



# HARDLY HARNESS

BY LYDIA MORROW - @WHATLYDIAMADE

Inspired by traditional leather harnesses, I designed this pattern as a fun, unusual knit that would stylistically imitate a harness using standard knitwear techniques. It's hardly a harness, hence the name, but it's just as fun to style and wear, and way more comfy!

## SIZING:

Size 1 [2, 3, 4] (5, 6, 7) [8, 9, 10] to fit upper chest measurement\* of 67.5 [77.5, 85.75, 93.75] (102, 110, 118.25) [126.25, 134.5, 142.5]cm / 27 [31, 34.25, 37.5] (40.75, 44, 47.25) [50.5, 53.75, 57]in

Two views are included - **View A** is for bodies with very full, high breasts (this view is approximately 3.75cm / 1.5in larger in the front than the back to accommodate this), **View B** is for bodies with smaller, lower breasts or without them altogether. The view you choose may also be influenced by your preferred bra or under wear and how it manipulates your chest; you should measure yourself wearing the garments you intend to wear with the Hardly Harness to achieve best fit.

Size 7, View B is shown modelled on an upper chest / bust\* of 119cm / 47in.

*\*To measure your upper chest/bust measurement, place a tape measure around your body underneath your armpits at an angle and keeping arms relaxed at your sides.*

If you are between sizes, I recommend sizing down if you intend to wear your hardly with only skin-tight garments. If you wish to wear it over layers, you may wish to size up.

**YARN:**

Qing Fibre Dashing DK (100% Ultra fine South African Merino, 225 m / 246 yds per 100g) in colourway Sherbet

**YARDAGE:****View A:**

120 [140, 160, 185] (195, 215, 235) [260, 280, 300]m / 130 [150, 175, 200] (210, 235, 255) [285, 305, 330]yds

**View B:**

95 [120, 145, 170] (185, 210, 235) [260, 285, 310]m / 105 [130, 160, 190] (200, 230, 255) [285, 310, 340]yds

**GAUGE:**

22 sts and 29 rounds per 10cm / 4in using 4mm / US 6 needle in stocking stitch

**NEEDLES:**

Ribbing Needle - 3.5mm / US 4 in your preferred length for small and large circumferences (I used 40cm but you may prefer a larger circumference)

Main Needle - 4mm / US 6 or size needed to obtain gauge in your preferred lengths for small and large circumferences (I used 40cm but you may prefer a larger circumference)

Cast-Off Needle - spare 4mm / US 6 needle (or size needed to match fabric tension)

**SUPPLIES NEEDED:**

- Tapestry needle
- 1 stitch marker (can be made from a loop of waste yarn)
- Stitch holders or waste yarn

**ABBREVIATIONS:**

<b>BOR</b>	beginning of round
<b>CO</b>	cast on using your preferred cast-on (I use the long-tail cast-on or the thumb method)
<b>dec</b>	decrease(d)
<b>k</b>	knit
<b>ktbl</b>	knit through the back loop
<b>k2tog</b>	knit 2 together
<b>p</b>	purl
<b>p2tog</b>	purl 2 together
<b>p2togtbl</b>	purl 2 together through the back loop
<b>pm</b>	place marker
<b>rep</b>	repeat
<b>RS</b>	right side
<b>skp</b>	slip 1, knit 1, pass slipped stitch over
<b>st(s)</b>	stitch(es)
<b>WS</b>	wrong side

## SCHEMATIC MEASUREMENTS:

### A - Ribbed Hem:

#### View A:

50 [57.25, 63.75, 70] (75.5, 81.75, 88.25) [93.75, 100, 106.25]cm / 20  
[23, 25.5, 28] (30.25, 32.75, 35.25) [37.5, 40, 42.5]in

#### View B:

48.25 [53.75, 61, 66.25] (71.75, 79, 84.5) [88.25, 95.5, 102.75]cm /  
19.25 [21.5, 24.25, 26.5] (28.75, 31.75, 33.75) [35.25, 38.25, 41]in

#### Both Views:

### B - Cross Chest, finished with trim:

21.5 [22.5, 23.25, 24.25] (24.25, 25, 26) [27, 27.75, 28.75]cm / 8.5 [9,  
9.25, 9.75] (9.75, 10, 10.5) [10.75, 11.25, 11.5]in

### C - Neck Depth, front and back:

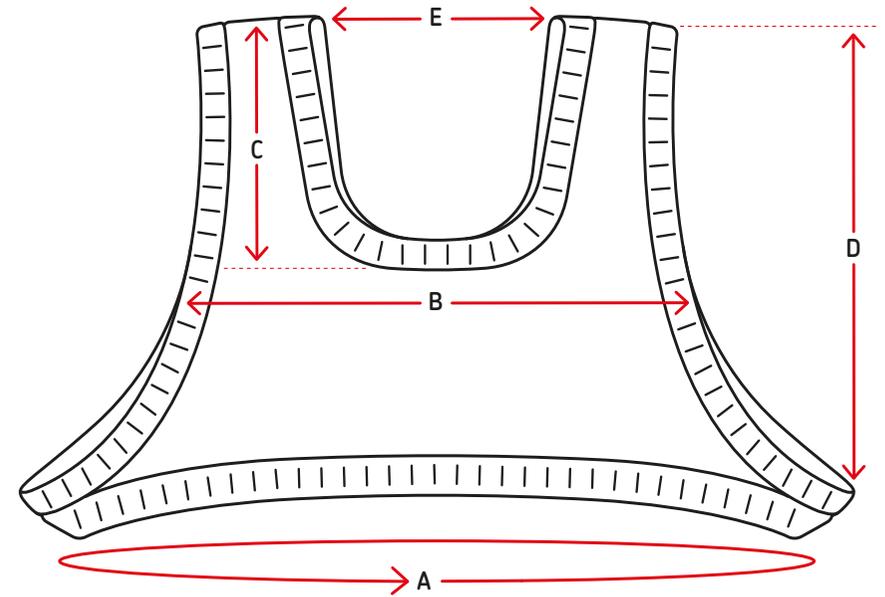
12.5 [12.5, 13, 13] (13.75, 13.75, 13) [13, 13.75, 13.75]cm / 5 [5, 5.25,  
5.25] (5.5, 5.5, 5.25) [5.25, 5.5, 5.5]in

### D - Armhole Depth:

16.5 [18, 19.25, 20.75] (21.5, 22.75, 23.5) [24.75, 25.5, 26.25]cm / 6.5  
[7.25, 7.75, 8.25] (8.5, 9, 9.5) [10, 10.25, 10.5]in

### E - Neck Width:

15cm / 6in



*This pattern is worked bottom-up, starting in the round, separated at the armholes to work for front and back armhole and neck shaping, shoulders joined using three-needle cast-off, then ribbings added. Be sure to work the instructions for your chosen View - They have been colour coded as much as possible.*

- **View A has more stitches in the front than the back to allow for breasts**
- **View B has front and back worked the same**

#### A NOTE ABOUT SLOPED CAST-OFFS:

*When working your cast-off edges, I would advise that you use a sloped cast-off technique. This will make it easier to pick up sts for the ribbed trim as it gives a nice smooth edge. A sloped cast-off is achieved as follows: instead of working the first stitch in a cast off as normal (eg knit), work the cast off as: slip 1 st (first st only), knit 1, cast off one st, then carry on as usual - knit 1, cast off next stitch - till you've done all the cast offs instructed.*

## RIBBED HEM

### View A only:

Using Ribbing Needle and Long-Tail Cast-on or your preferred stretchy cast-on, CO 110 [126, 140, 154] (166, 180, 194) [206, 220, 234] sts, join in the round and pm for BOR.

### View B only:

Using Ribbing Needle and Long-Tail Cast-On or your preferred stretch cast-on, CO 106 [118, 134, 146] (158, 174, 186) [194, 210, 226] sts, join in the round and pm for BOR.

### Both Views:

#### Ribbing Round:

\*K1, p1, rep from \* to BOR.

Work **Ribbing Round** 7 more times.

K to BOR.

#### SPLIT FOR ARMHOLES:

*In the next round, you will separate the front and back of your piece. The Front will be worked first. For the Back sts, you can slip these onto a stitch holder or waste yarn for now. The underarm is now shaped using a combination of cast off sts and decreases.*

#### View A only:

K51 [59, 63, 69] (75, 79, 85) [91, 97, 101] front sts, cast off 5 [6, 9, 10] (11, 14, 16) [17, 18, 19] armhole sts, k48 [54, 58, 64] (68, 72, 75) [80, 86, 94] back sts, cast off 5 [6, 9, 10] (11, 14, 16) [17, 18, 19] sts. You will now work on the Front sts only; slip Back sts to a stitch holder or waste yarn.

**Front:** 51 [59, 63, 69] (75, 79, 85) [91, 97, 101] sts

**Back:** 49 [55, 59, 65] (69, 73, 77) [81, 87, 95] sts

Go to **View A Front Armhole Shaping**.

#### View B only:

\*K49 [55, 59, 65] (69, 73, 77) [81, 87, 95] front sts, cast off 4 [4 8 8] (10 14 16) [16 18 18] sts, k 48 [54, 58, 64] (68, 72, 75) [80, 86, 94] back sts, cast off 4 [4, 8, 8] (10, 14, 16) [16, 18, 18] Sts. You will now work on the Front sts only; slip Back sts to a stitch holder or waste yarn. Front and Back will each have 49 [55, 59, 65] (69, 73, 77) [81, 87, 95] sts.

Go to **View B Back and Front Armhole**.

## VIEW A ONLY- FRONT ARMHOLE SHAPING

These 51 [59, 63, 69] (75, 79, 85) [91, 97, 101] sts represent the front panel of your harness, you will be working flat in stocking stitch (knit a row, purl a row) from this point on.

At the beginning of the next two rows, cast off 2 [3, 3, 4] (4, 5, 6) [6, 7, 7] sts, work to end. (47 [53, 57, 61] (67, 69, 73) [79, 83, 87] sts)

At the beginning of the two following rows, cast off 1 [2, 2, 2] (3, 3, 4) [4, 4, 4] sts, work to end. (45 [49, 53, 57] (61, 63, 65) [71, 75, 79] sts)

### Decrease Row (RS):

K2, skp, k to 4 sts before end, k2tog, k2. (2 sts dec, 43 [47, 51, 55] (59, 61, 63) [69, 73, 77] sts)

Continuing in stocking stitch pattern as set, work a Decrease Row every RS row 1 [1, 2, 3] (5, 4, 4) [6, 8, 9] more time(s). (2 [2, 4, 6] (10, 8, 8) [12, 16, 18] sts dec, 41 [45, 47, 49] (49, 53, 55) [57, 57, 59] sts)

### Sizes 2-10 only:

Continuing in pattern as set, work a Decrease Row every 4th row (RS) - [1, 1, 1] (1, 2, 2) [2, 1, 1] time(s). (- [2, 2, 2] (2, 4, 4) [4, 2, 2] sts dec, - [43, 45, 47] (47, 49, 51) [53, 55, 57] sts)

### All Sizes:

Work in pattern as set for 3 [3, 3, 5] (1, 3, 7) [7, 7, 7] more rows, ending with a WS row.

Go to Neck Shaping.

## VIEW A ONLY - BACK ARMHOLE SHAPING

Return 49 [55, 59, 65] (69, 73, 77) [81, 87, 95] sts for Back to needle. You will be working flat in stocking stitch (knit a row, purl a row) from this point on.

At the beginning of the next two rows, cast off 1 [1, 2, 3] (3, 3, 4) [4, 4, 5] sts, work in pattern to end. (47 [53, 55, 59] (63, 67, 69) [73, 79, 85] sts)

At the beginning of the two following rows, cast off 1 [1, 1, 1] (2, 2, 2) [2, 2, 3] sts, work to end. (45 [51, 53, 57] (59, 63, 65) [69, 75, 79] sts)

### Decrease Row (RS):

K2, skp, k to 4 sts before end, k2tog, k2. (2 sts dec, 43 [49, 51, 55] (57, 61, 63) [67, 73, 77] sts)

Continuing in pattern as set, work a Decrease Row every RS row 1 [3, 2, 3] (3, 4, 4) [4, 8, 9] more times. (2 [6, 4, 6] (6, 8, 8) [8, 16, 18] sts dec, 41 [43, 47, 49] (51, 53, 55) [59, 57, 59] sts)

### Sizes 3-10 only:

Continuing in pattern as set, work a Decrease Row every 4th row (RS) 0 [0, 1, 1] (2, 2, 2) [3, 1, 1] time(s). (- [-, 2, 2] (4, 4, 4) [6, 2, 2] sts dec, - [-, 45, 47] (47, 49, 51) [53, 55, 57] sts)

### All Sizes:

Work 3 [3, 3, 5] (1, 3, 7) [7, 7, 7] more rows in pattern as set, ending with a WS row.

Go to Neck Shaping.

## VIEW B ONLY - FRONT AND BACK ARMHOLE

*This section is worked for both Front and Back Armhole. If working Front, you will have stitches on needle ready to work Front. If working Back, return 49 [55, 59, 65] (69, 73, 77) [81, 87, 95] sts for Back to needle. You will be working flat in stocking stitch (knit a row, purl a row) from this point on.*

At the beginning of the next two rows, cast off 1 [1, 2, 3] (3, 3, 4) [4, 4, 5] sts, work in pattern to end. (47 [53, 55, 59] (63, 67, 69) [73, 79, 85] sts)

At the beginning of the two following rows, cast off 1 [1, 1, 1] (2, 2, 2) [2, 2, 3] sts, work to end. (45 [51, 53, 57] (59, 63, 65) [69, 75, 79] sts)

### **Decrease Row (RS):**

K2, skp, k to 4 sts before end, k2tog, k2. (2 sts dec, 43 [49, 51, 55] (57, 61, 63) [67, 73, 77] sts)

Continuing in pattern as set, work a Decrease Row every RS row 1 [3, 2, 3] (3, 4, 4) [4, 8, 9] more times. (2 [6, 4, 6] (6, 8, 8) [8, 16, 18] sts dec, 41 [43, 47, 49] (51, 53, 55) [59, 57, 59] sts)

### **Sizes 3-10 only:**

Continuing in pattern as set, work a Decrease Row every 4th row (RS) 0 [0, 1, 1] (2, 2, 2) [3, 1, 1] time(s). (- [-, 2, 2] (4, 4, 4) [6, 2, 2] sts dec, - [-, 45, 47] (47, 49, 51) [53, 55, 57] sts)

### **All Sizes:**

Work 3 [3, 3, 5] (1, 3, 7) [7, 7, 7] more rows in pattern as set, ending with a WS row.

Go to **Neck Shaping**.

## BOTH VIEWS - NECK SHAPING:

*This section is worked exactly the same for Views A and B, at both Front and Back. Following the Neck Cast Off Row, you will shape the Right and Left Neck using a combination of cast off sts and decreases. After working this section for both Front and Back Neck, go to Three Needle Cast-off section. The neck sections are labeled Left and Right as worn on the body.*

### **Neck Cast-Off Row (RS):**

K14 [15, 16, 17] (17, 18, 19) [20, 21, 22], cast off 13 sts, k to end. Slip Left Neck sts onto a stitch holder or waste yarn. (14 [15, 16, 17] (17, 18, 19) [20, 21, 22] sts each side)

### **FRONT RIGHT / BACK LEFT NECK:**

#### **Row 1 (WS):**

P to end.

#### **Row 2 (RS):**

Cast off 2 sts, k1, skp, k to end. (3 sts dec, 11 [12, 13, 14] (14, 15, 16) [17, 18, 19] sts)

#### **Row 3 (WS):**

P to 4 sts before end, p2togtbl, p2. (1 st dec, 10 [11, 12, 13] (13, 14, 15) [16, 17, 18] sts)

#### **Decrease Row (RS):**

K2, skp, k to end. (1 st dec, 9 [10, 11, 12] (12, 13, 14) [15, 16, 17] sts )

Continuing in pattern as set, work a Decrease Row every other row (RS) row twice more. (2 sts dec, 7 [8, 9, 10] (10, 11, 12) [13, 14, 15] sts)

Then work a Decrease Row every 4th row (RS) 3 times. (3 sts dec, 4 [5, 6, 7] (7, 8, 9) [10, 11, 12] sts)

Work in stocking stitch as set for 15 [15, 17, 17] (19, 19, 17) [17, 19, 19] more rows, ending with a WS row.

**Back Neck Only:**

Knit 1 more row (RS).

Slip 4 [5, 6, 7] (7, 8, 9) [10, 11, 12] remaining sts onto a stitch holder or waste yarn.

**FRONT LEFT / BACK RIGHT NECK:**

**Row 1 (WS):**

Re-join yarn at neck edge, cast off 2 sts, p to end. (2 sts dec, 12 [13, 14, 15] (15, 16, 17) [18, 19, 20] sts)

**Row 2 (RS):**

K to 4 sts before end, k2tog, k2. (1 st dec, 11 [12, 13, 14] (14, 15, 16) [17, 18, 19] sts)

**Row 3 (WS):**

P2, p2tog, p to end. (1 st dec, 10 [11, 12, 13] (13, 14, 15) [16, 17, 18] sts)

**Decrease Row (RS):**

K to 4 sts before end, k2tog, k2. (1 st dec, 9 [10, 11, 12] (12, 13, 14) [15, 16, 17] sts)

Continuing in pattern as set, work a Decrease Row every other row (RS) twice more. (2 sts dec, 7 [8, 9, 10] (10, 11, 12) [13, 14, 15] sts)

Then work a Decrease Row every 4th row (RS) 3 times. (3 sts dec, 4 [5, 6, 7] (7, 8, 9) [10, 11, 12] sts)

Work in stocking stitch as set for 15 [15, 17, 17] (19, 19, 17) [17, 19, 19] more rows, ending with a WS row.

**Back Neck Only:**

Knit 1 more round (RS).

Slip your 4 [5, 6, 7] (7, 8, 9) [10, 11, 12] remaining sts onto a stitch holder or waste yarn.

**View A:**

After first time working Neck Shaping (Front), go to **View A - Back Armhole Shaping**. After you've finished working the Neck Shaping (for Back), then go to **Three Needle Cast-off** section.

**View B:**

Repeat **View B - Front and Back Armhole Shaping** section for Back, then proceed to **Three Needle Cast-off**.

*Before working Three Needle Cast-off, you may wish to check your Hardly Harness to confirm back length. Not all shoulders are shaped the same and you may desire more or less length in the back. Pin your shoulder straps together where the cast-off will be worked and try it on. If you need more length, work more rows of stocking stitch (ending with a WS row) if you need less, carefully unravel an even number of rows (so that you are ending with a WS row still), until you reach your desired shape. Note: there will be ribbing added at the end that tightens the armholes slightly, so bear that in mind when choosing to adjust the pattern.*

## BOTH VIEWS - THREE NEEDLE CAST-OFF:

*This section will join the Front and Back Neck sts at the shoulder.*

Returning live shoulder sts to needles (one pair of shoulder sts at a time), turn your work inside out and align the front and back shoulder sts - you should have 4 [5, 6, 7] (7, 8, 9) [10, 11, 12] sts per shoulder. You can use any size needle to hold your stitches, but please use Main Needle or Cast-off Needle - you want this row of stitches to be similar tension to your knitted fabric (not too tight). Go up a needle size or two if you wish.

### Three Needle Cast-off (WS):

Holding your Front and Back Shoulder sts parallel to each other (RSs together, WS facing you), perform Three Needle Cast-off, working stitches from front and back needle together (like a k2tog) and casting off as you go. On last st, break yarn and pass the tail through your remaining live st to finish.

Repeat **Three Needle Cast-off** for the other shoulder.



## RIBBINGS

*You will now finish all your edges with a 1x1 rib in the round to match the Ribbed Hem.*

### ARMHOLE RIBBING

*This section is worked for each armhole. Please note: if your stitch count pick up doesn't equal the totals given exactly that's ok - just make sure it's an even number so it will work with the 1 x 1 rib pattern.*

#### *View A only:*

#### **Armhole Set-up Round:**

Using Ribbing Needle and starting at the approximate centre of the underarm, pick up and knit 4 sts in every 5 rows along every diagonal and vertical edge (this may be an imperfect repeat) and 1 st in every cast off stitch, ending with an even number. (approximately 78 [88, 98, 108] [114, 124, 132] [140, 144, 150] sts)

#### *View B only:*

#### **Armhole Set-up Round:**

Using Ribbing Needle and starting at the approximate centre of the underarm, pick up and knit 4 sts in every 5 rows along every diagonal and vertical edge (this may be an imperfect repeat) and 1 st in every cast off stitch, ending with an even number. (approximately 76 [82, 94, 104] [110, 120, 128] [134, 140, 146] sts)

#### **Both Views:**

#### **Ribbing Round:**

\*K1, p1, rep from \* to BOR.

Work **Ribbing Round** 5 more times.

Cast off all sts in pattern, going up a needle size or two if needed to maintain the stretchier ribbing tension.

Work the same for second armhole.

## NECKBAND RIBBING

### Neckband Set-up Round:

Using Ribbing Needle and starting at left shoulder, pick up and knit 4 sts in every 5 rows along every diagonal and vertical edge (this may be an imperfect repeat) and 1 st for every st along the cast off edges, ending with an even number. (approximately 140 [140, 146, 146] (154, 154, 146) [146, 154, 154] sts)

### Ribbing Round:

\*K1, p1, rep from \* to BOR.

Work **Ribbing Round** 4 more times.

Cast off all sts in pattern, going up a needle size or two if needed to maintain the stretchier ribbing tension.

## FINISHING

Weave in all ends and block to finished measurements.

Now go forth and feel hot and cute!!

*PS: The hardly harness is a perfect base for duplicate stitch embroidery so I have also included my Duplicate Stitch Embroidery Workbook in your downloads! You may also like sewing in elastic thread to the hem for an extra stretchy springy finish!*





## YOU MADE IT!!!

Thank you so much for trusting me with your precious knitting time! If you want to share it with me and the community, you can tag me @whatlydiamade (on instagram) and use the hashtag #hardlyharness on any platform.

I'd be delighted to see what you make!

## SPECIAL THANKS

I'd like to say a special thanks to the team who helped me put this pattern together. It was important to me to make the best pattern possible and it would have never been possible without the help of these guys:

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