



Stella Quilt Cushion

By Laura Penrose





Gauge DK (Aran):

21 (18) sts x 42 (36) rows = 10 x 10cm / 4 x 4"

Garner Stitch worked flat, blocked

Yarn:

DK or Fingering/4ply held double (Aran) weight

MC - 284 (250)g motif 1 / 260 (240)g motif 2

plus 40 (50)g for envelope closure

CC - 66 (70)g motif 1 / 88 (80)g motif 2

Needles:

4 (5)mm straight or circular needle, or needle required to meet gauge

Accessories:

embroidery needle, scissors, 50X50 cm cushion insert

Construction

The front of the cover is worked first with each square being added to the previous by picking up stitches and/or working German short rows. The back is then added in the same manner with the final seam being sewn closed with mattress stitch, or a closure flap is added. Entire cover is worked flat.

Choosing a cushion inner

You will need a 50 X 50cm / 20 x 20" cushion inner for your cover. What that inner is made from will affect the look of your finished cushion. Both samples use a feather/down insert which makes the cushion plump, but doesn't stretch the star motif or envelope closure. Synthetic inners can become very flat quite quickly, so you may prefer to use 2 smaller synthetic inners. If the cover is overstuffed you will lose the tips of the star motif and the envelope closure may stretch open and show the inner.



Gauge and yarn

It is important to make sure you have the correct gauge, otherwise your cover may not fit your cushion inner. Fortunately you can use your first square as a gauge swatch making sure to wash and block it without stretching it. Due to the stretchy nature of Garter stitch you do have some flexibility.

Motif 1 sample is made at aran weight gauge using Filcolana Peruvian Highland Wool in Natural White (MC) and Cinnamon Melange (CC). It has 16 complete squares comprising 20 MC triangles and 12 CC triangles.

Motif 2 sample is made at DK weight gauge using Filcolana Saga held double (MC) and Woolly Mammoth Hearth Sock and Natural Sock, each held double (some individual mini skeins, some skeins from the 2022 'Twelvetide' Advent calendar). It has 16 complete squares consisting of 16 MC triangles and 16 CC triangles (8 different CC colours each used twice).

Using Advents and scrap yarn

You can use your advent minis for this pattern if you follow the DK weight instructions. Each individual triangle uses approx 5.5g of either fingering weight yarn held double or DK, though this includes contingency so you can most likely complete a triangle with 5 grams though it will depend on the yarn you're using and your personal knitting tension. You can also adjust the stitch counts to make slightly smaller triangles weighing 5g or less, though you will end up with a smaller cushion. Simply increase to desired size, make a note of your maximum stitch count for reference and continue with the instructions. When picking up edge stitches, take your maximum stitch count, add 1, then divide by 2. This is how many stitches to pick up, eg. $(35 + 1) / 2 = 18$.



Instructions

All joining methods, techniques and envelope closure are demonstrated in the accompanying tutorial video which you can find [here](#).

Short Rows

Short rows are used to attach your new squares to the previous ones. Don't be intimidated if this is your first time working short rows, it's quite simple and is a great project to practise. This pattern uses the German short row method, however you can swap this for any short row method you prefer. Purl Soho or Very Pink Knits have great tutorials for German short rows on YouTube.

Picking up stitches

When picking up stitches to attach a new square you will always be picking up from the right (forward facing) side of the work. To do so, insert your right needle into both legs of the slipped edge stitch and pull yarn through.

Base Square

This first square of your cushion will be a corner square from which the cushion will grow. You will work this square only once and it uses just your MC.

Using MC, CO 3 sts using the long tail method.

Increases

R1 (WS) - K to end

R2 (RS) - (K1FB) twice, SL1WYF

R3 (WS) - K til 1 st rem, SL1WYF

R4 (RS) - K1FB, K til 2 sts rem, K1FB, SL1WYF

Rep rows 3 and 4 until you have 35 (27) sts, ending on row 3.

Decreases

R1-3 - K til 1 st rem, SL1WYF

R4 (WS) - K1, K2tog, K til 3 sts rem, SSK, SL1WYF

R5 (RS) - K til 1 st rem, SL1WYF

Rep rows 4 & 5 until 5 sts rem.

R6 (WS) - K1, CDD, SL1WYF

R7 (RS) - CDD

Break yarn, pull yarn through the last stitch. It is a good idea to weave in the ends after you complete each square so you are not left with hours of weaving at the end of the project. Your square should measure approx 10cm/4" along each edge.

From this point on you will continue adding squares using the following 4 methods (A, B, C & D). Using the schematics and/or tables on pages 6 and 7, add your squares in the order shown using the method indicated. Make sure you are picking up along the correct edge, starting at the correct point and using the correct colour. It can seem a little daunting at first but once you have worked a few squares the construction will begin to make much more sense.



Method A

Starting at the point indicated, with the **tail** of your working yarn pick up and knit 18 (14) sts along the edge indicated. This may take a few attempts to get the right tail length at first, you may find it useful to measure your tail before you pick up sts to reference next time. Slide sts back to the other end of the needle (or onto the left needle if using straights) so you are ready to knit with the working yarn coming from the ball.

CO 1 sts using cable CO method. Continue working from the RS.

R1 (RS) - K3, turn

R2 (WS) - DS, K1, SL1WYF

R3 (RS) - K1FB, K to 1 st after DS, turn

R4 (WS) - DS, K til 1st rem, SL1WYF

Rep R3 & 4 til you have incorporated all the picked up sts. You should have 35 (27) sts.

Break yarn and change to the opposite colour (if appropriate) for decreases.

R1 (RS) - K to DS, SL both legs of the DS WYF (pull on the tail if your DS is loose)

R2 & 3 - K til 1 st rem, SL1WYF (resolve final DS at the beginning of R2)

R4 (WS) - K1, K2tog, K til 3 sts rem, SSK, SL1WYF

R5 (RS) - K til 1 st rem, SL1WYF

Rep rows 4 & 5 until 5 sts rem.

R6 (WS) - K1, CDD, SL1WYF

R7 (RS) - CDD

Break yarn, pull yarn through the last stitch.

Method B

Starting at point indicated, with **working yarn** pick up and knit 18 (14) sts along the edge indicated. Turn to work the WS.

CO 1 st using the cable CO method.

R1 (WS) - K3, turn

R2 (RS) - DS, K1FB, SLWYF

R3 (WS) - K til 1 st after DS, turn

R4 (RS) - DS, K til 2 sts rem K1FB, SL1WYF

Rep R3 & 4 til you have incorporated all the picked up sts, ending on a WS row.

You should have 35 (27) sts.

Break yarn and change to opposite colour (if appropriate) for decreases.

R1-3 - K til 1 st rem, SL1WYF

R4 (WS) - K1, K2tog, K til 3 sts rem, SSK, SL1WYF

R5 (RS) - K til 1 st rem, SL1WYF

Rep rows 4 & 5 until 5 sts rem.

R6 (WS) - K1, CDD, SL1WYF

R7 (RS) - CDD

Break yarn, pull yarn through the last stitch.



Method C

For this square you will be picking up sts along the edges of 2 previously worked squares and using short rows to form the first half. No increases are needed.

Starting at the point indicated, pick up and knit 17 (13) sts from the edge indicated. Now pick up and knit 1 stitch from in-between the two edges you are picking up from. This should be the very top of a previously worked square, then continue by picking up another 17 (13) sts along the edge slip stitch of the left side triangle. You should have 35 (27) stitches.

Break yarn and slide stitches back to the other end of the needle if using a circular needle then slip the first 17 (13) sts from left to right needle, rejoin yarn ready to start working at the central stitch picked up in-between edges.

If using straight needles, slide 17 (13) sts from right to left needle and rejoin yarn ready to start working at the central stitch picked up in-between edges.

R1 (RS) - K2, turn

R2 (WS) - DS, K2, turn

R3 & 4 - DS, K to 1 st past DS, turn

Repeat rows 3 & 4 until all picked up sts have been consumed and you have 35 (27) live sts.

Break yarn and change to the opposite colour for decreases.

R1 (RS) - K to DS, SL both legs of the DS WYF (pull on the tail if you DS is loose)

R2 & 3 - K til 1 st rem, SL1WYF (resolve final DS at the beginning of R2)

R4 (WS) - K1, K2tog, K til 3 sts rem, SSK, SL1WYF

R5 (RS) - K til 1 st rem, SL1WYF

Rep rows 4 & 5 until 5 sts rem.

R6 (WS) - K1, CDD, SL1WYF

R7 (RS) - CDD

Break yarn, pull yarn through the last stitch.

Method D

This is the only method where decreases are used to attach one edge of the new square to a previously worked square. The first half of the square is worked in the same way as method A.

Note: If you need to rip back whilst decreasing, do so very carefully as it can be very easy for the stitches attaching the square to the one below to ladder down and become disconnected.

Starting at the point indicated, with the tail of your working yarn pick up and knit 18 (14) sts along the edge indicated. Slide sts back to the other end of the needle (or onto the left needle if using straights) so you are ready to knit with the working yarn coming from the ball.

CO 1 sts using cable CO method.

R1 (RS) - K3, turn

R2 (WS) - DS, K1, SL1WYF

R3 (RS) - K1FB, K to 1 st after DS, turn

R4 (WS) - DS, K til 1st rem, SL1WYF

Rep R3 & 4 til you have incorporated all the picked up sts. You should have 35 (27) sts.

Break yarn and change to opposite colour for decreases. Pick up the next edge slipped st as before.



R1 (RS) - K to DS, work DS.

With yarn forward and right needle, pick up st from the gap between edges inserting the needle from back to front **without** knitting it, turn work.

R2 (WS) - K2tog, K til 1 st rem, SL1WYF

R3 (RS) - K til 1 st rem, SL1WYF.

With yarn forward and right needle, pick up both legs of the next slipped edge stitch inserting the needle from back to front without knitting it. It will look like two sts on the needle however you should treat it as one. Turn work.

R4 (WS) - K2tog twice, K til 3 sts rem, SSK, SL1WYF

Rep R3 & 4 until 5 sts rem, ending on R3. Pick up the next slipped edge st as before.

R5 (WS) - K2tog, CDD, SL1WYF

R6 (RS) - K2, SL1WYF, pick up final edge slipped st

R7 (WS) - K2tog, SSK, pass first st over the second to bind off

Break yarn, pull yarn through the last stitch.

Blocking

It is recommended to block the front piece of the cushion before adding the back piece. This makes sure your seams lay flat and will make picking up the edge stitches a little easier. Make sure not to over stretch your front piece, it should measure around 44-47cm / 17.25-18.5".

You don't have to block the back piece and closure if you don't want to, as the slightly tighter fabric on the back will actually help keep the shape of the cushion. When washing your finished cover after use, remember to re-block it to the correct dimensions and flip the cover a few times whilst it dries.

Backing

The first half of the backing is worked in the same way as method C but on a bigger scale, the second half is worked like method D. Alternatively you can work a base square, continuing to increase until you have 145 (113) stitches, then decreasing back down to 1 st as described and then hand sew your backing to your front piece using mattress stitch.

Using MC with right side facing starting at one of the corners of the front piece, pick up and knit 72 (56) sts along 1 edge. This should be 18 (14) sts per square. Now pick up 1 st from the next corner. Continue picking up another 72 (56) sts along the next edge as before. You should have 145 (113) sts.

Break yarn and slide stitches back to other end of the needle if using a circular needle then slip the first 72 (56) sts from left to right needle, rejoin yarn ready to start working at the central stitch picked up at the corner.

If using straight needles, slide 73 (57) sts from right to left needle and rejoin yarn ready to start working at the central stitch picked up at the corner.



Increasing

R1 (RS) - K2, turn

R2 (WS) - DS, K2, turn

R3 & 4 - DS, K to 1 st past DS, turn

Repeat rows 3 & 4 until all picked up sts have been consumed and you have 145 (113) live sts.

On your final row, do not knit your final stitch, slip it with yarn forward.

Decreasing

R1 (RS) - K to DS, work DS.

With yarn forward and right needle, pick up a st from the corner of the front piece inserting the needle from back to front without knitting it, turn work.

R2 (WS) - K2tog, K til 1 st rem, SL1WYF

R3 (RS) - K til 1 st rem, SL1WYF

With yarn forward and right needle, pick up both legs of the next slipped edge stitch of the front piece, inserting the needle from back to front **without** knitting it. It will look like two sts on the needle however you should treat it as one. Turn work.

R4 (WS) - K2tog twice, K til 3 sts rem, SSK, SL1WYF

Continue working R3 & 4, making sure you are picking up 18 (14) edge sts per square, it is important you pick up enough sts otherwise your backing will be too large. You may find it useful to place removable stitch markers denoting each set of 18 (14) stitches worked as it can be tricky to read your work at this point. You should reach the end with 5 live sts but don't panic if you have 4 or 6, it is easy to miss a decrease or not pick up enough edge sts. Work the appropriate row 5.

6 sts rem: R5 (WS) - K2tog, CDD, SL1WYF

5 sts rem: R5 (WS) - K2tog, SSK, SL1WYF

4 sts rem: R5 (WS) - K2tog, K1, SL1WYF

All: R6 (RS) - CDD

Break yarn leaving a tail 4x longer than the edge of your cushion if you are making the sewn closure. Weave in ends.

Sewn Closure

If you want to block your cover, do so now making sure you don't stretch it. Once dry, place your cushion inner inside your cover and close the final seam using mattress stitch. You might find it helpful to place a removable stitch marker every 5-8 sts along each edge so you can easily keep track of your seaming.

Envelope Closure

If you struggle with this method you can also work the envelope as a flat piece once you've picked up the initial stitches, then attach the sides using mattress stitch. A demonstration of the envelope closure can be seen at the end of the tutorial video.

With RS facing, pick up and knit 97 (77) sts from the top edge of the front piece. To do this you will need to pick up approx 3 sts from the edge slipped sts, followed by another st from in between the edge sts. This may take a little trial and error.



You will work the closure in garter stitch (knit every stitch of every row) whilst attaching the edges to the side seams of your cover in the same way used in method D and the backing. Gently pull the front and back pieces apart to reveal the connecting stitches running down the side seam, it will look like a ladder. Pick your stitches up from each 'rung' or 'step' of the ladder.

Before turning to work the WS, WYF pick up a stitch from the top of the side seam ladder with the right needle from back to front **without** knitting it. This is the method you will use every time you pick up a side seam stitch.

R1 (WS) - K2tog, k til 1 st rem, SL1WYF, pick up side seam st from the **right side**, turn

R2 (RS) - P2tog, k til 1 st rem, SL1WYF, pick up side seam st, turn

Rep R1 & 2 a total of 27 (21) times or until you reach the half way point of the second square on the front piece or your preferred depth, ending on R2 (RS).

Place your cushion inner inside your case to check if your closure is long enough. If your cushion inner is particularly thick or full, you may find your closure forms an arc across the back of your pillow. If so, work the following short rows. If not, continue to Icord Bind Off.

Short Rows

R1 (WS) - K2tog, k til 1 st rem, SL1WYF, pick up side seam st from the **right side**, turn

R2 (RS) - P2tog, K til 5 sts rem, turn

R3 (WS) - DS, K til 5 sts rem, turn

R4 (RS) - K til 5 sts before DS, turn

R5 (WS) - K til 5 sts before DS, turn

Work R4 & 5 a total of 6 (4) times.

R6 (RS) - DS, K til 1 st rem resolving DS's as you go, SL1WYF, pick up side seam st, turn

R7 (WS) - K2tog, K til 1 st rem resolving DS's as you go, SL1WYF, pick up side seam st from the right side, turn

Icord Bind Off

Work loosely, or go up a needle size.

R1 (WS) - K2tog, K1, SSK, *slip 3 sts from right to left, K2, ssk, rep from * til 3 sts rem

To join the end of your icord you can either pick up 3 stitches from side seam and graft them to the 3 icord stitches, or break yarn, pull the tail through the 3 icord stitches and hand sew it to the side seam.

If the top edge of the back piece is a little loose, sew a length of thin elastic to the wrong side of the slipped stitch top edge to add strength and reduce sag. You can also add sew on poppers if you intend to use your cushion as a functional cushion rather than decorative.



Abbreviations

CC	contrast colour	RS	right side
DS	double stitch	rep	repeat
cm	centimetres	rem	remain(s)(ing)
CO	cast on	RS	right side
g	grams	Sl1	slip
K	knit	st(s)	stitch(es)
MC	main colour	WS	wrong side
mm	millimetres	"	Inches
R	Row	WYF	with yarn forward

Techniques

K2tog	knit the first 2 stitches on the left needle together as if they were 1 stitch. 1 stitch decreased.
SSK	slip one stitch knitwise, slip one stitch purlwise, place stitches back onto the left needle, K together through the back loop. 1 stitch decreased
CDD	Centre double decrease - slip 2 sts at the same time as if to knit, K1, pass 2 slipped stitches over the stitch just knit. 2 stitches decreased.
K1FB	Knit into the front loop of the stitch leaving it on the needle, then immediately knit into the back of the loop of the stitch then drop it off the needle. 1 stitch increased.

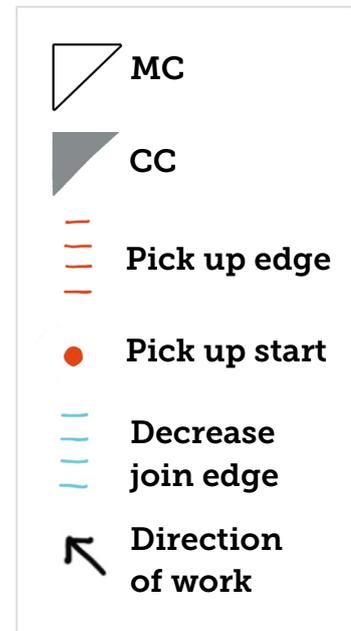
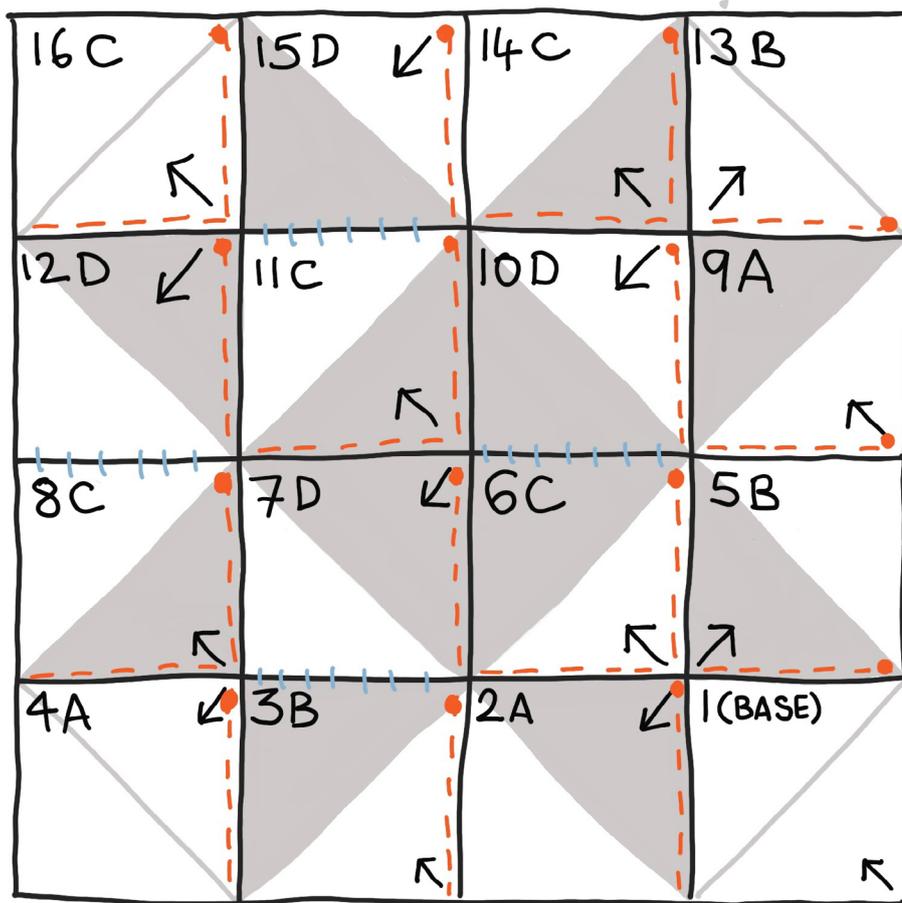
Pattern Support - laurapenroseknits@gmail.com

If you would like to share your projects on Instagram make sure to use #stellaquiltcushion and tag @_laurapenrose_.

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Motif 1

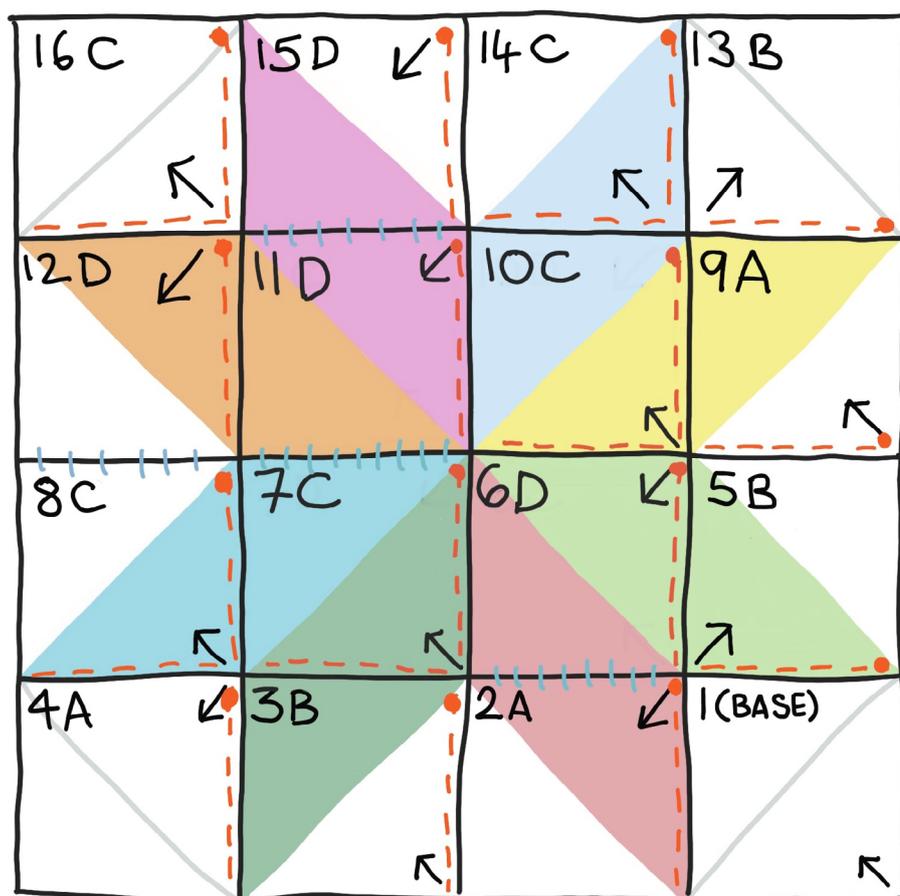


Square	Method	Colour order	Pick up start	Pick up edge	Square	Method	Colour order	Pick up start	Pick up edge
1	Base	MC, MC	-	-	9	A	MC, CC	TR S5	T S5
2	A	CC, MC	TL S1	L S1	10	D	MC, CC	TL S9	L S9
3	B	MC, CC	TL S2	L S2	11	C	CC, MC	TL S10	L S10, T S7
4	A	MC, MC	TL S3	L S3	12	D	CC, MC	TL S11	L S11
5	B	CC, MC	TR S1	T S1	13	B	MC, MC	TR S9	T S9
6	C	MC, CC	TL S5	L S5, T S2	14	C	CC, MC	TL S13	L S13, T S10
7	D	CC, MC	TL S6	L S6	15	D	MC, CC	TL S14	L S14
8	C	CC, MC	TL S7	L S7, T S4	16	C	MC, MC	TL S15	L S15, T S12

L - left R - right T - top S - square TL/R - top left/right



Motif 2



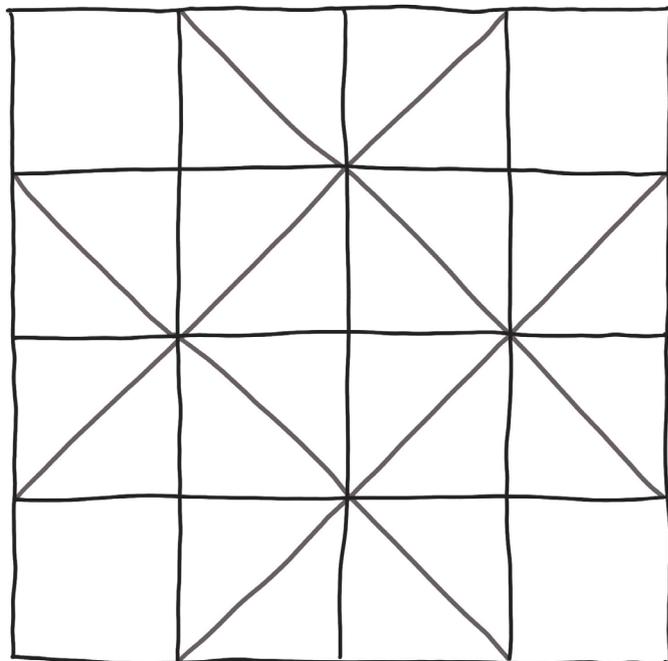
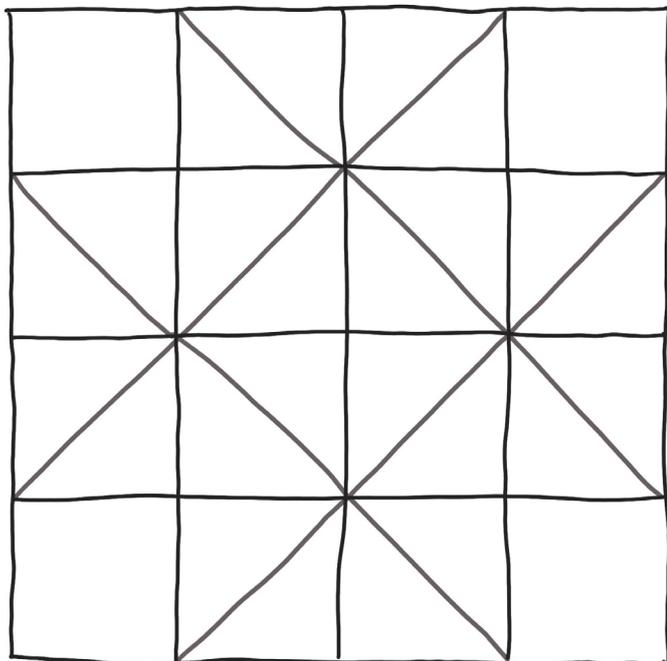
Square	Method	Colour order	Pick up start	Pick up edge	Square	Method	Colour order	Pick up start	Pick up edge
1	Base	MC, MC	-	-	9	A	MC, CC5	TR S5	T S5
2	A	CC1, MC	TL S1	L S1	10	C	CC5, CC6	TL S9	L S9, T S6
3	B	MC, CC2	TL S2	L S2	11	D	CC7, CC8	TL S10	L S10
4	A	MC, MC	TL S3	L S3	12	D	CC8, MC	TL S11	L S11
5	B	CC3, MC	TR S1	T S1	13	B	MC, MC	TR S9	T S9
6	D	CC3, CC1	TL S5	L S5	14	C	CC6, MC	TL S13	L S13, T S10
7	C	CC2, CC4	TL S6	L S6, T S3	15	D	MC, CC7	TL S14	L S14
8	C	CC4, MC	TL S7	L S7, T S4	16	C	MC, MC	TL S15	L S15, T S12

L - left R - right T - top S - square TL/R - top left/right



Use this sheet to plan and track your progress!

Motif 1



Motif 2

