Elbow and knee patches

Medium · US terms



Finished size
Each oval about 3½ in (9 cm) by 5 in (13 cm), each heart about 4 1/8 in (10.5 cm) wide and 3 3/8 in (8.5 cm) tall
To fit an adult elbow or a child's knee

Skill
Easy
Rounds on both sides of a chain

Yarn
Light (3), 2 colors

Hook
3.5 mm (US E-4)

Gauge
18 stitches and 15½ rounds to 4 in (10 cm)
In half double crochet (UK half treble).

What you need

Yarn A: brick **about 45 yd (41 m), an estimate**
Yarn B: cream, stripe **about 35 yd (32 m), an estimate**
By weight: about 30 g in all, an estimate, where 100 g is 250 yd (229 m).

Hook: 3.5 mm (US E-4), or the size that gives you the gauge. Also: a blunt yarn needle to weave in the ends, a needle with a sharp point and an eye large enough for the yarn (a chenille needle), to sew through the cloth of the garment, scissors, a tape measure and pins and a cotton cloth, to damp.

Sizes

Size	Fits	Finished size, about	Yarn, an estimate
Small	a child's elbow	3 in (7.5 cm), 4 1/8 in (10.5 cm)	about 60 yd (55 m)
Medium (this file)	**an adult elbow or a child's knee**	**3½ in (9 cm), 5 in (13 cm)**	**about 80 yd (73 m)**
Large	an adult knee	4 in (10 cm), 6 in (15 cm)	about 105 yd (96 m)

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Gauge

18 stitches and 15½ rounds to 4 in (10 cm) in half double crochet.

Check it on the oval itself, laid flat, when 3 rounds are done: it is about 1½ in (4 cm) wide, and 3 1/8 in (8 cm) long in Medium, 2 5/8 in (6.5 cm) long in Small, 3½ in (9 cm) long in Large. If it measures more, start again with a smaller hook; if it measures less, with a larger one. If you work only the hearts, work the first 3 rounds of an oval to check it, and pull them out again. The cloth should be firm.

Instructions

Medium. US terms.

hdc half double crochet (UK htr), **ch** chain, **sl st** slip stitch, **sc** single crochet (UK dc), **dc** double crochet (UK tr), **sc3tog** 3 sc made into one, **st** stitch.

2 hdc in next st: **both in one stitch**. Hdc in next 6 sts: one in each.

Do not turn: the outside faces you all the time. The ch 1 is not a stitch. The first hdc goes **where the slip stitch went**.

Working in the round

[ ] 2 times: 2 times in all. ( ) in one place: all of it there. (28 hdc): the round now has 28; a check, not a step. Not 28? **Pull it back**.

Also: yo yarn over.

Every stitch, drawn: flossfield.com/crochet/stitches.

Oval: make 2

Work both ovals alike, with the edge in B.

☐ **Start**	With A, make a slip knot and ch 9.	
☐ **Round 1**	2 hdc in 2nd ch from hook, hdc in next 6 chs, 2 hdc in last ch, working along the other side of the chain, 2 hdc in next ch, hdc in next 6 chs, 2 hdc in last ch; join with sl st in first hdc	(20 hdc)
☐ **Round 2**	Ch 1, **[**2 hdc in next st**] 2 times**, hdc in next 6 sts, **[**2 hdc in next st**] 4 times**, hdc in next 6 sts, **[**2 hdc in next st**] 2 times**; join with sl st in first hdc	(28 hdc)
☐ **Round 3**	Ch 1, **[**2 hdc in next st, hdc in next st**] 2 times**, hdc in next 6 sts, **[**2 hdc in next st, hdc in next st**] 4 times**, hdc in next 6 sts, **[**2 hdc in next st, hdc in next st**] 2 times**; join with sl st in first hdc	(36 hdc)
☐ **Round 4**	Ch 1, **[**2 hdc in next st, hdc in next 2 sts**] 2 times**, hdc in next 6 sts, **[**2 hdc in next st, hdc in next 2 sts**] 4 times**, hdc in next 6 sts, **[**2 hdc in next st, hdc in next 2 sts**] 2 times**; join with sl st in first hdc	(44 hdc)
☐ **Round 5**	Ch 1, **[**hdc in next st, 2 hdc in next st, hdc in next 2 sts**] 2 times**, hdc in next 6 sts, **[**hdc in next st, 2 hdc in next st, hdc in next 2 sts**] 4 times**, hdc in next 6 sts, **[**hdc in next st, 2 hdc in next st, hdc in next 2 sts**] 2 times**; join with sl st in first hdc	(52 hdc)
☐ **Round 6**	Ch 1, **[**2 hdc in next st, hdc in next 4 sts**] 2 times**, hdc in next 6 sts, **[**2 hdc in next st, hdc in next 4 sts**] 4 times**, hdc in next 6 sts, **[**2 hdc in next st, hdc in next 4 sts**] 2 times**; join with sl st in first hdc	(60 hdc)

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☐ **Round 7**	With B, ch 1, **[**sc in next 2 sts, 2 sc in next st, sc in next 3 sts**] 2 times**, sc in next 6 sts, **[**sc in next 2 sts, 2 sc in next st, sc in next 3 sts**] 4 times**, sc in next 6 sts, **[**sc in next 2 sts, 2 sc in next st, sc in next 3 sts**] 2 times**; join with sl st in first sc (68 sc)
☐	Fasten off.

Heart: make 2

Work both hearts alike, with the edge in A. The first half of round 1 is the outer side of the heart, where (hdc, dc, hdc) makes the point. The second half is the inner side, where sc3tog makes the dip between the two lobes.

☐ **Start**	With B, ch 16.
☐ **Round 1**	2 hdc in 2nd ch from hook, hdc in next 6 chs, (hdc, dc, hdc) in next ch, hdc in next 6 chs, 2 hdc in last ch, working along the other side of the chain, 2 hdc in next ch, hdc in next 5 chs, sc3tog, hdc in next 5 chs, 2 hdc in last ch; join with sl st in first hdc (32 hdc, 1 dc, 1 sc3tog)
☐ **Round 2**	Ch 1, **[**2 hdc in next st**] 2 times**, hdc in next 7 sts, (hdc, dc, hdc) in next st, hdc in next 7 sts, **[**2 hdc in next st**] 4 times**, hdc in next 4 sts, sc3tog, hdc in next 4 sts, **[**2 hdc in next st**] 2 times**; join with sl st in first hdc (40 hdc, 1 dc, 1 sc3tog)
☐ **Round 3**	Ch 1, **[**2 hdc in next st, hdc in next st**] 2 times**, hdc in next 8 sts, (hdc, dc, hdc) in next st, hdc in next 8 sts, **[**2 hdc in next st, hdc in next st**] 4 times**, hdc in next 3 sts, sc3tog, hdc in next 3 sts, **[**2 hdc in next st, hdc in next st**] 2 times**; join with sl st in first hdc (48 hdc, 1 dc, 1 sc3tog)
☐ **Round 4**	With A, ch 1, **[**2 sc in next st, sc in next 2 sts**] 2 times**, sc in next 9 sts, 3 sc in next st, sc in next 9 sts, **[**2 sc in next st, sc in next 2 sts**] 4 times**, sc in next 2 sts, sc3tog, sc in next 2 sts, **[**2 sc in next st, sc in next 2 sts**] 2 times**; join with sl st in first sc (57 sc, 1 sc3tog)
☐	Fasten off.

Assembly

1. Weave in the ends on the wrong side of each patch. Lay the patches face down, put a damp cotton cloth on them, pat them flat and let them dry.

2. Ovals: pin an oval where the cloth is worn, its right side up and its long way along the arm or the leg. Cut 2 pieces of B about 38 in (97 cm) long for each oval and thread the sharp needle with the first. Sew through the patch and the cloth with a backstitch on round 6, the last round in A, so that a line in B runs all round just inside the edge in B. The needle goes up and down between the stitches of round 6, halfway up them, and each backstitch lies across one of them. Begin anywhere: 30 stitches with the first piece and, from where it ends, the other 30 with the second, so 60 stitches all the way round. Fasten each piece at both its ends on the wrong side of the cloth.

3. Hearts: pin a heart where you want it, its right side up and its point toward the hand or the foot. Sew it on in the same way with 2 pieces of A about 34 in (86 cm) long for each heart, the backstitch on round 3, the last round in B, just inside the edge in A: 25 stitches with each piece, 50 all the way round.

Finishing

- The sewing is the last step: nothing else is to be done.

In all: 4 pieces; 984 stitches (308 in each oval, 184 in each heart).

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To find how many balls: divide by the length on your yarn's label and round up. Buy them from one dye lot. The estimate is from the stitches of this size at this gauge, with 15 percent added.

Notes

- The ch 1 at the start of a round does not count as a stitch.
- Every round, from round 1 to the edge, is worked with the same side facing you: the work is never turned over. The side that faces you as you work is the right side of the patch.
- Round 1 goes along one side of the chain and back along the other. After "2 hdc in last ch" turn the piece end for end, with the same side facing you, and work along the bottom of the chain: the "next ch" is the same chain that holds those 2 hdc, and the "last ch" is the one that holds the first 2 hdc of the round. The chain skipped at the start is not worked into.
- In joined rounds, the first stitch of a round goes into the same stitch as the joining sl st. The joining sl st itself is not a stitch and is not worked into.
- To change yarn, make the joining sl st of the round before with the new yarn: put the hook in the first stitch, take the new yarn over the hook and pull it through. Cut the old yarn, leaving a tail of about 6 in (15 cm), and leave a tail of the same length on the new yarn.
- Stitches in parentheses are all worked into the one place named after them. "2 hdc in next st" puts both stitches in that one place.
- In every round of a heart after round 1, the (hdc, dc, hdc), or in the edge the 3 sc, goes into the dc of the round below, and the middle one of the three stitches of the sc3tog is the sc3tog of the round below.
- Leave a tail of about 6 in (15 cm) when you begin and when you fasten off, unless another length is given.
- Backstitch: bring the needle up from the wrong side of the cloth one stitch ahead of the place where the line begins, and go down where the line begins. For every stitch after that come up one stitch ahead of the last one and go down where the last one began. A backstitch takes about three times its own length of yarn.
- The ovals and the hearts are two pairs. Work both or only one of them: the amounts of yarn are for both.
- Use a yarn that is washed the way the garment is washed.
- Buy whole balls from one dye lot.

Found a mistake in this pattern? Tell us at flossfield.com, under Make a request.

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