

Bernie's Doll
By Stana D. Sortor



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Finished Measurements:

Bernie's doll: 13.5" (34 cm) tall.

Suggested Yarn: Worsted Weight Yarn.

Cascade 220 Superwash (100% Superwash Wool; 220 yards / 200 meters per 100g / 3.5oz) 1 skein each:
228 Frosted Almond or # 902 Soft Pink (or your preferred flesh color) – MC, # 815 Black – C1, # 817 Aran – C2, # 1946 – Silver Grey – C3, # 1924 Midnight Heather – C4, # 1922 Christmas Red Heather – C5, # 211 Cocoa – C6, # 816 – Grey – C7, # 846 – Blue – C8, # 873 – Extra Crème Café – C9.

Yardage:

170 yards / 156 meters of MC, 50 yards / 46 meters of C1, C6, C7, 15 yards / 14 meters of C2, C3, C4, C5, C8, C9.

Recommended Needle Size: Double Pointed Needles (DPN) US #5 / 3.75 mm (set of 5).

Notions: Yarn needle, scissors, stitch marker, stitch holders, polyester fiberfill (small bag), pipe cleaners (to hold Bernie's head and to bend his legs and arms), metal wire for the glasses.

Gauge: 20 sts & 26 rows = 4" (10 cm) in stockinette stitch.

Abbreviations:

BO = Bind Off

CO = Cast On

C1, C2, C3, C4, C5, C6, C7 = Contrast Colors

DPN = Double Pointed Needles

K = Knit

K2tog = Knit two stitches together, this decreases two stitches to one stitch.

K3tog = Knit three stitches together, this decreases three stitches to one stitch.

KFB = Knit in front and back of the same stitch, this creates two stitches from one stitch.

LH = Left Hand

MB = Make Bobble (see stitch glossary)

MC = Main Color

P = Purl

Patt = Pattern

PM = Place Marker

Rep = Repeat

RH = Right Hand

Rnd, Rnds = Round, Rounds

Sl = Slip

SSK = Slip st, slip st, and knit the two stitches together, this decreases two stitches to one stitch.

St, Sts = Stitch, Stitches

WS = Wrong Side

Wyif = With Yarn in Front

W & T = Wrap and Turn

Stitch Glossary:

The bobbles are worked into 1 st before moving onto the next st in the rnd.

MB = KFB, KFB, turn and P4, turn and K4, pull sts over to decrease from 4 to 1 st.

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Techniques:**Grafting (Kitchener stitch):**

This technique is used for joining two pieces of work together creating an almost invisible seam. With an equal number of sts on two needles, thread the tail end through the yarn needle. Hold needles parallel, with WSs facing in and both needles pointing to the right.

Perform Step 2 on the first front st, and then Step 4 on the first back st, and then continue with instructions below.

- 1: Pull yarn needle knitwise through front st and drop st from knitting needle.
 - 2: Pull yarn needle purlwise through next front st, leave st on knitting needle.
 - 3: Pull yarn needle purlwise through first back st and drop st from knitting needle.
 - 4: Pull yarn needle knitwise through next back st, leave st on knitting needle.
- Repeat Steps 1 – 4 until all sts have been grafted.

I-cord:

The set amount of sts are knitted from one needle to a second needle. Do not turn the needle with sts around, just push the sts to the beginning of the needle and knit again. This technique makes a tube.

Loop Stitch:

Step 1: Knit st. Don't drop the st off the LH needle.

Step 2: Bring the yarn forward between the needles, make a loop around your finger. Bring the yarn back.

Step 3: Knit again into the same st.

Step 4: Remove the st off the LH needle to the RH needle.

Step 5: Insert the LH needle into the two sts on the RH needle and knit them together.

Repeat Steps 1 – 5 for each loop.

Here is a nice tutorial with pictures for the loop stitch:

<https://fluffandfuzz.weebly.com/tutorials1/how-to-knit-loops>

Short Rows: Short rows are used to add extra length or dimension to your knitting only on part of your work. Short rows are worked within regular rows by adding the W & T and then changing the direction of your knitting to reach another W & T.

You work a set amount of stitches, then perform the W & T, then continue in the opposite direction and work another set amount of sts, then perform another W & T, and continue in the original direction to the end of the row.

Here is a link to great tutorial:

<https://www.purlsoho.com/create/2008/06/18/short-rows/>

Note:

Bernie's doll is knit in the round from the top down starting at the neck. The stitches for the arms are left on stitch holders and worked at a later time. Work the body and finish at the legs. Short rows create the heels. Stitches for arms are picked up and worked from the top down. The fingers are created with I-cord. To avoid too many ends to weave in at the fingers, I have used approximately 2 – 3 yards (1.80 – 2.75 meters) of yarn on the first finger and used this yarn for the rest of the fingers by sewing through the end of the first finger and continuing with the next finger.

The head is attached by picking up stitches around the neck, finishing at the top of the head. The nose is knitted directly onto the face by making a bobble stitch. Also stuff his upper body and arms only lightly to prevent his arms sticking out too far. To make the head stand up more and not be too wobbly insert pipe cleaners to stiffen up the neck.

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When casting on allow for extra yarn to be used for sewing. His hair is made of a piece of loop stitch that is sewn on top of the head. The glasses can be made from a piece of metal wire, which is bend around a pencil to create the glasses. My glasses were 3D printed and painted. The pants, jacket, face mask, and especially the mittens are knit separately and are removable. This gives the doll more 3D appeal.

Bernie's doll:

Body:

With the MC yarn and DPN, CO 12 sts. PM and join in the rnd.

Rnd 1: Knit

Rnd 2: (K1, KFB, K2, KFB, K1) 2x (16 sts total)

Rnd 3: (K1, KFB, K4, KFB, K1) 2x (20 sts total)

Rnd 4: (K1, KFB, K6, KFB, K1) 2x (24 sts total)

Rnd 5: (K2, KFB, K6, KFB, K2) 2x (28 sts total)

Rnd 6: (K2, KFB, K8, KFB, K2) 2x (32 sts total)

Rnd 7: (K3, KFB, K8, KFB, K3) 2x (36 sts total)

Rnd 8: (K3, KFB, K10, KFB, K3) 2x (40 sts total)

Rnd 9: (K4, KFB, K10, KFB, K4) 2x (44 sts total)

Rnd 10: (K4, KFB, K12, KFB, K4) 2x (48 sts total)

Rnd 11: (K5, KFB, K12, KFB, K5) 2x (52 sts total)

Rnd 12: K6 and transfer the sts onto a stitch holder, K14, transfer the next 12 sts onto a stitch holder, K14, transfer the last 6 sts onto a stitch holder. (28 sts total)

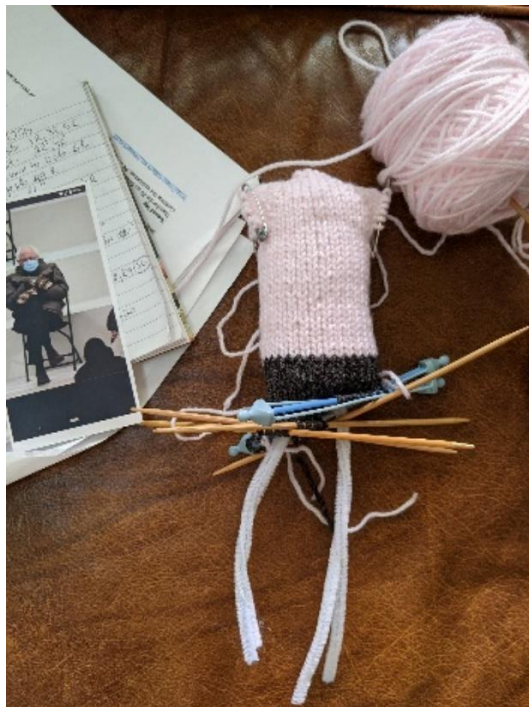
Continue with Body:

Rnd 13: Knit

Rnd 14: (KFB, K13) 2x (30 sts total). Begin to stuff the body.

Rnds 15 – 31: Knit in MC. Attach C4.

Rnds 32 – 38: Knit in C4. Finish stuffing the body.



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Continue with Legs:

If using the pipe cleaners, fold two pipe cleaners in half, interlock them at the bended part and insert the two pipe cleaners inside the body with the two ends pointing to where the legs will be. Continue to knit the legs around the pipe cleaners. See the pictures of work in progress.

First Leg:

Rnd 1: SSK, K6, transfer the next 15 sts onto a stitch holder or waste yarn, K7 (14 sts total)

Rnds 2 – 6: Knit in C4. Cut off C4. Continue with MC.

Rnds 7 - 26: Knit in MC. Cut off MC. Attach C1.

Rnds 27 - 30: Knit in C1. Cut off C1. Attach C6. Continue with C6 only.

Rnds 31 - 34: Knit.

Begin to stuff the leg.

Rnd 35: Short row section:

Short Row 1: K13, W&T

Short Row 2: P5, W&T

Short Row 3: K4, W&T

Short Row 4: P2, W&T

Short Row 5: K4

Rnds 36 – 39: Knit

Rnd 40: K2tog, K3, K2tog, K7 (12 sts total)

Rnds 41 – 43: Knit

Rnd 44: K2tog, K1, SSK, K2tog, K3, SSK (8 sts total)

Rnd 45: Knit

Finish stuffing. Cut the yarn, leaving a long enough tail, and thread the end on a yarn needle. Pull the end through the remaining sts on the needles, gather up and close the hole, stitch to secure.

Second Leg:

Transfer the 15 sts onto a DPN. Reattach the C4 yarn between the legs.

Rnd 1: K7. Mark the new beginning of rnds.

Rnd 2: SSK, K13 (14 sts total)

Rnds 3 – 6: Knit in C4. Cut off C4. Continue with MC.

Rnds 7 - 26: Knit in MC. Cut off MC. Attach C1.

Rnds 27 - 30: Knit in C1. Cut off C1. Attach C6. Continue with C6 only.

Rnds 31 - 34: Knit.

Begin to stuff the leg.

Rnd 35: Short row section:

Short Row 1: K13, W&T

Short Row 2: P5, W&T

Short Row 3: K4, W&T

Short Row 4: P2, W&T

Short Row 5: K4

Rnds 36 – 39: Knit

Rnd 40: K2tog, K3, K2tog, K7 (12 sts total)

Rnds 41 – 43: Knit

Rnd 44: K2tog, K1, SSK, K2tog, K3, SSK (8 sts total)

Rnd 45: Knit

Finish stuffing. Cut the yarn, leaving a long enough tail, and thread the end on a yarn needle. Pull the end through the remaining sts on the needles, gather up and close the hole, stitch to secure.



First Arm:

If using the pipe cleaners, fold two pipe cleaners in half, interlock them at the bended part and insert the two pipe cleaners inside the body with the two ends pointing to where the arms will be. Continue to knit the arms around the pipe cleaners.

Move the 12 sts from a stitch holder, attach the MC yarn at the armpit and begin working in the rnd.

Rnds 1 – 20: Knit

Keep stuffing the arm with fiberfill as you knit.

Finish stuffing the arms.

Thumb:

Continue with last 4 sts.

Work 2 rows I-cord. Cut the yarn approximately 2 – 3 yards (1.80 – 2.75 meters) long. Thread the end on a yarn needle. Pull the end through the 4 sts, close the hole.

Pull the needle through to the next 8 sts, and knit 2 rnds.

Continue with fingers:

Use the 2 sts and work 3 rows I-cord. Thread the end on a needle yarn. Pull the end through the 2 sts, close the hole.

Pull the needle through to the next 2 sts, and work 3 rows I-cord. Thread the end on a yarn needle. Pull the end through the 2 sts, close the hole.

Pull the needle through to the next 2 sts, and work 3 rows I-cord. Thread the end on a yarn needle. Pull the end through the 2 sts, close the hole.

Pull the needle through to the next 2 sts, and work 2 rows I-cord. Thread the end on a yarn needle. Pull the end through the 4 sts, close the hole.

Sew the holes between the 5 I-cords creating the fingers.

To shape the wrist, attach the MC yarn onto a yarn needle and weave in and out around the wrist, lightly gather the yarn around the wrist, tie knot and secure.

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Second Arm:

Move the 12 sts from a stitch holder, attach the MC yarn at the armpit and begin working in the rnd.

Rnds 1 – 20: Knit

Keep stuffing the arm with fiberfill as you knit.

Finish stuffing the arms.

Thumb:

Continue with first 4 sts.

Work 2 rows I-cord. Cut the yarn approximately 2 – 3 yards (1.80 – 2.75 meters) long. Thread the end on a yarn needle. Pull the end through the 4 sts, close the hole.

Pull the needle through to the next 8 sts, and knit 2 rnds.

Continue with fingers:

Use the 2 sts and work 3 rows I-cord. Thread the end on a yarn needle. Pull the end through the 2 sts, close the hole.

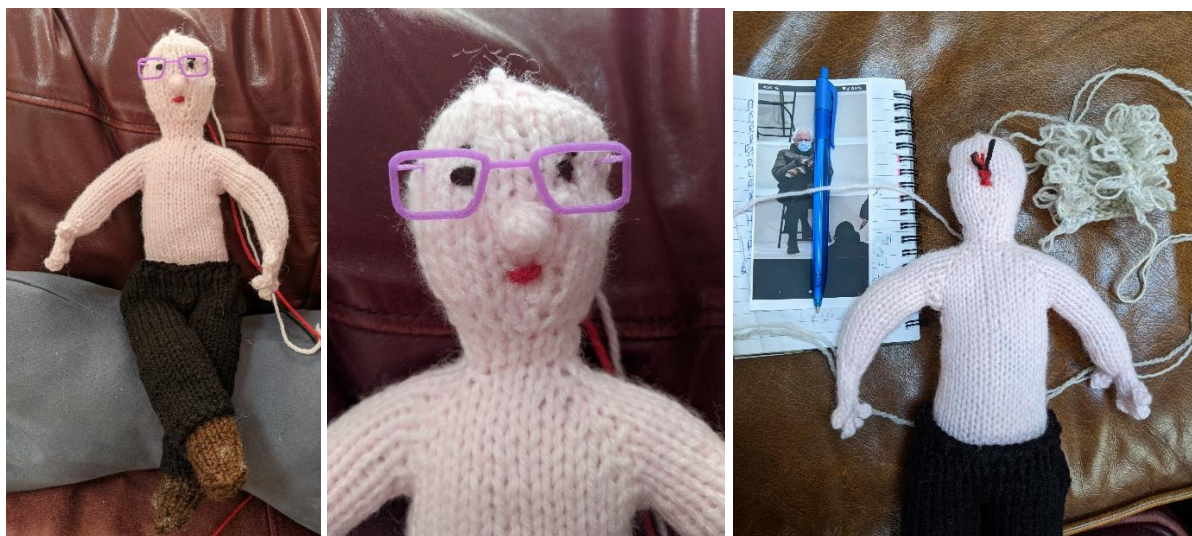
Pull the needle through to the next 2 sts, and work 3 rows I-cord. Thread the end on a yarn needle. Pull the end through the 2 sts, close the hole.

Pull the needle through to the next 2 sts, and work 3 rows I-cord. Thread the end on a yarn needle. Pull the end through the 2 sts, close the hole.

Pull the needle through to the next 2 sts, and work 2 rows I-cord. Thread the end on a yarn needle. Pull the end through the 4 sts, close the hole.

Sew the holes between the 5 I-cords creating the fingers.

To shape the wrist, attach the MC yarn onto a yarn needle and weave in and out around the wrist, lightly gather the yarn around the wrist, tie knot and secure.

**Head:**

With the MC yarn and DPN pick up 14 sts around the CO edge of the neck. Make sure the beginning of your rnds is the front shoulder of the Bernie's doll. PM and begin working in the rnd.

Rnds 1 – 2: Knit

Rnd 3: (KFB, K1) 3x, (KFB, K3) 2x (19 sts total)

Rnd 4: Knit

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Rnd 5: (KFB, K2) 3x, (KFB, K4) 2x (24 sts total)

Rnds 6 – 8: Knit

Rnd 9: KFB, K10, KFB, K12 (26 sts total)

Rnd 10: K6, MB, K19

Rnd 11: Knit

Rnd 12: SSK, K10, K2tog, K12 (24 sts total)

Rnds 13 – 14: Knit

Begin to stuff the head with fiberfill. Fold the pipe cleaner and insert into the neck.

Rnd 15: (SSK, K4) 4x (20 sts total)

Rnds 16 – 17: Knit

Rnd 18: (SSK, K3) 4x (16 sts total)

Rnd 19: SSK 8x (6 sts total)

Rnd 20: Knit

Finish stuffing. Cut the yarn, leaving a long enough tail, and thread the end on a yarn needle. Pull the end through the remaining sts on the needles, gather up and close the hole, stitch to secure.

Hair:

With the C3 yarn, CO 12 sts

Row 1: Work the loop sts.

Row 2: Purl

Rows 3 – 10: Rep Rows 1 – 2.

Make sure this part creates a half circle from neck to neck around the perimeter of the head. Adjust the length if needed.

BO.

Pants:

Legs (make 2):

With the C1 and DPN, CO 18 sts. PM on the first st, and begin working in the rnd.

Rnds 1 – 28: Knit

Join the two legs:

Rnd 29: Knit 9 sts from the second leg, continue with 18 sts from the first leg and finish the round with 9 sts from the second leg (36 sts total)

Rnds 30 – 35: Knit

Rnds 36 – 37: (K1, P1) 18x

BO in K1, P1 patt.

Jacket:

With C7 and DPN, CO 40 sts. PM on the first st, and begin working in the rnd.

Rnds 1 – 3: Knit

Rnd 4: Purl

Rnds 5 – 7: Knit

Rnd 8: Fold the CO edge inside. Position the yarn behind and pull the yarn for the knit st through the CO edge. This creates the double layered edge.

Rnds 9 – 30: Knit

Transfer the last 20 sts (for back) onto a stitch holder or waste yarn and work with the remaining 20 sts (for the front) in stockinette stitch flat.

Front Side:

Row 1: SSK, K16, K2tog (18 sts total)

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Row 2: Purl
Row 3: Knit
Row 4: Purl

Front Side Neck Shaping:

Row 5: K8, BO 2, Knit to end (16 sts total – 8 sts each shoulder)
Transfer the first 8 sts onto a stitch holder or waste yarn.

First Half:

Row 6: Purl
Row 7: SSK, K6 (7 sts)
Row 8: Purl
Row 9: Knit
Row 10: Purl

Cut the yarn and transfer the sts to a stitch holder or waste yarn.

Transfer the front live 8 sts, attach the yarn to the neck opening side, and work with them as follows:

Second Half:

Row 6: Purl
Row 7: K6, K2tog (7 sts)
Row 8: Purl
Row 9: Knit
Row 10: Purl

Cut the yarn and transfer the sts to a stitch holder or waste yarn.

Back Side:

Transfer the back 20 sts from stitch holder or waste yarn, attach yarn to right side of work, and work as follows:

Row 1: SSK, K16, K2tog (18 sts total)
Row 2: Purl
Row 3: Knit
Row 4: Purl
Row 5: Knit
Row 6: Purl

Back Side Neck Shaping:

Row 7: K8, BO 2, Knit to end (16 sts total – 8 sts each shoulder)
Transfer the first 8 sts onto a stitch holder or waste yarn.

First Half:

Row 8: Purl
Row 9: SSK, K6 (7 sts)
Row 10: Purl

Cut yarn, leaving a tail at least twice the length of the sts.

Align the back side of the top with the front of the top. Transfer the sts from stitch holder or waste yarn onto second knitting needle. Graft together the Left Front Shoulder sts to the Left Back Shoulder sts using the Kitchener stitch technique for an invisible seam.

Transfer the back live 8 sts, attach the yarn, and work with them as follows:

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Second Half:**Row 8:** Purl**Row 9:** K6, K2tog (7 sts)**Row 10:** Purl

Cut yarn, leaving a tail at least twice the length of the sts. Align the back side of the top with the front of the top. Transfer the sts from stitch holder or waste yarn onto second knitting needle. Graft together the Right Front Shoulder sts to the Right Back Shoulder sts using the Kitchener stitch technique for an invisible seam.

Pockets (make 2):

With C7 and DPN, CO 5 sts.

Row 1: Knit**Row 2:** Purl**Row 3:** Knit**Row 4:** Purl**Row 5:** (K1, P1) 2x, Sl 1 wyif**Row 6:** (K1, P1) 2x, Sl 1 wyif

BO in K1, P1 patt.

Smaller Pockets (make 2):

With C7 and DPN, CO 5 sts.

Row 1: Knit**Row 2:** Purl**Row 3:** SSK, K1, K2tog (3 sts total)**Row 4:** Purl**Row 5:** K3tog

Cut the yarn, leaving a long enough tail, and thread the end on a yarn needle. Pull the end through the remaining st on the needles, gather up and close the hole, stitch to secure.

Collar:

Starting at the front of the neck opening, pick up 28 sts evenly, place a stitch marker and join to work in the round.

Rnds 1 – 3: Knit**Rnd 4:** Purl**Rnds 5 – 7:** Knit

BO. Fold the edge along the purl rnd and sew the folded part to the inside of the neck opening.

Sleeves (make 2):

Starting at the front bottom of the armhole, pick up 16 sts evenly, ending at the back bottom of the armhole, place a stitch marker and join to work in the round.

Rnds 1 – 15: Knit**Rnd 16:** Purl**Rnds 17 – 18:** Knit

BO. Fold the edge along the purl rnd and sew the folded part to the inside of the sleeve opening. Repeat for a second sleeve.

Mask:

With C8, CO 18sts.

Row 1: Knit

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Row 2: Purl

Rows 3 – 6: Repeat Rows 1 – 2.

Row 7: Purl

Row 8: Purl

Rows 9 – 12: Repeat Rows 1 – 2.

Row 13: Knit

BO in purl stitch.

Fold in half, and sew the two layers together. Attach approximately 8" / 20 cm long string to the two bottom corners of the mask. Attach a third 8" / 20 cm long string to the third corner and sew the other end to the fourth corner. This loop will allow the mask to stay on Bernie's neck.



Mittens (make 2):

With C6, CO 16 sts. PM and join in the rnd.

Rnds 1 – 2: Knit

Rnd 3: Purl

Rnd 4: Knit. Attach C9.

Rnd 5: KFB in C6, [(K1 in C9, K1 in C6) 3x, K1 in C9] 2x, KFB in C6 (18 sts total)

Rnd 6: KFB in C6, (K1 in C9, K1 in C6) 4x, (K1 in C6, K1 in C9) 4x, KFB in C6 (20 sts total) Attach C2.

Rnd 7: KFB in C6, K1 in C6, (K1 in C6, K1 in C2) 4x, (K1 in C2, K1 in C6) 4x, K1 in C6, KFB in C6 (22 sts total)

Thumb:

Continue with first 3 sts and last 3 sts. Leave the remaining 16 sts on separate needles. Work in C6.

Rnd 1: KFB, K2tog 2x, KFB (6 sts total)

Rnd 2: Knit

Rnd 3: K1, K2tog 2x, K1 (4 sts total)

Cut the yarn, leaving a long enough tail, and thread the end on a yarn needle. Pull the end through the remaining sts on the needle, gather up and close the hole, stitch to secure.

Continue with the main part of the mittens.

Rnd 8: Knit in C2. (16 sts total)

Rnd 9: (K1 in C2, K1 in C9) 4x, (K1 in C9, K1 in C2) 4x

Rnd 10: Knit in C9. Attach C6.

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Rnd 11: (K1 in C9, K1 in C6) 4x, (K1 in C6, K1 in C9) 4x
Rnd 12: (K1 in C6, K1 in C9) 4x, (K1 in C9, K1 in C6) 4x
Rnd 13: (K1 in C9, K1 in C2) 4x, (K1 in C2, K1 in C9) 4x. Cut off C9.
Rnd 14: (K1 in C2, K1 in C6) 4x, (K1 in C6, K1 in C2) 4x Cut off C2. Continue with C6.
Rnd 15: (SSK, K4, K2tog) 2x (12 sts total)

Cut yarn, leaving a tail at least twice the length of the sts.

Align the back side of the mittens with the front side of the mittens. Graft together using the Kitchener stitch technique for an invisible seam.



Finishing:

Weave in the ends.

Embroider the eyes and eyebrow with C1 yarn and lips with C5 yarn. You can hide the yarn ends under the hair. Arrange the hair, and sew the hair to the back from one side of the neck to the opposite side around the perimeter of the head, leaving the bold spot on top of the head.

Sew the smaller pockets on top of the front jacket and the larger pockets on the lower part of the jacket. Use pencil to wrap around the wire to create the glasses. Optional is to connect the two mittens with a string and pull the string through the jacket, this way the mittens will not get lost.

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