



designs for hand knitting by
HEIDI KIRKMAIER

Reflections Vest (Women's)



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	40¾	43½	47¼	50¾	54½	58	61½	65¾	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.
- Difference in width of front vs. back:

0	0	0	0	3.5	3.5	3.5	5.5	5.5	7	7	cm
0	0	0	0	1½	1½	1½	2	2	2¾	2¾	inches

- If you prefer a fit with the same front and back width, please refer to the Unisex version of the pattern.

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)	
625	700	775	800	920	975	1075	1150	1200	1300	1400	metres
685	765	850	875	1000	1065	1175	1260	1310	1425	1530	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>.

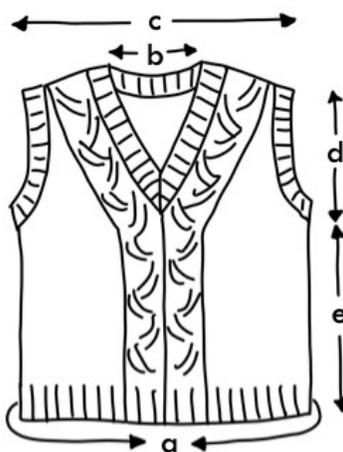
PATTERN SUPPORT

- 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

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)
a*	89	96	104	111	120	129	138	147	156	167	178
b	12	12	13	13	13	13	14	14	14	15	16
c	40	41	42	42	46	46	47	51	51	52	54
d	21	22	23	23	24	24	26	27	27	28	29
e	29	32	32	32	33	33	33	32	32	32	32

inches

	(XS	S	M1	M2)	[L	XL	2X]	(3X	4X	5X	6X)
a*	35.1	37.9	40.8	43.7	47.2	50.8	54.4	58.0	61.6	65.9	70.2
b	4.8	4.8	5.2	5.2	5.2	5.2	5.5	5.5	5.5	5.8	6.2
c	15.9	16.3	16.6	16.6	18.1	18.1	18.5	19.9	19.9	20.3	21.4
d	8.4	8.6	8.9	8.9	9.6	9.6	10.1	10.6	10.6	11.1	11.3
e	11.5	12.5	12.6	12.6	13.0	13.0	13.0	12.6	12.6	12.5	12.5

*NOTE: The front is wider than the back for sizes L - 6X, as given at the top of page 2. For a fit with equal front and back widths, please refer to the Unisex version of the pattern.

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)
A	28	29	29	29	31	31	31	33	33	33	35
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 pattern" 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.

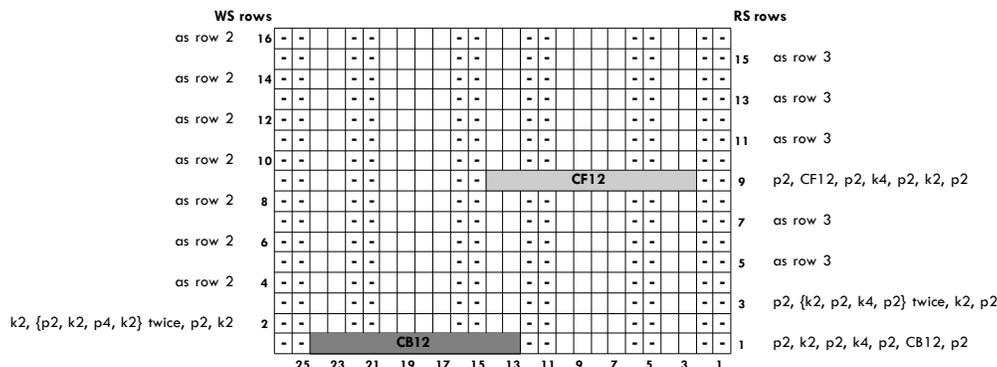
Next row (RS): k to marker, sm, work next row of CHART 1.

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)
C	13	11	11	9	9	7	6	7	5	3	3
resulting sts	42	41	41	39	41	39	38	41	39	37	39

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)
D	-	1	1	1	2	2	2	3	3	3	3
resulting sts	42	45	45	43	47	45	44	49	47	45	47
E	0	1	1	3	4	6	8	7	9	12	12
resulting sts	45	51	51	55	62	66	71	73	77	84	86
F	3	2	3	3	1	1	1	0	0	0	1
resulting sts	53	57	59	63	66	70	75	75	79	86	90

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	70	74	79	85	89	96	100

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)
A	28	29	29	29	31	31	31	33	33	33	35
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)
C	13	11	11	9	9	7	6	7	5	3	3
resulting sts	42	41	41	39	41	39	38	41	39	37	39
D	-	1	1	1	2	2	2	3	3	3	3
resulting sts	42	45	45	43	47	45	44	49	47	45	47
E	0	1	1	3	4	6	8	7	9	12	12
resulting sts	45	51	51	55	62	66	71	73	77	84	86

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)
F	3	2	3	3	1	1	1	0	0	0	1
resulting sts	53	57	59	63	66	70	75	75	79	86	90

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	70	74	79	85	89	96	100

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)
G	24	25	25	25	27	27	27	29	29	29	31
H	32	32	34	34	36	36	38	40	40	42	44
total sts	80	82	84	84	90	90	92	98	98	100	106
J	54	46	46	38	48	40	36	46	38	34	34

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)
L	5	6	7	11	8	12	16	12	16	20	21
resulting sts	92	100	104	112	112	120	130	128	136	146	154

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 end, backward loop CO [3] (4) sts . (= [6] (8) sts inc'd)

Next row (WS): p all.

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

	(XS	S	M1	M2)	[L	XL	2X]	(3X	4X	5X	6X)
total sts	92	100	104	112	118	126	136	144	152	162	170

4. Body (worked in the round)

Move Right Front Shoulder sts from waste yarn onto smaller needle (or any spare needle), then move Left Front Shoulder sts from waste yarn onto same needle.

NOTE: During the Set-up round below, the back sts will be knit, and then joined with the Right Front Shoulder and Left Front Shoulder sts while casting on new sts under the arms. The cable pattern (i.e. CHART 1) continues on the front sections as previously established. The set up round is broken into parts to make it easier to follow, but it is just one round!

Set-up round:

- with WS of Upper Back facing and continuing with yarn still attached, backward loop CO **M** sts, turn work to RS, k to end of back sts, backward loop CO **M** sts, pm, CO **M** sts;
- knit Right Front sts (on smaller needle) to marker, work Row **N** of CHART 1 to 2 sts before end, p2 tog;
- p2 tog the first 2 sts of Left Front sts (on smaller needle), work Row **P** of CHART 1 beginning at 3rd stitch, sm, k remaining Left Front sts, backward loop CO **M** sts, pm (= BOR). Remove smaller needle.

	(XS	S	M1	M2)	[L	XL	2X]	(3X	4X	5X	6X)
M	3	3	5	5	5	6	6	6	7	7	9
N	5	7	9	9	15	15	3	7	7	11	13
P	13	15	1	1	7	7	11	15	15	3	5
Total Back sts	98	106	114	122	128	138	148	156	166	176	188
Total Front sts	110	118	126	134	148	158	168	180	190	204	216

NOTE: You will now be working in the round so do not turn piece to the WS!

Next round: k to first marker, sm, k to next marker, sm, work Round **Q** of CHART 2, sm, k to end.

	(XS	S	M1	M2)	[L	XL	2X]	(3X	4X	5X	6X)
Q	6	8	10	10	16	16	4	8	8	12	14

CHART 2

	49	47	45	43	41	39	37	35	33	31	29	27	25	23	21	19	17	15	13	11	9	7	5	3	1	Round		
-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	16	as round 2	
-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	15	as round 2
-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	14	as round 2
-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	13	as round 2
-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	12	as round 2
-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	11	as round 2
-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	10	as round 2
-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	9	p2, CF12, p2, k4, p2, {k2, p2} twice, k4, p2, CB12, p2
-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	8	as round 2
-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	7	as round 2
-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	6	as round 2
-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	5	as round 2
-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	4	as round 2
-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	3	as round 2
-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	2	p2, {k2, p2, k4, p2} twice, k2, p2, {k2, p2, k4, p2} twice, k2, p2
-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	1	p2, k2, p2, k4, p2, CB12, p2, CF12, p2, k4, p2, k2, p2

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 (24, 27, 27, 27) [27] (24) cm (9½, 10½, 10½, 10½) [10½] (9½) inches), or (5) [6] (7) cm ((2) [2½] (2¾) inches) short of desired length.

Change to smaller needle.

Sizes XS, S, M1, M2, XL, 4X:

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

Sizes L, 3X, 5X:

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

Sizes 2X, 6X:

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)
R	28	28	28	28	32	32	32	36	36	36	36
S	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)
T	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



Terms of Use: This design is the property of Heidi Kirrmaier. It is copyrighted, and is for personal and non-profit use only, meaning you may knit it for yourself, a gift, or charity. You may not sell an item made from this pattern. You may not reproduce the pattern or distribute it from a website. Unless operating under the Ravelry consignment agreement, retailers may not download or print this pattern for sale or distribution. It may not be translated, reproduced or circulated in another language. Purchasing, downloading, or printing the pattern constitutes agreement with these terms. Thank you!