

"My Best Friend" Loom Knit Doll

By: Sarah E. Inserra

This 20" Doll is very similar to the one I had as a child, her name was Angelica and she came everywhere with me, she was my best friend, she even looked like me with long blonde hair and blue eyes. I hope that this easy doll pattern can make some young girl in your life happy.



I was Inspired to create this doll for the young girls at the Nashotah House Campus where we live while my husband studies to be an Anglican Priest, there are so many kids here and who doesn't want a totally washable, best friend for life?

Materials

Knitting Loom: Small gauge adjustable loom with at least 44 pegs. Markman Farms Small gauge Adjustable Double Rake was used in sample.

Yarn: 4 skeins of Worsted Weight yarn, 1 Skin Color, 1 Hair Color, 1 Sock and Undies Color, and 1 Shoe color. Red Heart Yarn in Buff (skin), Soft White (Undies and socks), and Black (shoes) were used in sample. You will also need yarn scraps for the eyes and mouth.

Notions: Yarn needle, knitting tool, crochet hook, nylons or stockings for stuffing, batting (Polyfil), buttons with eyes big enough for a yarn needle to go through (preferably tan in color or whatever your "skin" color is), Wonder under (fusible web), and a newborn or preemie size outfit for doll to wear (I am not good at knitting clothes).

Gauge: 3 ½ stitches and 4 rows = 1"

Abbreviations: CO: Cast On
BO: Bind Off

Pattern Notes: Skin color, hair color, eye color ect... can all be changed. Knitter must know how to E-wrap, Purl, Chucky Braid Stitch, Crochet BO, Zigzag BO, Gather BO, and Cinch Stitch. The entire pattern is knit in the round using e-wrap. May be done in Knit stitch but it will make a smaller doll over all. Use only one strand of yarn throughout.

Instructions:

You can begin with any section- the legs use 20 pegs, the arms use 16, and the body uses 44.

Head/Body (one continuous piece)

Body

CO 44 pegs in Undies color (White)

Knit 10 rows

Attach Skin Color (Buff)

Knit 20 Rows

Do Cinch Stitch (see end of pattern for directions)

Head

Knit 20 rows



BO using the gather method, weave in ends.

Legs

Shoe (Black) (Note: use all 4 corners on the loom)

CO 20 Pegs (loose cast on- no need for tight cast on- you will be doing the Gather BO)

Knit 8 rows

Sock (attach Sock Color- White)

Knit 5 rows

Purl 3 rows

Leg (attach skin color- Buff)

Knit 25 rows

Undies (attach White)

Purl 2 row

Knit 3 rows

Purl 1 row (this makes for a nice edge to attach to the body section)



BO using crochet method, I usually chain 2 between each stitch to create a nice loose edge, easy to stuff and attach.

You can purl a couple more times (at the first Purl) if you want the edge of the undies to be more "frilly," make sure you decrease the leg (skin) color by the same number if you do that so the legs are not too long.

Arms (use Skin color- Buff)

CO 16 pegs

Knit 22 rows

Do Cinch Stitch (see end of pattern for directions)

Knit 8 rows



BO using Zigzag method- cut a 10-12" tail of yarn at the end of your knitting, thread onto a yarn needle. Thread the yarn through loop on peg 16 and lift loop from peg. Move to peg 1, thread through loop and lift from peg. Move to peg 15, thread through loop and lift from peg. Move to peg 2, thread through loop and lift from peg. Continue around the loom, tighten, and then weave in ends

Stuffing Body

Here I always use a pair of tights or nylons (white or the same color as the body). I do this so that the Doll is fully washable and no batting can be either pulled out or washed out.

I cut the legs of the nylons off and cut them again approximately $\frac{3}{4}$ of the way down. You will now have two pieces from each leg of the nylon, those will be the arms and legs. (Since the legs are longer, I do not cut them exactly in half.) Sew up one end of both nylons, the ones that are open on both ends.

Cut open the center of the waist section of the nylon between the legs and sew that up as well, so that only one end is open on each of the 5 pieces.



Legs

Stuff longer nylon into the leg and fill with Polyfil. Make sure that you do not stuff it too much or the leg gets really fat. Do not BO!

Body

Here is where the Cinch Stitch is used. Stuff the waist section of the nylons into the body, stuff the head up to the Cinch Stitch. Fill it until you feel it is the right shape and density, you do not want to stuff it too much or it will wobble, too little, and it will lose its shape.



Pull the drawstring tight and tie off.





Stuff the rest of the body 99% of the way full.

Attach the legs to the body by whip stitching them to the torso, finish filling the body the rest of the way and whip stitch the opening closed.



Arms

Stuff the shorter nylon into the arm and fill with poly fill up to the Cinch Stitch.

Pull on the drawstring and tie off. You now have a wrist on your doll.

Fill the rest of the arm with Polyfil, making sure that you do not stuff it too much or the arm gets really fat as well.

BO using the zigzag method, only this time you are just picking up the stitches. If this is too difficult, you may also just gather BO the end. I just feel that the Zigzag method gives the arm a cleaner look.



Finishing Touches

There are a couple ways to add the finishing touches to the arms and legs.

Easy:

Arms: whip stitch the arms to the sides of the doll where they look right to you.

Legs/Knee: (method on sample)

1. Use an approximately 12" piece of yarn scrap of the same color as the leg and thread it onto a yarn needle



2. Thread the yarn through the leg approximately where you want the knee to be and out the other side of the leg
3. Insert the needle approximately a half inch (or whatever you think looks good) either down or up and go back through the leg and out the other side.
4. Pull tight, causing the area to dimple like a Doll Knee and tie off, weaving in the ends.

Moderate:

Box-Stitch Joint (useful if you want bendable elbows and knees)

1. Decide where you want the joints placed.
2. Flatten the joint area to separate the fill.
3. Sew across the joint area, preferably with a sewing machine, to create the bendable area.

Button Joint (what I used on my doll)

1. Choose buttons that cover 90% of the tops of the arms and have large enough holes for the yarn needle to go through. (The bigger the arms, the bigger the buttons)
2. Place one button on each shoulder
3. Use a long piece of yarn (approximately 2-3 feet long- better to be safe) and run it through the yarn needle
4. Begin to stitch the button in place on one shoulder as if you were sewing a button on a shirt, starting from what would be the underside of the arm and go out through the button hole on the other side, leave about 4-6 inches of yarn hanging on the underside of the arm.
5. Go through the other hole and through the arm
6. Take the needle through the doll's body to the opposite shoulder area and go through the arm and then out through the second button on the opposite side.
7. Stitch back again, going through the button-arm-body.
8. Repeat step 3- 7 for the other holes (if there are 4 holes in the button)
9. Pull the ends together on each side and tie tightly to give the doll the look of a shoulder
10. Hide any ends; the arms will now be movable



The finished body of a doll.



You now have completed your basic doll. All you need to do is add the features.

Eyes and Mouth:

I embroider face as see in the example.

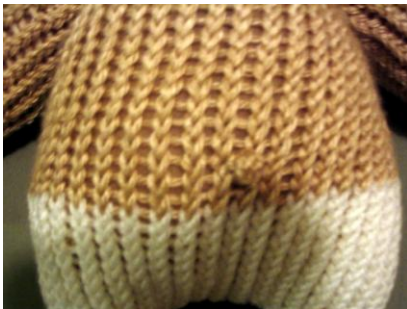


Nose:

You may embroider a nose or use a *French Knot* to create the 3D nose on the example.

Belly Button:

Use a French Knot to create the “outtie” belly button.



French Knot:

1. Thread the yarn onto the yarn needle.
2. Bring the needle up through the fabric to the front.
3. Wrap the yarn around the needle three or four times, keep a tight grip on the yarn as you wrap it.
4. Push the needle down through the fabric just next to where it came out, holding the yarn tight in your fingers. Pull the needle through the knot to the back of the fabric.
5. Tie off and weave in ends.

Hair:

There are two methods:

Easy: (Short Hair)

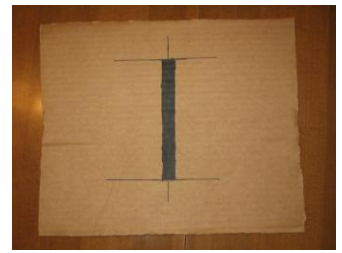
Knit 19 rows as if you were making a “hat” in the yarn of your choice, for example fun fur, in a hair color you like, turn inside out so the that the ‘purl stitch inside shows and tack to the head of the Doll. You may add fringe to the front for bangs.

Moderate: (Long Hair)

1. Decide how long you want the hair to be. Do this by measuring from the gather at the top of the head down the back of the doll to the point you want the hair to reach. (You

may want to embroider the face on the doll first to help get a better feel for where you want the hair to be.)

2. Cut a piece of cardboard roughly 2 inches more than the length you want the hair to be



3. In the middle of the cardboard draw two lines about 1" apart, where you want the part in the hair to be.

4. Wind the hair color yarn around the cardboard neatly until you have covered the length determined by your measurement.



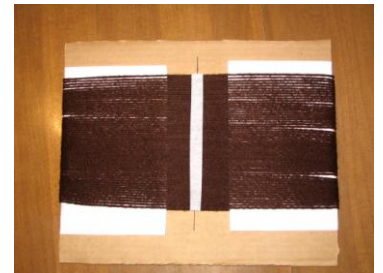
5. Cut about a 1/2 inch strip of fusible web and follow the directions to attach it to the part line as in the picture.



6. Remove the paper and follow steps 4 & 5 only this time you are following the package directions for bonding the two hair wraps together.

7. After the hair cools, attach one more strip of fusible web to the top of the hair wraps, remove paper.

8. The top where you placed the fusible web will face down along the head of the doll; it is only needed to add stability to the wig for when you sew it.



6. Cut the yarn on the opposite side of the cardboard so that you end up with lots of long strands of yarn bonded together.

7. Using the bonded part as a guide, sew the wig to the head of the doll.

8. For bangs you can trim the front, or you can embroider them underneath before sewing on the hairpiece.

9. Style the hair however you want.

You are now done with your doll!!!

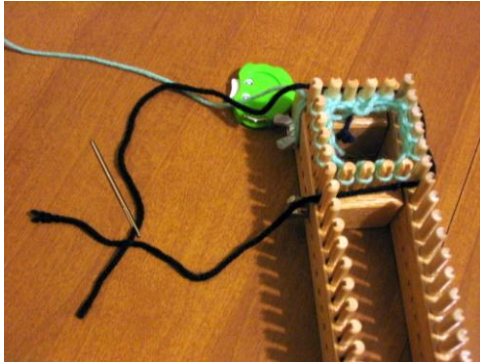


The Cinch Stitch

Description of Stitch:

To create the Cinch Stitch, you will run a strand of yarn through the loops on all the pegs, just as you would for the Gather Removal Method, but you will not remove the stitches.

Instructions:

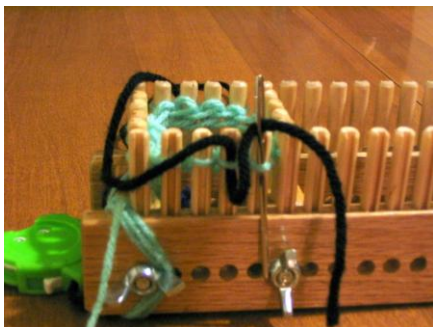


When your piece has the number of rounds (rows) that you desire, or that your pattern calls for, cut a piece of yarn the same color as you are using (I used a different color in the example so it would be better seen), and wrap it around the pegs leaving about 4-6 inches of additional yarn. (to be safe wrap around the loom twice until you get the hang of how much you will need, it is better to have more than to not have enough, or to have short ends).

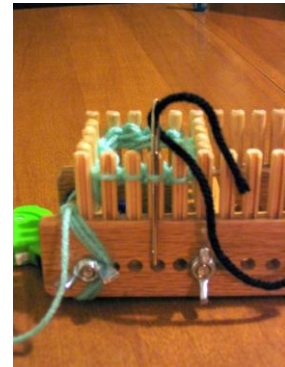
Thread one end of the yarn onto a yarn needle or any blunt ended needle.

Starting on the opposite side from where your first peg is (starter peg), bring the needle through the loop just as you would to remove the stitch, but instead of lifting the loop up and over, pull the needle and the yarn through the loop.

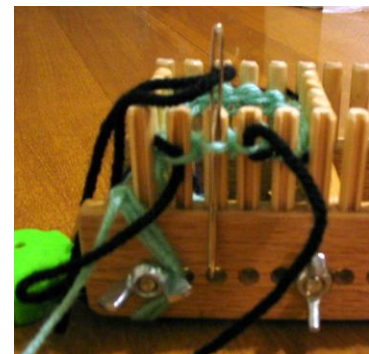
Be sure to keep about a 2-3" tail hanging below the first peg that you go through.

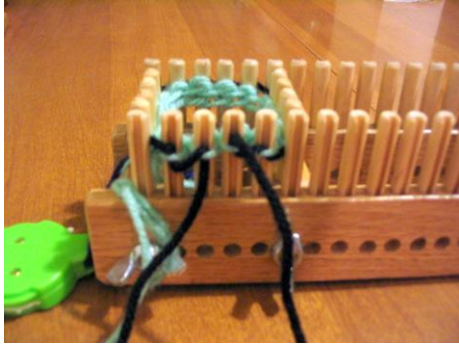


Do not remove the loop from the peg.



Continue in the same manner all the way around the loom until you reach the last peg.





You now have created the Cinch stitch.



Pull the ends of the yarn to the inside of the loom and leave hanging on the inside of the project to pull on when you need to cinch that area closed.

Continue wrapping the loom and knitting off as though the extra yarn was not woven around the loom, being careful when knitting off the cinch stitch row to not pull the two ends of yarn through the loops.

When your piece is finished you will be able to look at the inside of the tube and see the drawstrings hanging at various levels where you placed them, ready to be cinched when needed.



The drawstring being cinched.