and do that. This is about 1/2 way through my pillow and that's a good time to just stop and check and see if you like the fit you're getting out of your knitting. I'm gonna finish off this row. Just like this. I'm gonna pull my pillow in and you can extend out that cast on edge to make it even. I'm just gonna hold this fabric and you see it turns in a little bit but that's okay 'cause it will turn in naturally when you seam it up. And it covers nicely on the other side as well. And from a row standpoint, that's about right, I'm just at the 1/2 way mark. I did 14 rows, so 13 1/2 is right about there. Now you just kep working in this primary color for those 19 rows and when you get to where you want to switch to your secondary color, you do it the same way. We changed color the first time and you keep going for four more rows and then we'll bind off. Whoo-hoo, we're all done with our knitting. I just finished the four secondary color rows. I'm so excited. Well it's so cozy I could go take a nap. But we're making a pillow here so we're gonna bind off. And we just do it the same way we did with the swatch which is you knit two stitches and you can see we're binding off of the opposite hand and it works the same way. You put two stitches onto your right hand, in this case. Pull that first stitch over. Tighten it down a little bit and keep going. You want to move two stitches over total. Take the first one over and just do that for the rest of the row. And then we're gonna make our pillow lining. Okay so I got my last stitch here and I'm gonna pull the end all the way through. Now I'm not gonna cut this end. Unless it's super long, leave it because we're gonna use it to seam up. We might trim it a little bit when we seam up. Other than that, you tighten that down. You got your piece here. And then you can stretch out your cast on edge so that it equals the size up above. So there's your pillow cover, yeah.

Sewing a pillowcase lining

- We're gonna go ahead and make the pillow liner now. So, you wanna take your 37 by 19 inch fabric and fold it in half. You want the right sides to be together. We're gonna sew a half inch seam along

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two sides of it. We're gonna leave one side entirely open so we can put that pillow in there and then we're gonna just close it shut with an exposed seam because it's all gonna be tucked in the knitting anyway, so you're not gonna see it. So, don't worry about this. This is just all gonna be hidden inside that pillow cover. So, it's pretty straightforward. You wanna go ahead and fold it in half and pin it, again right sides together and pin it around two sides. I've gone ahead and done that here and then we're gonna sew this with a half inch seam. We're gonna backstitch at the beginning. Keep going. You're just gonna sew around two sides of the pillow and we're gonna leave one side totally open to put that pillow in. Then, you're just gonna turn it and sew a half inch seam down the other side. Do a backstitch here too. Okay. Turn this case inside out, this lining inside out and again, it's not gonna be shown, so you don't have to worry about clipping corners or doing anything fancy. Just turn it inside out. You can poke those corners out a little bit and we're gonna put in our pillow. Then, we're just gonna sew it closed with the pillow in it. Get that in there and kind of shove it down towards the bottom here and then, that way if you kind of squeeze it down, you'll have more room up at the top. But, we're gonna turn that in about half an inch and pin that closed. It doesn't have to be perfect because no one's gonna see it. So, don't worry about it too much. Keep in mind, we've turned in half an inch on both sides, so now to sew this closed, we're gonna go ahead and sew a very tight seem along the edge 'cause you don't want to catch the pillow. You don't want it to be too obvious, even though it's all gonna be tucked in there. So, I sew about a quarter or an eighth if I can. You wanna just scoot the pillow along as you go and that'll help keep the tension on that a little less. 'Cause you definitely do not want to be sewing the pillow edge, so keep it tucked off to the left and then you wanna backstitch at the end. You're just gonna shake it out. So, you can see this is this visible seam here, but it doesn't matter 'cause it's gonna be inside the knit thing and that's your perfect pillow liner.

Binding off, seaming, and variations

- I'm so excited. This is where it all comes together. We're at the final phase. Here I have my liner all stretched out. Basically, what we're gonna do eventually is put the pillow in there, and here it is looking all nice and finished but we have to seam it together first. What we're gonna do is we're gonna take this finished side and you can see that the knit side is here and you want that part face down and the purl side is face up. We're first gonna seam the top of the pillow together, the two secondary colors, the white together. We're gonna fold this in, both ends so that they meet in the middle. What you wanna do is make sure that cast-on edge is stretched out enough so that it matches the bound-off edge up here at the top. We are gonna seam with this bound-off yarn length, the rest of your yarn. You want probably about three lengths to seam it up. So I'm gonna go ahead and cut that here. We're gonna do the mattress stitch, bringing these two ends together. It's really neat, you kind of just seam it together, and it brings the seam to the inside of the fabric. And so you're not gonna see it. It's a blind seam. The way you do that is it's almost like lacing a shoe. You're gonna go from left to right, left to right, picking up knit stitches. We're gonna pick up a stitch on this side and then a stitch on this side. The way you can see these stitches is how the V comes together here. So you can see the V, and again here, a V. So we're gonna start over here. It's a little weird on the edge 'cause it's all bound-off edges and cast-on tails and all that. But we're just gonna go around this kind of chunk. There's a stitch here. We're gonna go underneath that. We're gonna take this end and you see and we're gonna skip over this one, this edge, and we're gonna go under this V. Do you see that V here? That's a stitch here. You could see the line of stitches coming down. We're gonna go under that. You're gonna come over here to this side and you can see this is the

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next stitch here. We're gonna go underneath that. You go underneath both legs. You pull it. You can see that it basically brings it together. That's gonna bring all those edges inside the pillow cover. So then the next one is gonna be right here. You see this V? Then over here. The V. Go underneath that. And over here. This is your bound-off edge. You don't wanna be picking up that. You wanna kinda turn that out of the way so that's not messing your finding your Vs or your stitches. Let me pull it through. If it's looking a little tight along here, you can pull these stitches out a little bit to try and make these stitches look even. As you fuss with it, you can see it almost looks completely seamless. I absolutely love that. Continue mattress stitching up the length and then I'll show you how to do the sides. Now you've mattress stitched up the whole side to the very end, that was mattress stitching the ends to the ends. Now, we're gonna go ahead and mattress stitch the sides. It's a little bit different when it's side to side. What you're gonna be looking for on this side to side is these strands, this ladder that comes from each stitch. Were gonna seam that together with this side. You can see the strands here that come from stitch to stich along the edge. We left off over here. We're gonna come over here and catch this first ladder. Then we're gonna go over to the left. Catch the ladder here. And here. Here. When you get down to the part where it's tied off, this is where the other ladder would be. I'm gonna tuck it. Let's see, this came untied. Let's go ahead and we'll just keep that knot tight. Then come over here to get this last bit here. You can see how that comes together nicely with that invisible seam. Now, we're gonna turn this inside out. We're gonna tuck in these ends. Here's the end from where you did the color change. Here's the sewn edge here. To seam these ends in, you can leave this knot here. You just wanna follow along where the green yarn has gone before. That will make that edging less visible where you seamed it. You can just kinda follow along some of the stitches. Back up here. The same with this. With this white end, you're gonna wanna go where the white was so that you can't see that either. Just like that. Into the round like that. Then you just cut these off. Those will be inside your pillow. Same with this side. This is the tail that you just were sewing with. Weave in this white end 'cause we're now done with this. The other way you can weave in is just by going up the seam like this instead of through the stitches. Those are just two different ways to do it. Then you can just trim this off here. Weave the other loose ends from the other color change in as well, and then you wanna flip this back inside out and get back to the side where we seamed together the color block section. You wanna leave this end, this is your cast-on end, 'cause we're gonna use that to seam together that top portion. Right now, we're gonna focus on the green. We're gonna take a length of our green. These edges roll a little bit. We're gonna start right here. You wanna unroll them so you can find them inside. You wanna pull this so that you have about eight inches left and we're just gonna tuck that in at the very end. You need a couple of yards to seam up the color block portion. You can pull this apart a little bit so you can see those ladders. You're just matching it row for row as you go down. Before we finish that, we're gonna secure this end by tying it on to this other stitch here. Just tie the green end onto the green stitch. Tie a knot there. You can tie it one more time. Just like that. Then we can just tuck that inside and you won't see it. If you want, you can go in and weave it in to one of the seams. Once you're all the way at the end, you could knot it off and tuck in the end but I like to just bring this length through to the other side so that I'm not having to weave in more ends than I have to. So I reach into the inside of the pillow case and pull that length through just like that. The trick is you can't pull it too tightly because this corner will start to pull towards this corner, so you wanna just give that a lot of room there. Now you've done two of your seams and it's time to stick that pillow in. Right in here. We're almost there. Get this in. Just like that. It's gonna look so good. Stand this pillow on its end. We're gonna do the same thing where we're gonna seam, mattress seam, up the

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side. You wanna line up that color block section and the color section. We're gonna start at this end and go from the right underneath the ladder. Again, don't pull this too tightly. Then to the left, underneath the ladder of the stitch. It's amazing how this works. You seam it on the outside and yet it goes invisible to the inside. It's like magic. Then you go, remember to unroll it a little bit to be able to find it. You can see it along there. Then you just go left to right. Once you've finished mattress stitching this side, what you wanna do is just because you can't weave in to the end, I just knot it off here and do the same tucking thing that we did on the other side, so you're just sure that the end doesn't come out. Like this. And you wanna cut it here. You can try and seam it in there, but honestly, I just tend to tuck it. You can kinda give it one or two nudges through this seam here. Then back through. Just like that. Now, we've got this last white color block section to do. You do this the same way, mattress stitch through the ladders. We're almost done. Bring it through here and knot off this end, now that I finished the white section. Just do this. I'm gonna trim this off a little bit and just tuck this back up towards the white section. You can feed it through some of those sections up there. That is it. Congratulations. You have this gorgeous chunky knit color block pillow. I think it is fabulous. Now, I wanted to show you a variation on this so you can go to town with your chunky knit pillows. Once you've got this down, you see this is the knit side, I think the purl side looks just as cool in a pillow. This pillow here is just the flip side of this. I just did it in one solid color. To do that, you need 250 yards of one color. You knit with four strands of those at a time and you can make this beautiful purl side pillow the same way we did this. You just don't have to fuss with the color changes and all that. That is it. Two fabulous different ways to arm knit chunky pillows. Great for gifts. Your friends are gonna love them. You're gonna love them. Your cat and dog will probably love them too. I hope you enjoy and make lots of pillows.

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