



feels right tee / tank

by LILY KATE FRANCE

The everyday t-shirt or tank that goes with everything. I designed the #FeelsRightTee and #FeelsRightTank to show off those awkward leftovers of sock yarn, and choosing colours and combinations is half the fun.

YARN: 4 ply / fingering weight yarn, approx. 623 (693; 778; 857; 943) [1044; 1187; 1309; 1414] metres / 682 (758; 851; 937; 1031) [1143; 1299; 1433; 1548] yards total for the **tee** version.

Approx 528 (588; 657; 724; 784) [860; 950; 1032; 1120] metres / 578 (643; 719; 792; 858) [941; 1039; 1129; 1225] yards for the **tank** version.

Divide this total yarn amount between the Main Colour (MC) and Contrast Colour (CC) however you wish.

For a striped band of a similar depth to the sample, you will need between 30g and 100g of sock yarn depending on the size.

Samples shown use Rico Essential Cotton 4ply for MC and Fyberspates handdyed sock yarn for CC in the t-shirt version, and Three Bears Yarns Marl Affection 4ply in the tank version.

GAUGE: 26 sts and 34 rows to 4 inches / 10 cm in stocking stitch *blocked*. Suggested size 3.25 mm.

NEEDLES & NOTIONS:

3mm & 3.25mm 24" / 60cm circular needles for body

3mm & 3.25mm needle(s) of your preferred method for working small circumferences in the round (*ie. DPNs, short circulars, magic loop*) for sleeves and neckband

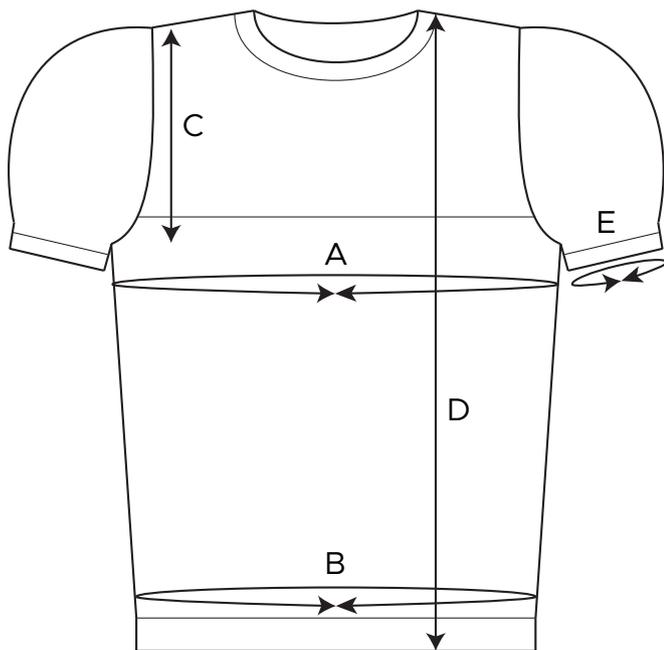
Scrap yarn for holding stitches,

Lockable stitch markers

Tapestry needle

SIZING: 1 (2; 3; 4; 5) [6; 7; 8; 9] detailed below, designed to be worn with 2-4" / 5-10 cm positive ease. Sample shown is a size 2 worn on a 34" bust with around 2" of positive ease.

Size	1	2	3	4	5	6	7	8	9
To fit bust (inches)	28-30	32-34	36-38	40-42	44-46	48-50	52-54	56-58	60-62
To fit bust (cm)	71-76	81-86	91-97	102-107	112-117	122-127	132-137	142-147	152-157
A: Bust	31.5" 80 cm	36" 91 cm	39.5" 101 cm	44" 112 cm	47.5" 121 cm	52" 132 cm	55.5" 141 cm	60" 152 cm	63.5" 162 cm
B: Total length	18.5" 47 cm	19" 48 cm	19.5" 50 cm	19.5" 50 cm	20" 51 cm	20.5" 52 cm	21" 53 cm	21.5" 55 cm	22" 56 cm
C: Waist	28" 71 cm	30.5" 77 cm	34" 87 cm	38.5" 98 cm	42" 107 cm	46" 116 cm	50" 127 cm	54" 137 cm	58" 148 cm
D: Upper arm	10.5" 26 cm	11" 28 cm	12" 30 cm	12.5" 32 cm	14" 36 cm	15.5" 39 cm	17.5" 44 cm	19" 48 cm	20" 51 cm



Construction: the entire t-shirt is worked seamlessly from the top down. It begins by casting on across the shoulders and working back and forth in rows on the upper back down to the armholes. The back stitches are then set aside to work the front.

Stitches are picked up across each shoulder separately, the shoulder/neck is shaped with short rows and increases, then the separate shoulder fronts are joined together by casting on the centre neck stitches.

The front is then worked back and forth in rows down to the armholes to match the back. The held back stitches are then replaced on the needle to work the main body in one piece from the armholes down to the hem, working in rounds.

Choosing yarn: the Feels Right Tee is designed to be used as a basic t-shirt pattern for you to add stripes and colour blocks as you wish. When choosing yarns, be sure to choose 4ply / fingering weight yarns of a similar thickness so the gauge doesn't vary between yarns.

Terminology: left and right means as worn, not as looking at the garment.

Pattern support: for pattern support queries please **EMAIL** lilykate@jolihouse.com rather than sending an Instagram DM.

Stitches are picked up around the neck to work the ribbed neckband.

The sleeves are worked by picking up around the armhole edge, then filling in the set in sleeve 'cap' with short rows. The sleeves are then joined to begin working in the round, where a short cuff is worked in the contrast colour. Alternatively, ribbed edgings are worked around the armholes for the tank version.

ABBREVIATIONS / TECHNIQUES

k: knit
RS: right side
PM: place marker
BOR: beginning of round
k2tog: knit two together
SR: short row

p: purl
WS: wrong side
SM: slip marker
st(s): stitch(es)
DS: double stitch

KFB: knit into the front and back of next stitch
PFB: purl into the front and back of next stitch

S: slip one stitch purlwise

SSK: slip next stitch knitwise, slip another stitch knitwise, then slip both stitches back to left needle (stitches now sit twisted). Knit these stitches together through the back loop.

This pattern uses **German short rows**, which are worked as follows:

1) Work the required number of stitches, then turn work (leaving the remaining stitches on the previous round unworked).

2) With the yarn held in front, slip the first stitch on your left needle (the German Short Row stitch) purlwise.

3) Pull your working yarn firmly up and over the right needle. This is referred to as 'pull yarn' in the pattern.

4) The stitch below is stretched up and over the needle and now appears as a 'double stitch' (**DS**). If next working a knit row, the yarn is now on the correct side of the work. If next working a purl row, bring the yarn to the front between the needles.

5) Work in pattern as directed to the end of the row.

When you encounter a German Short Row (GSR) stitch on the next row, work the both legs of the 'double stitch' together as one stitch.

Video tutorials: [knit stitch](#) / [stocking stitch](#) / [1x1 rib](#) / [basic increases](#) / [basic decreases](#) / [picking up stitches](#) / [German short rows](#)



UPPER BACK

With 3.25mm needle and MC, cast on 87 (89; 93; 95; 101) [101; 107; 109; 113] sts.

Place stitch markers on cast on edge 22 (22; 23; 24; 25) [25; 26; 27; 28] sts in from each end (be sure to place markers on the actual cast on itself, not between sts on the needle – these markers will be used as reference points later. Must be removable markers or scrap yarn).

Row 1: knit

Row 2: purl

You will now work short rows to shape the shoulders and back neck. For full instructions on how to work German Short Rows, see Abbreviations & Techniques.

Each short row is part of Row 3, so each step is labelled 3a, 3b, etc.

Row 3a: k 23 (23; 24; 25; 26) [26; 27; 28; 29], turn

3b: s1, pull yarn, p 4 (4; 4; 4; 5) [5; 5; 5; 5], turn.

3c: s1, pull yarn, k 7 (7; 7; 7; 8) [8; 8; 8; 8], turn.

3d: s1, pull yarn, p 12 (12; 12; 12; 13) [13; 13; 14; 14], turn.

3e: s1, pull yarn, k 15 (15; 15; 15; 16) [16; 16; 17; 17], turn.

3f: s1, pull yarn, p 19 (19; 20; 20; 21) [21; 21; 22; 23], turn.

3g: s1, pull yarn, k 22 (22; 23; 23; 25) [25; 25; 26; 27], turn.

3h: s1, pull yarn, p 26 (26; 27; 28; 30) [30; 30; 31; 32], turn.

3i: s1, pull yarn, k 29 (29; 31; 32; 34) [34; 35; 36; 37], turn.

3j: s1, pull yarn, p 34 (34; 36; 37; 39) [39; 41; 42; 43] (to end).

Row 4: k across all sts.

Each of the following short rows are part of Row 5, so each step is labelled 5a, 5b, etc.

Row 5a: p 23 (23; 24; 25; 26) [26; 27; 28; 29], turn.

5b: s1, pull yarn, k 4 (4; 4; 4; 5) [5; 5; 5; 5], turn.

5c: s1, pull yarn, p 7 (7; 7; 7; 8) [8; 8; 8; 8], turn.

5d: s1, pull yarn, k 12 (12; 12; 12; 13) [13; 13; 14; 14], turn.

5e: s1, pull yarn, p 15 (15; 15; 15; 16) [16; 16; 17; 17], turn.

5f: s1, pull yarn, k 19 (19; 20; 20; 21) [21; 21; 22; 23], turn.

5g: s1, pull yarn, p 22 (22; 23; 23; 25) [25; 25; 26; 27], turn.

5h: s1, pull yarn, k 26 (26; 27; 28; 30) [30; 30; 31; 32], turn.

5i: s1, pull yarn, p 29 (29; 31; 32; 34) [34; 35; 36; 37], turn.

5j: s1, pull yarn, k 34 (34; 36; 37; 39) [39; 41; 42; 43] (to end).

Row 6 (WS): p across all sts.

Work 46 (40; 36; 30; 32) [30; 30; 28; 26] rows straight in stocking stitch, or until back measures 6.25 (5.75; 5.25; 4.5; 4.75) [4.5; 4.25; 4.25; 4] inches / 16 (14.5; 13; 11.5; 12) [11.5; 11; 10.5; 10] cm from cast on, measured at the armhole edge (important due to short rows). End with a WS row.

Write down the total number of rows worked in this section here: _____

COLOUR BLOCKING

Note: it is totally up to you when you change between Yarn A and Yarn B, but for a similar look to the tshirt sample, change to Yarn B 16 (18; 18; 20; 22) [22; 24; 24; 26] rows before the end of the armhole shaping.

ARMHOLE SHAPING

Next row / inc row (RS): k1, KFB, k to last 3 sts, KFB, k2. 89 (91; 95; 97; 103) [103; 109; 111; 115] sts.

Next row (WS): purl.

Repeat last 2 rows a further 3 (8; 12; 17; 16) [16; 19; 20; 22] times for a total of 4 (9; 13; 18; 17) [17; 20; 21; 23] increase rows. 95 (107; 119; 131; 135) [135; 147; 151; 159] sts.

Sizes 5, 6, 7, 8 & 9 only: you will now work further increases every row.

Next row (RS): k1, KFB, k to last 3 sts, KFB, k2. – (-; -; -; 137) [137; 149; 153; 161] sts.

Next row (WS): p1, PFB, p to last 3 sts, PFB, p2. – (-; -; -; 139) [139; 151; 155; 163] sts.

Repeat last 2 rows a further – (-; -; -; 1) [4; 4; 6; 7] times. – (-; -; -; 143) [155; 167; 179; 191] sts. **##**

All sizes: Break yarn and leave upper back sts on waste yarn.

RIGHT SHOULDER FRONT

With RS facing, rejoin yarn A at cast on edge of back. Pick up and k 22 (22; 23; 24; 25) [25; 26; 27; 28] sts from top right corner of fabric to marker on cast on edge. Remove this marker.

Row 1 (WS): purl

Row 2 (RS): knit

You will now work short rows to shape the right shoulder.

Row 3a: p 5 (5; 5; 5; 5) [5; 6; 6; 6], turn.

3b: s1, pull yarn, k to end.

3c: p 9 (9; 10; 9; 10) [10; 11; 11; 12], turn.

3d: s1, pull yarn, k to end.

3e: p 13 (13; 14; 14; 15) [15; 16; 16; 17], turn.

3f: s1, pull yarn, k to end.

3g: p 17 (17; 18; 19; 20) [20; 21; 21; 22], turn.

3h: s1, pull yarn, k to end.

You will now work increases to shape the front neck.

Row 4 (WS): p1, PFB x 0 (0; 1; 1; 1) [1; 1; 1; 1] p to end. 22 (22; 24; 25; 26) [26; 27; 28; 29] sts.

Row 5 (RS): knit

Row 6: p1, PFB, p to end. 23 (23; 25; 26; 27) [27; 28; 29; 30] sts.

Row 7: knit

Row 8: p1, PFB, p to end. 24 (24; 26; 27; 28) [28; 29; 30; 31] sts.

Sizes 1, 2, 3 & 4 only:

Row 9: knit

Row 10: p1, PFB, p to end. 25 (25; 27; 28; -) (-; -; -) sts.

Row 11: knit

Sizes 5, 6, 7, 8, & 9 only:

Row 9: k to last 2 sts, KFB, k1. - (-; -; -; 29) [29; 30; 31; 32] sts.

Row 10: p1, PFB, p to end. - (-; -; -; 30) [30; 31; 32; 33] sts.

Row 11: k to last 2 sts, KFB, k1. - (-; -; -; 31) [31; 32; 33; 34] sts.

All sizes now continue following the same pattern.

Row 12: p1, PFB, p to end. 26 (26; 28; 29; 32) [32; 33; 34; 35] sts.

Row 13: k to end, cast on 3 sts using backwards loop method. 29 (29; 31; 32; 35) [35; 36; 37; 38] sts.

Row 14: purl

Row 15: k to end, cast on 4 sts using backwards loop method. 33 (33; 35; 36; 39) [39; 40; 41; 42] sts.

Row 16: purl

Row 17: k to end, cast on 5 (5; 5; 5; 5) [5; 6; 6; 7] sts using backwards loop method. 38 (38; 40; 41; 44) [44; 46; 47; 49] sts.

Break yarn and leave right shoulder front sts on holder / waste yarn.

LEFT SHOULDER FRONT

With RS facing, rejoin yarn at remaining marker on cast on edge of back. Pick up and k 22 (22; 23; 24; 25) [25; 26; 27; 28] sts from this marker to top left corner of back.

Row 1 (WS): purl.

You will now work short rows to shape the left shoulder.

Row 2a: k 5 (5; 5; 5; 5) [5; 6; 6; 6], turn.

2b: s1, pull yarn, p to end.

2c: k 9 (9; 10; 9; 10) [10; 11; 11; 12], turn.

2d: s1, pull yarn, p to end.

2e: k 13 (13; 14; 14; 15) [15; 16; 16; 17], turn.

2f: s1, pull yarn, p to end.

2g: k 17 (17; 18; 19; 20) [20; 21; 21; 22], turn.

2h: s1, pull yarn, p to end.

Row 3 (RS): k1, KFB x 0 (0; 1; 1; 1) [1; 1; 1; 1] k to end. 22 (22; 24; 25; 26) [26; 27; 28; 29] sts.

Row 4: purl.

Row 5: k1, KFB, k to end. 23 (23; 25; 26; 27) [27; 28; 29; 30] sts.

Row 6: purl.

Row 7: k1, KFB, k to end. 24 (24; 26; 27; 28) [28; 29; 30; 31] sts.

Sizes 1, 2, 3 & 4 only:

Row 8: purl.

Row 9: k1, KFB, K to end. 25 (25; 27; 28; -) (-; -; -; -) sts.

Row 10: purl.

Sizes 5, 6, 7, 8, & 9 only:

Row 8: p to last 2 sts, PFB, p1. – (-; -; -; 29) [29; 30; 31; 32] sts.

Row 9: k1, KFB, k to end. – (-; -; -; 30) [30; 31; 32; 33] sts.

Row 10: p to last 2 sts, PFB, p1. – (-; -; -; 31) [31; 32; 33; 34] sts.

All sizes now continue following the same pattern.

Row 11: k1, KFB, k to end. 26 (26; 28; 29; 32) [32; 33; 34; 35] sts.

Row 12: p to end, cast on 3 sts using backwards loop method. 29 (29; 31; 32; 35) [35; 36; 37; 38] sts.

Row 13: knit.

Row 14: p to end, cast on 4 sts using backwards loop method. 33 (33; 35; 36; 39) [39; 40; 41; 42] sts.

Row 15: knit.

Row 16: p to end, cast on 5 (5; 5; 5; 5) [5; 6; 6; 7] sts using backwards loop method. 38 (38; 40; 41; 44) [44; 46; 47; 49] sts.

Row 17: knit.

JOIN FRONTS

You will now join both fronts together.

Joining row: purl across 38 (38; 40; 41; 44) [44; 46; 47; 49] left front sts,

cast on 11 (13; 13; 13; 13) [13; 15; 15; 15] using backwards loop method,

purl across 38 (38; 40; 41; 44) [44; 46; 47; 49] held right front sts.

87 (89; 93; 95; 101) [101; 107; 109; 113] sts.

If you worked the recommended number of straight rows on the back, now work 38 (32; 28; 22; 24) [22; 22; 20; 18] rows straight in stocking stitch on the front.

If you worked a different number of rows on the back, work **8** fewer rows than the number you wrote down.

ARMHOLE SHAPING

Work armhole shaping as for back from **#** to **##**.

JOIN BODY

Next row: K across 95 (107; 119; 131; 143) [155; 167; 179; 191] front sts.

Cast on 8 (10; 10; 12; 12) [14; 14; 16; 16] sts using backwards loop method, placing marker after 4 (5; 5; 6; 6) [7; 7; 8; 8] of these sts.

Place 95 (107; 119; 131; 143) [155; 167; 179; 191] held back sts on needle and K across.

Cast on on 8 (10; 10; 12; 12) [14; 14; 16; 16] sts using backwards loop method, placing BOR marker after 4 (5; 5; 6; 6) [7; 7; 8; 8] of these sts.

Join to begin working in the round. 206 (234; 258; 286; 310) [338; 362; 390; 414] sts.

MAIN BODY

Work 8 rounds straight in st. st, changing to MC after 5th round.

Note: *if you would like to modify the tshirt to be longer or shorter, add or deduct rows in this section. Sample shown has 2 extra inches straight here as I am tall and very long in the body. Keep in mind that the hemline is designed to sit just below the waist, so modifying this significantly will mean the waist shaping doesn't sit correctly.*

Decrease round: *k4, SSK, k to 6 sts before M, k2tog, k4, repeat from * once more. 202 (230; 254; 282; 306) [334; 358; 386; 410] sts.

Knit 10 (6; 6; 6; 6) [5; 6; 5; 6] rounds straight.

Repeat the last 11 (7; 7; 7; 7) [6; 7; 6; 7] rounds (*ie. the decrease round and subsequent straight rounds*) a further 5 (8; 8; 8; 8) [9; 8; 9; 8] times. 182 (198; 222; 250; 274) [298; 326; 350; 378] sts.

Knit 4 (7; 7;5; 3) [6; 3; 6; 3] rounds straight or until top is 1" / 2.5cm shorter than desired finished length.

HEM

Change to 3mm needle and knit 1 round.

Work 9 rounds in (k1, p1) rib. Cast off all sts in rib using the tubular method or your preferred stretchy cast off.

You can either work the sleeves or neckband next; I chose to work the neckband first so I could see how it looked without an annoying curled edge, but it doesn't matter either way.

If you are making the tank version, skip ahead to the armhole edgings on page 8.

T-SHIRT SLEEVES

With 3.25mm needle, MC and beginning at centre of underarm, pick up and knit 4 (5; 5; 6; 6) [7; 7; 8; 8] in underarm cast on,

34 (36; 39; 41; 45) [49; 56; 61; 63] from underarm to shoulder 'seam' (*this will be approx. 1 st in every 2 rows, plus a few extras*), **PM**,

34 (36; 39; 41; 45) [49; 56; 61; 63] from shoulder 'seam' down to underarm (*again approx. 1 in 2*),

then 4 (5; 5; 6; 6) [7; 7; 8; 8] to centre of underarm.

76 (82; 88; 94; 102) [112; 126; 138; 142] sts. Place BOR marker and join to begin working in the round.

You will now begin to work short rows to shape the sleeve cap.

SR 1: k to M, k 13 (14; 15; 16; 17) [19; 21; 23; 24], turn

s1, pull yarn, p 25 (27; 29; 31; 33) [37; 41; 45; 47], turn

s1, pull yarn, k 26 (28; 30; 32; 34) [38; 42; 46; 48], turn

s1, pull yarn, p 27 (29; 31; 33; 35) [39; 43; 47; 49], turn

Continue in this manner, working 1 more st every row, until you have worked s1, pull yarn, p 47 (51; 53; 57; 69) [73; 83; 93; 101], turn.

SLEEVE SHAPING

You will now continue to fill in the sleeve cap by working 1 stitch further every row, but will also introduce decreases to shape the sleeve.

Next SR (dec): s1, pull yarn, k to 7 sts before M, k2tog, k5, SM, k5, SSK, k to DS, k DS, k1, turn. 74 (80; 86; 92; 100) [110; 124; 136; 140] sts.

Beginning with a purl, work 3 short rows as set (ie. working 1 st further each row).

Repeat last 4 rows a further 4 times. 66 (72; 78; 84; 92) [102; 116; 128; 132] sts.

Your final SR should be: s1, pull yarn, p 57 (61; 63; 67; 79) [83; 93; 103; 111], turn.

Sizes 3, 4, 6, 7, 8 & 9 only:

s1, pull yarn, k to 7 sts before M, k2tog, k5, SM, k5, SSK, k to DS, k DS, k1, turn. – (-; 76; 82; -) [100; 114; 126; 130] sts.

Beginning with a purl, work 3 short rows as set (ie. working 1 st further each row).

Sizes 7 & 8 only:

s1, pull yarn, k to 7 sts before M, k2tog, k5, SM, k5, SSK, k to DS, k DS, k1, turn. – (-; -; -; -) [-; 112; 124; -] sts.

Beginning with a purl, work 3 short rows as set (ie. working 1 st further each row).

All sizes: s1, pull yarn, k to end.

CUFF

Knit 1 round with MC.

Change to 3mm needle, CC, and knit 1 round.

Work 5 rounds in [k1, p1] rib then cast off all sts loosely in rib using the tubular method or your preferred stretchy cast off.

NECKBAND

Using 3mm short circular needle, CC and beginning at left shoulder 'seam', pick up and k 110 (114; 116; 116; 120) [120; 128; 128; 132] sts around neck. See diagram below for a clearer description of how many sts to pick up in each section. PM and join to begin working in the round.

Tshirt version: work 5 rounds in (k1, p1) rib.

Tank version: work 3 rounds in (k1, p1) rib.

Cast off all sts loosely in rib using the tubular method or your preferred stretchy cast off.

TANK OPTION

Note: for the tank version, it is more important that you pick up stitches at the correct **ratio** for the armhole edgings than is to pick up a certain number. If worked more or fewer rows in the upper body than suggested, then you may pick up a different number of stitches,

With 3mm needle, MC and beginning at centre of underarm, pick up and knit 4 (5; 5; 6; 6) [7; 7; 8; 8] in underarm cast on,

41 (44; 47; 49; 52) [55; 59; 61; 64] sts from underarm to shoulder 'seam' (this will be approx. **2 sts in every 3 rows**),

41 (44; 47; 49; 52) [55; 59; 61; 64] sts from shoulder 'seam' down to underarm (again approx. **2 in 3**),

then 4 (5; 5; 6; 6) [7; 7; 8; 8] sts to centre of underarm. 90 (98; 104; 110; 116) [124; 132; 138; 144] sts. Place BOR marker and join to begin working in the round.

Work 3 rounds in [k1, p1] rib.

Cast off all sts loosely in rib.



FINISHING

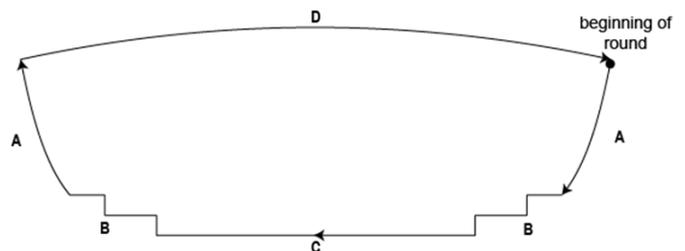
Weave in all ends and block, laying flat to dry.

HAPPY KNITTING!

pattern support: lilykate@jolihouse.com

@lilykatemakes

#FeelsRightTee #FeelsRightTank



	Size	1	2	3	4	5	6	7	8	9
A: between shoulder seam and beginning of cast on 'steps' (approx 4 in 5)		16	16	16	16	16	16	16	16	16
B: in cast on 'steps'		12	12	12	12	12	12	13	13	14
C: in centre front neck cast on		11	13	13	13	13	13	15	15	15
D: across back neck		43	45	47	47	51	51	55	55	57

