



designs for hand knitting by  
HEIDI KIRKMAIER

# Reflections Vest

## (Unisex)



## FINISHED CHEST/BODY CIRCUMFERENCE

(XS	S	M1	M2)	[L	XL	2X]	(3X	4X	5X	6X)	
89	96	104	111	120	129	138	147	156	167	178	cm
35	38	40 <sup>3</sup> / <sub>4</sub>	43 <sup>1</sup> / <sub>2</sub>	47 <sup>1</sup> / <sub>4</sub>	50 <sup>3</sup> / <sub>4</sub>	54 <sup>1</sup> / <sub>2</sub>	58	61 <sup>1</sup> / <sub>2</sub>	65 <sup>3</sup> / <sub>4</sub>	70	inches

- Intended to fit with approximately 5 - 12 cm (2 - 5 inches) of positive ease around the chest. Shown in Size S with approximately 12 cm (5 inches) of positive ease.
- Refer to diagram on Page 3 for more detailed measurements to help select your size.
- Compared to the Women's version, the body of the Unisex version is longer, and this is reflected in the yarn amounts provided below. The other difference is the width of the front and back of the Unisex version is equal, while there is more room in the front of the Women's version for sizes L-6X. Otherwise, the 2 versions are the same.

## MATERIALS & TOOLS

- DK weight yarn, in the amount given below. Shown in Sonder Yarn Co. Sunday Morning DK (75% Bluefaced Leicester, 25% Masham; 245 meters / 100 grams), colour 'Sunday Kind of Love'.

(XS	S	M1	M2)	[L	XL	2X]	(3X	4X	5X	6X)	
650	750	800	900	1000	1125	1230	1350	1420	1525	1650	metres
710	820	875	985	1095	1230	1350	1475	1550	1670	1800	yards

- 3.5 mm (US 4) circular needle, or size to obtain gauge, of length that is close to but no more than finished chest/body circumference
- 3.25 mm (US 3) needle, or one size smaller than gauge needle:
  - of length that is no more than finished chest/body circumference (for lower body ribbing)
  - 40 or 60 cm (16 or 24 inches) in length (for neck and armhole ribbing)
- cable needle
- 4 stitch markers
- darning needle for weaving in ends

## GAUGE

- 22 sts and 32 rows or rounds per 10 cm (4 inches) in st st with gauge needle, after blocking (=washing and drying)

## NOTES

- Worked seamlessly from the top down.
- First, the front shoulder sections are cast on and knit separately to the bottom of the v-neck and armholes. Then stitches for the back are picked up from the front shoulders and worked flat to the bottom of the armholes. Then the front and back sections are joined and the body is worked in the round. Lastly, stitches are picked up and knit for the ribbing around the neck and armholes.
- Where bold letters (e.g. **A**, **B**, **C**, etc.) appear in the instructions, insert the number given for your size from the accompanying table.
- Where only one number appears in (parentheses) or [brackets], it applies to all sizes contained in the same.
- Abbreviations are provided on Page 11.

## HELPFUL RESOURCES

- A separate file for just CHART 1 and CHART 2 is included in the download files, in case you find it easier to refer to larger charts while knitting
- Yarn Over Short Rows: <https://cocoknits.com/blogs/knit-tutorials/how-to-knit-yarn-over-short-rows>.

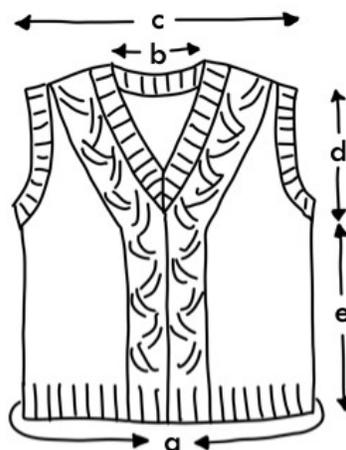
## PATTERN SUPPORT

- Please post any questions you may have in Heidi Kirrmaier's Ravelry group: <https://www.ravelry.com/groups/heidi-kirrmaier>.
- If you don't have a Ravelry account, questions may be emailed to: [heidikdesigns411@gmail.com](mailto:heidikdesigns411@gmail.com)

## SHARE

- Please tag your projects with #ReflectionsVest and #HeidiKDesigns on social media. Thank you!

## FINISHED MEASUREMENTS



### centimetres

	(XS	S	M1	M2)	[L	XL	2X]	(3X	4X	5X	6X)
<b>a</b>	89	96	104	111	120	129	138	147	156	167	178
<b>b</b>	12	12	13	13	13	13	14	14	14	15	16
<b>c</b>	40	41	42	42	46	46	47	51	51	52	54
<b>d</b>	21	22	23	23	24	24	26	27	27	28	29
<b>e</b>	32	34	34	38	38	40	40	40	40	40	40

### inches

	(XS	S	M1	M2)	[L	XL	2X]	(3X	4X	5X	6X)
<b>a</b>	35.1	37.9	40.8	43.7	47.2	50.8	54.4	58.0	61.6	65.9	70.2
<b>b</b>	4.8	4.8	5.2	5.2	5.2	5.2	5.5	5.5	5.5	5.8	6.2
<b>c</b>	15.9	16.3	16.6	16.6	18.1	18.1	18.5	19.9	19.9	20.3	21.4
<b>d</b>	8.4	8.6	8.9	8.9	9.6	9.6	10.1	10.6	10.6	11.1	11.3
<b>e</b>	12.5	13.4	13.4	14.8	14.8	15.8	15.8	15.8	15.8	15.7	15.8

## INSTRUCTIONS

### 1. Right Front Shoulder Section (*worked flat*)

With gauge needle, using long-tail method, CO **A** sts.

Set-up Row 1 (WS): k2, {p2, k2, p4, k2} twice, p2, k2, pm, p**B**.

Set-up Row 2 (RS): k**B**, sm, p2, k2, {p2, k4, p2, k2} twice, p2.

	(XS	S	M1	M2)	[L	XL	2X]	(3X	4X	5X	6X)
<b>A</b>	28	29	29	29	31	31	31	33	33	33	35
<b>B</b>	2	3	3	3	5	5	5	7	7	7	9

Short Row 1 (WS): k2, p2, k1, TW, yo.

Short Row 2 (RS): p1, k2, p2.

Short Row 3 (WS): work in est pattern 5 sts past previous turn, TW, yo.

*NOTE 1: "Work in est patterns" means knit the knit sts, and purl the purl sts.*

*NOTE 2: Whenever you encounter the yo from the previous short row, k tog tbl the yo with the st to the left of it. The yo worked together with the st counts as one st!*

Short Row 4 (RS): work in est pattern.

Repeat the last 2 rows (3) [4] (4) more times.

*NOTE: When you encounter the marker, slip it and continue.*

Next row (WS): work in est pattern, working in the last yo.

*NOTE: For sizes L – 6X only, ssp the yo with the st to the left of it.*

Next row (RS)(inc): k to 1 st before marker, m1 r, k1, sm, work Row 1 of CHART 1. (= 1 st inc'd)

Next row (WS): work Row 2 of CHART 1, sm, p to end.

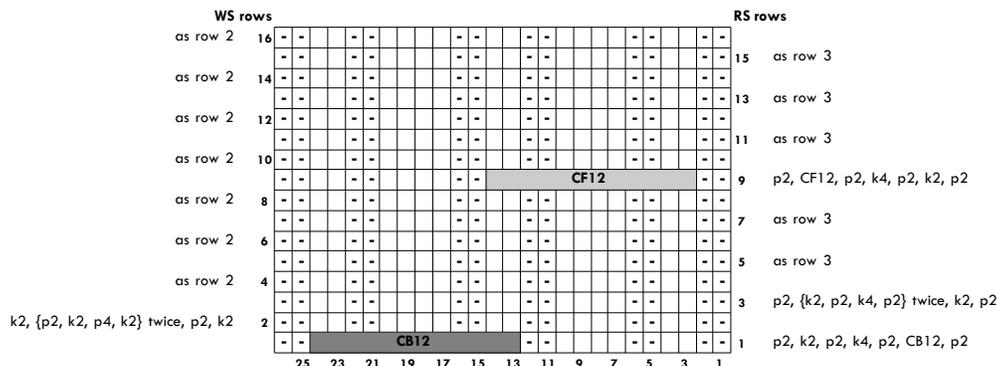
Next row (RS): k to marker, sm, work next row of CHART 1.

Next row (WS): work next row of CHART 1, sm, p to end.

Repeat the previous 4 rows **C** more times, always working next row of CHART 1, returning to Row 1 of the chart after Row 16 has been completed.

	(XS	S	M1	M2)	[L	XL	2X]	(3X	4X	5X	6X)
<b>C</b>	13	11	11	9	11	9	8	9	7	6	6
resulting sts	42	41	41	39	43	41	40	43	41	40	42

### CHART 1



□ k on RS, p on WS

◻ p on RS, k on WS

**CB12** slip 6 sts onto CN, hold to back, k2, p2, k2, (k2, p2, k2) from CN

**CF12** slip 6 sts onto CN, hold to front, k2, p2, k2, (k2, p2, k2) from CN

**All Sizes except XS:**

Next row (RS)(incs): k2, m1l, k to 1 st before marker, m1r, k1, sm, work next row of CHART 1. (=2 sts inc'd)

Next 3 rows: work straight in est pattern.

Repeat previous 4 rows **D** more times, continuing to follow CHART 1.

**All Sizes:**

Next row (RS)(incs): k2, m1l, k to 1 st before marker, m1r, k1, sm, work next row of CHART 1. (=2 sts inc'd)

Next row (WS): work in est pattern.

Next row (RS) (inc): k2, m1l, k to marker, sm, work next row of CHART 1. (= 1 st inc'd)

Next row (WS): work in est pattern.

Repeat previous 4 rows **E** more times, continuing to follow CHART 1.

Next row (RS)(incs): k2, m1l, k to 1 st before marker, m1r, k1, sm, work next row of CHART 1. (=2 sts inc'd)

Next row (WS): work in est pattern.

Repeat previous 2 rows **F** more times, continuing to follow CHART 1.

	(XS	S	M1	M2)	[L	XL	2X]	(3X	4X	5X	6X)
<b>D</b>	-	1	1	1	1	1	1	1	1	1	1
resulting sts	42	45	45	43	47	45	44	47	45	44	46
<b>E</b>	0	1	1	3	3	5	7	7	9	11	11
resulting sts	45	51	51	55	59	63	68	71	75	80	82
<b>F</b>	3	2	3	3	1	1	1	0	0	0	1
resulting sts	53	57	59	63	63	67	72	73	77	82	86

**Sizes [L, XL, 2X] (3X, 4X, 5X, 6X) only:**

Next row: with WS facing, backward loop CO [3] (4) sts, turn work to RS, k to 1 st before marker, m1r, k1, sm, work next row of CHART 1. (= [4] (5) sts inc'd)

Next row (WS): work in est pattern.

Repeat previous 2 rows [0] (1) more time.

	(XS	S	M1	M2)	[L	XL	2X]	(3X	4X	5X	6X)
total sts	53	57	59	63	67	71	76	83	87	92	96

**All sizes:**

Cut yarn. Place sts and marker onto waste yarn. Set piece aside.



## 2. Left Front Shoulder Section (worked flat)

With gauge needle, using long-tail method, CO **A** sts.

Set-up Row (WS): p**B**, pm, k2, {p2, k2, p4, k2} twice, p2, k2.

	(XS)	S	M1	M2)	[L	XL	2X]	(3X	4X	5X	6X)
<b>A</b>	28	29	29	29	31	31	31	33	33	33	35
<b>B</b>	2	3	3	3	5	5	5	7	7	7	9

Short Row 1 (RS): p2, k2, p1, TW, yo.

Short Row 2 (WS): k1, p2, k2.

Short Row 3 (RS): work in est pattern 5 sts past previous turn, TW, yo.

*NOTE: Whenever you encounter the yo from the previous short row, p tog the yo with the st to the left of it. The yo worked together with the st counts as one st!*

Short Row 4 (WS): work in est pattern.

Repeat the last 2 rows (3) [4] (4) more times.

*NOTE: When you encounter the marker, slip it and continue.*

Next row (RS): work in est pattern, working in last yo.

*NOTE: For sizes L – 6X only, when you encounter the last yo, k tog the yo with the st to the left of it.*

Next row (WS): work in est pattern.

Next row (RS)(inc): work Row 9 of CHART 1, sm, k1, m1l, k to end. (= 1 st inc'd)

Next row (WS): p to marker, sm, Row 10 of CHART 1.

Next row (RS): work next row of CHART 1, sm, k to end.

Next row (WS): p to marker, sm, work next row of CHART 1.

Repeat previous 4 rows **C** more times, always working next row of CHART 1, returning to Row 1 of the chart after Row 16 has been completed.

### All Sizes except XS:

Next row (RS)(incs): work next row of CHART 1, sm, k1, m1l, k to last 2 sts, m1r, k2. (=2 sts inc'd)

Next 3 rows: work straight in est pattern.

Repeat previous 4 rows **D** more times, continuing to follow CHART 1.

### All Sizes:

Next row (RS)(incs): work next row of CHART 1, sm, k1, m1l, k to last 2 sts, m1r, k2. (=2 sts inc'd)

Next row (WS): work in est pattern.

Next row (RS) (inc): work next row of CHART 1, sm, k to last 2 sts, m1r, k2. (= 1 st inc'd)

Next row (WS): work in est pattern.

Repeat previous 4 rows **E** more times, continuing to follow CHART 1.

	(XS)	S	M1	M2)	[L	XL	2X]	(3X	4X	5X	6X)
<b>C</b> resulting sts	13	11	11	9	11	9	8	9	7	6	6
	42	41	41	39	43	41	40	43	41	40	42
<b>D</b> resulting sts	-	1	1	1	1	1	1	1	1	1	1
	42	45	45	43	47	45	44	47	45	44	46
<b>E</b> resulting sts	0	1	1	3	3	5	7	7	9	11	11
	45	51	51	55	59	63	68	71	75	80	82

Next row (RS)(incs): work next row of CHART 1, sm, k1, m1l, k to last 2 sts, m1r, k2. (=2 sts inc'd)

Next row (WS): work in est pattern.

Repeat previous 2 rows **F** more times, continuing to follow CHART 1.

	(XS)	S	M1	M2)	[L	XL	2X]	(3X	4X	5X	6X)
<b>F</b>	3	2	3	3	1	1	1	0	0	0	1
resulting sts	53	57	59	63	63	67	72	73	77	82	86

**Sizes [L, XL, 2X] (3X, 4X, 5X, 6X) only:**

Next row (RS): work next row of CHART 1, sm, k1, m1l, k to end, backward loop CO [3] (4) sts. (= [4] (5) sts inc'd)

Next row (WS): work in est pattern.

Repeat previous 2 rows [0] (1) more time.

	(XS)	S	M1	M2)	[L	XL	2X]	(3X	4X	5X	6X)
total sts	53	57	59	63	67	71	76	83	87	92	96

**All Sizes:**

Cut yarn. Place sts and marker onto waste yarn.

### 3. Upper Back (worked flat)

Hold Left Front piece with RS facing and CO edge at the top. Join new yarn at right edge and pick up and knit **G** sts from CO edge, then backward loop CO **H** sts, then hold Right Front piece with RS facing and CO edge at the top and beginning at right edge, pick up and knit **G** sts from CO edge.

*TIP: Be careful not to twist the CO sts before picking up the sts from the Right Front piece!*

Next row (WS): p all sts.

Work straight in st st for **J** more rows.

	(XS)	S	M1	M2)	[L	XL	2X]	(3X	4X	5X	6X)
<b>G</b>	24	25	25	25	27	27	27	29	29	29	31
<b>H</b>	32	32	34	34	36	36	38	40	40	42	44
total sts	80	82	84	84	90	90	92	98	98	100	106
<b>J</b>	54	46	46	38	46	38	34	38	30	26	26

**All Sizes except XS:**

Next row (RS): k2, m1l, k to last 2 sts, m1r, k2.

Next 3 rows: work in st st.

Repeat previous 4 rows once more. (= 4 sts inc'd)

**All Sizes:**

Next row (RS): k2, m1l, k to last 2 sts, m1r, k2.

Next row (WS): p all.

Repeat previous 2 rows **L** more times.

	(XS)	S	M1	M2)	[L	XL	2X]	(3X	4X	5X	6X)
<b>L</b>	5	6	7	11	9	13	17	16	20	24	25
resulting sts	92	100	104	112	114	122	132	136	144	154	162



Work straight in st st always working next round of CHART 2 between front markers as est, and returning to Round 1 of the chart after Round 16 has been completed, until body measures approximately (27, 29, 29, 32) [32, 34, 34] (33) cm (10½, 11½, 11½, 12¾) [12½, 13½, 13½] (13) inches), or (5) [6] (7) cm ((2) [2½] (2¾) inches) short of desired length.

Change to smaller needle.

**Sizes XS, S, M1, M2, 3X:**

Next round: \*p2, k2; repeat from \* to end.

**Sizes L, 4X, 6X:**

Next round: k1, p2, \*k2, p2; repeat from \* to last st, k1.

**Size XL:**

Next round: \*k2, p2; repeat from \* to end.

**Sizes 2X, 5X:**

Next round: p1, k2, \*p2, k2; repeat from \* to last st, p1.

**All Sizes:**

Work in est pattern until rib measures (5) [6] (7) cm ((2) [2½] (2¾) inches).

BO in est pattern.



## 6. Neck Trim (worked in the round)

Join new yarn at neck edge of right shoulder seam.

With smaller, shorter needle, pick up and knit **R** sts from back neck ending at left shoulder seam, pick up and knit **S** sts along left side of V-neck, pm (= V-neck center), pick up and knit **S** sts along right side of V-neck ending at right shoulder seam. Pm for BOR.

	(XS	S	M1	M2)	[L	XL	2X]	(3X	4X	5X	6X)
<b>R</b>	28	28	28	28	32	32	32	36	36	36	36
<b>S</b>	52	56	56	56	60	60	64	68	68	68	72
total sts	132	140	140	140	152	152	160	172	172	172	180

*TIP 1: The number of sts picked up for the back neck is a few less than the cast on edge, so skip a few sts when picking up the back neck sts to achieve the given number. For the sides of the V-neck, to achieve the given number, pick up approximately 2 sts per 3 rows.*

*TIP 2: To ensure a neat V-neck finish, the last st before placing the V-neck center marker should be picked up from the first of the 2 purl sts in the middle of the cable panel, and the st immediately after placing the marker should be picked up from the second of those 2 purl sts.*

Round 1: \*k1, p2, {k2, p2} to 1 st before marker, k1, sm; repeat from \* to end.

Round 2 (decs): work in est pattern to 2 sts before center marker, k2 tog, sm, ssk, work in est pattern to end.

Round 3: work in est pattern.

Round 4 (decs): work in est pattern to 2 sts before center marker, k2 tog, sm, ssk, work in est pattern to end.

Repeat previous 2 rounds (2) [3] (4) more times.

Next round: BO all sts in est pattern.

## 7. Armhole Trims (worked in the round) - both the same

Join new yarn at center of underarm CO sts.

With smaller, shorter needle, pick up and knit **T** sts to shoulder seam, then pick up and knit **T** sts ending at center of underarm. Pm for BOR.

	(XS	S	M1	M2)	[L	XL	2X]	(3X	4X	5X	6X)
<b>T</b>	50	52	54	56	62	64	66	72	74	78	82
total sts	100	104	108	112	124	128	132	144	148	156	164

*TIP 1: To achieve the number of sts given, pick up approximately 1 st per CO st, approximately 3 sts per 4 rows along armhole shaping, and approximately 2 sts per 3 rows along straight edge.*

*TIP 2: The number of sts can slightly vary from **T**, but the total (=Tx2) needs to be a multiple of 4.*

Next round: \*k2, p2; repeat from \* to end.

Work (7) [9] (11) more rounds in est pattern.

Next round: BO all sts in est pattern.

## FINISHING

Weave in ends. Wash by hand. Lay flat to dry, gently spreading open the cables.

*TIP: A towel may be placed on top of the vest while it dries, to hold the cables in place without needing to use pins.*

## ABBREVIATIONS

BO = bind off

BOR = beginning of rounds

CB12 = slip 6 sts onto cable needle, hold to back, k2, p2, k2, (k2, p2, k2) from cable needle

CF12 = slip 6 sts onto cable needle, hold to front, k2, p2, k2, (k2, p2, k2) from cable needle

CO = cast on

CN = cable needle

dec('d)(s) = decrease(d)(s)

est = established

inc('d)(s) = increase(d)(s)

k = knit

kfb = knit into the front and then the  
back of the same st

LH = left hand

m1l = make one left: with RH needle lift bar between  
needles onto the LH needle so the right side of it is at  
the front, then knit into the back of it

m1r = make one right: with RH needle lift bar between  
needles onto the LH needle so the left side of it is at the  
front, then knit into the front of it

p = purl

pm = place marker

RH = right hand

RS = right side

sm = slip marker

ssk = slip 2 sts separately as if to knit, then knit together  
through back loops

ssp = slip two sts separately as if to knit, slip those two sts back onto LH needle, then purl together through  
back loops

st st = stocking stitch - if working flat: knit on RS, purl on WS; if working in the round: knit all sts

st(s) = stitch(es)

tbl = through back loops

tog = together

TW = turn work

WS = wrong side

yo = yarn over



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