

## SHORTS NO. 1 #SHORTSNO1



### ABOUT SHORTS NO. 1

Shorts No. 1 are a pair of simple shorts with a relaxed fit.

The shorts are worked in a wide rib structure, where decreases and short rows help provide a good fit. The shorts are worked from the bottom up, which makes it possible to adjust the height of the rise to suit your figure.

### SIZES

XS (S) M (L) XL (XXL)

### MEASUREMENTS

Hip circumference: 99 (108) 117 (126) 134 (143) cm [39 (42.5) 46 (49.5) 52.75 (56.25) inches]

Circumference of short legs: 61 (66) 72 (77) 83 (88) cm [24 (26) 28.25 (30.25) 32.5 (34.5) inches]

Waistband: 80 (88) 94 (101) 109 (117) cm [31.5 (34.5) 37 (39.75) 42.75 (46) inches]

Length: 44 (44) 46 (47) 48 (49) cm [17.25 (17.25) 18 (18.5) 18.75 (19.25) inches]

For size guide, see the following page.

### SUGGESTED NEEDLES

4 mm [US 6] circular needles (80 or 100 cm [32 or 40 inches])

### GAUGE

In wide rib structure using 4 mm [US 6] needles = 18 sts / 26 rows equals 10 x 10 cm [4 x 4 inches]

The given gauge is measured after washing and blocking.

### MATERIALS

100 (150) 150 (150) 200 (200) gr. Pure Silk from Knitting for Olive, 50 gr. / 250 m. Shown in colour 'Olive'.

*held together with...*

100 (150) 150 (150) 200 (200) gr. Merino from Knitting for Olive, 50 gr. / 250 m. Shown in colour 'Dusty Olive'.

1-1.5 m elastic, 4 cm [1.5 inches] wide.

## BEFORE YOU BEGIN

Remember to work a gauge swatch to ensure that the suggested needles provide the correct gauge.

It is important to stick to the given gauge, as the proportions of the shorts otherwise will be off.

## Size guide

Shorts No. 1 have a higher rise and loose fit.

Calculate a positive ease of approx. 10-12 cm [4-4.75 inches] at your hip.

Note that the shorts might grow slightly with use, but will return to original size when washed.

For example: You measure 96 cm [37.75 inches] at your hip.  $96 + 10-12 \text{ cm} = 106-108 \text{ cm}$  [ $37.75 + 4-4.75 \text{ inches} = 41.75 - 42.5 \text{ inches}$ ]. Meaning you would choose a size S with a hip circumference of 108 cm [42.5 inches].

## Introduction to the workflow

Begin working the one leg in the round using circular needles. Work the second leg in the same way. Join the two and work the remainder of the shorts in the round. The crotch is shaped by decreasing and the back is shaped using short rows.

Lastly, fold down the top edge and insert the elastic band.

To finish, sew together the opening at the crotch using duplicate/Kitchener stitch.

## Decreases

Decreases are worked to lean either towards the right or the left, or as centered double decreases.

### Right-leaning decrease (dec-R):

*Knit 2 sts together.*

<https://www.youtube.com/watch?v=FVP0da99E1M>

### Left-leaning decrease (dec-L):

Use the method 'SSK improved'. I.e; slip 1 knitwise, slip 1 purlwise, knit the 2 sts together through the back loop.

<https://www.youtube.com/watch?v=ug8SABdY4Q>

### Centered double decrease:

Slip 2 sts knitwise and together, as if knitting 2 together, knit 1, pass the 2 slipped stitches over.

<https://www.youtube.com/watch?v=R3afwATw3oQ>

## Short rows

Use the German short rows method.

<https://www.youtube.com/watch?v=z-E3YSHPOQYs>

## BEGIN YOUR WORK HERE

### LEFT LEG

Cast on 110 (120) 130 (140) 150 (160) sts using 4 mm [US 6] circular needles. Join to work in the round and place a marker at the beginning of round (M1). Establish and work wide rib in the round \*p 5 (6) 6 (7) 7 (8), k 6 (6) 7 (7) 8 (8)\* until work measures 12 (12) 13 (14) 14 (15) cm [4.75 (4.75) 5 (5.5) 5.5 (5.75) inches].

*NOTE! Establish the rib by purling stitches first.*

On the last round, work in pattern as established to 11 (12) 13 (14) 15 (16) sts before the beginning of round and place the remaining stitches on hold using waste yarn. Remove M1.

Leave the left leg stitches on hold using a helping needle or waste yarn whilst working the right leg.

Break the yarn and leave a tail of yarn that measures approx. 30 cm [11.75 inches].

### RIGHT LEG

Cast on 110 (120) 130 (140) 150 (160) sts using 4 mm [US 6] circular needles. Join to work in the round and place a marker at the beginning of round (M1). Establish and work wide rib in the round \*k6 (6) 7 (7) 8 (8), p5 (6) 6 (7) 7 (8)\* until work measures 12 (12) 13 (14) 14 (15) cm [4.75 (4.75) 5 (5.5) 5.5 (5.75) inches].

*NOTE! Establish the rib by knitting stitches first - opposite to the left leg where you purl first.*

On the last round, work in pattern as established to 11 (12) 13 (14) 15 (16) sts before the beginning of round and and place the remaining stitches on hold using waste yarn. Remove M1.

Do not break the yarn. You will continue here when joining the two legs.

## TOP PART OF THE SHORTS

You have now finished working the legs and will join the two to work the remainder of the shorts in the round.

Move the left leg stitches from the helping needle/waste yarn onto a circular needle, so you are ready to work across.

Begin where you left off on the right leg (ie. 11 (12) 13 (14) 15 (16) sts before the beginning of round where the yarn end is), place a marker, M1, cast on 1 new st using the knit cast on method, place another marker, M2.

Now proceed to work across the left leg and work as follows:

P5 (6) 6 (7) 7 (8), k1. Place a marker, M3.

Work in wide rib as established to 12 (13) 14 (15) 16 (17) sts before the end of the left leg. Place a marker, M4.

Work in wide rib as established to the end of rnd. Place a marker, M5, cast on 1 new st using the knit cast on method. Place a marker, M6.

Work in wide rib as established across the following 12 (13) 14 (15) 16 (17) sts, place a marker, M7.

Work in wide rib as established to 6 (7) 7 (8) 8 (9) sts remaining of the right leg stitches. Place a marker, M8. Work in wide rib as established to M1.

You have now joined the two legs to work in the round and have 200 (218) 236 (254) 272 (290) sts on your needles.

*The stitches are now divided as follows:*

**M1**, 1 st, **M2**, 6 (7) 7 (8) 8 (9) sts, **M3**, 81 (88) 96 (103) 111 (118) sts, **M4**, 12 (13) 14 (15) 16 (17) sts, **M5**, 1 st, **M6**, 12 (13) 14 (15) 16 (17) sts, **M7**, 81 (88) 96 (103) 111 (118) sts, **M8**, 6 (7) 7 (8) 8 (9) sts.

*TIP! The 11 (12) 13 (14) 15 (16) sts on hold from each trouser leg are now opposite to one another at the center front and will create a hole at the crotch. These stitches are grafted/sewn together at the end using duplicate/Kitchener stitch.*

Work 1 rnd in wide rib as established.

*NOTE! Purl the newly cast on stitch at the back. Knit the newly cast on stitch at the front.*

Now decrease at the center front and center back to shape the crotch.

In the first sequence, decrease every 2nd rnd.

Decrease both at the front and back:

**1st rnd:** Slip M1, p1, slip M2, work in wide rib as established to 2 sts before M3, **dec-R**, slip M3, work in wide rib as established to 2 sts before M5, **dec-L**, slip M5, k1, slip M6, **dec-R**, work in wide rib as established to M8, slip M8, **dec-L**, p to M1

**2nd rnd:** Work in wide rib as established.

Repeat **1st** and **2nd rnd** a total of 5 (5) 6 (6) 7 (7) times.

**The workflow now differs according to size (as the number of stitches at the front and back is different).**

**Choose the correct instructions for your size below before proceeding.**

### SIZE XS, M, XL

Work a centered double decrease at the front and back:

**1st rnd:** Slip M1, k1, slip M2, work in wide rib as established to 1 st before M5, remove M5, slip 2 sts knitwise together, remove M6, k1, pass the 2 slipped sts over the knitted st, place M5 and M6 back on each side of the just knitted st. Work in wide rib as established to 1 st before M1, remove M1, slip 2 sts knitwise together, remove M2, k1, pass the 2 slipped sts over the knitted st. Place M1 and M2 back on each side of the just knitted st.

**2nd rnd:** Work in wide rib as established.

### SIZE S, L, XXL

Work a centered double decrease at the front and a regular decrease at the back:

**1st rnd:** Slip M1, p1, slip M2, **dec-R**, work in wide rib as established to 1 st before M5, remove M5, slip 2 sts knitwise together, remove M6, k1, pass the 2 slipped sts over the knitted st, place M5 and M6 back on each side of the just knitted st. Work in wide rib as established to 2 sts before M1, **dec-L**.

**2nd rnd:** Work in wide rib as established.

Work a centered double decrease at the back and regular decrease at the front:

**3rd rnd:** Slip M1, k1, work in wide rib as established to M4, slip M4, **dec-L**, work in wide rib as established to M5, slip M5, p1, slip M6, work in wide rib as established to 2 sts before M7, **dec-R**, slip M7, work in wide rib as established

to 1 sts before M1, remove M1, slip 2 sts knitwise together, remove M2, k1, pass the 2 slipped sts over the knitted st. Place M1 and M2 back on each side of the just knitted st.

**4th rnd:** Work in wide rib as established.

The following work flow is for **ALL SIZES**.

M2/M3 and M1/M8 are now right next to each other. Before you continue, move 2 of the markers in so that they still are 1 st in in a knit sequence.

Move M3 11 (12) 13 (14) 15 (16) sts to the left.  
Move M8 11 (12) 13 (14) 15 (16) sts to the right.

Now continue decreasing every 4th rnd.

Decrease at the front and back:

**1st rnd:** Slip M1, k1, slip M2, **dec-R**, work in wide rib as established to M4, slip M4, **dec-L**, work in wide rib as established to M5, slip M5, p1, slip M6, work in wide rib as established to 2 sts before M7, **dec-R**, slip M7, work in wide rib as established to 2 sts before M1, **dec-L**.

**2nd-4th rnd:** Work in wide rib as established.

Work **1st-4th rnd** a total of 4 (4) 5 (5) 6 (6) times.

Work a centered double decrease at the back and regular decrease at the front:

**1st rnd:** Slip M1, k1, work in wide rib as established to M4, slip M4, **dec-L**, work in wide rib as established to M5, slip M5, p1, slip M6, work in wide rib as established to 2 sts before M7, **dec-R**, slip M7, work in wide rib as established to 1 sts before M1, remove M1, slip 2 sts knitwise together, remove M2, k1, pass the 2 slipped sts over the knitted st. Place M1 and M2 back on each side of the just knitted st.

*NOTE! Remove M4 and M7, they are no longer needed.*

**2nd-4th rnd:** Work in wide rib as established.

*NOTE! The stitch at the center back between M1 and M2 is purled.  
On the last of the '4th rnd's, knit the stitch at the center front between M5 and M6.*

Work a centered double decrease at the front and regular decrease at the back:

**1st rnd:** Slip M1, p1, slip M2, **dec-R**, work in wide rib as established to 1 st before M5, remove M5, slip 2 sts knitwise together, remove M6, k1, pass the 2 slipped sts over the knitted st, place M5 and M6 back on each side of the just knitted st. Work in wide rib as established to 2 sts before M1, **dec-L**.

**2nd-4th rnd:** Work in wide rib as established.

Continue decreasing every 4th rnd.

Decrease on the front and the back:

**1st rnd:** Slip M1, p1, slip M2, work in wide rib as established to 2 sts before M3, **dec-R**, work in wide rib as established to 2 sts before M5, **dec-L**, slip M5, k1, slip M6, **dec-R**, work in wide rib as established to M8, slip M8, **dec-L**, p to M1

**2nd - 4th rnd:** Work in wide rib as established.

Work **1st-4th rnd** until you have 5 (7) 7 (7) 7 (9) purl stitches remaining at the center back and 7 (7) 7 (7) 9 (9) knit stitches remaining at the center front. Equivalent to 2 (2) 3 (3) 3 (3) repeats.

You now have 144 (158) 170 (182) 196 (210) sts remaining.

You have now completed the decreases and can remove 6 markers; M2-M8.

Work in wide rib as established until work measures 28 (28) 29 (29) 30 (30) cm [11 (11) 11.5 (11.5) 11.75 (11.75) inches] at the center front, measured from the crotch where you joined the two legs.

*TIP! It is recommended that you try on your shorts before you continue. If you would like a higher rise, work some extra cm/inches before you begin working short rows for the back.*

Now begin shaping the back with short rows.

Work the short rows using the 'German short rows' technique.

Have a look here for how to work German short rows:

<https://www.youtube.com/watch?v=z-E3YSHPOQs>

**1st row (RS):** Work 6 sts in wide rib as established, turn.  
**2nd row (WS):** Work 11 sts in wide rib as established, turn.  
**3rd row (RS):** Work in wide rib as established to 6 sts *after* the last turn, turn.  
**4th row (WS):** Work in wide rib as established to 6 sts *after* the last turn, turn.

You have now worked 4 short rows and have 2 turns on each side of the center back.

Work **3rd-4th row** *another* 3 (4) 5 (5) 6 (6) times.

You have now turned 5 (6) 7 (7) 8 (8) times on each side of the center back and worked 10 (12) 14 (14) 16 (16) short rows in total.

You have now finished shaping the back.

Work 1 rnd in wide rib as established.

Knit 1 rnd. This rnd is used for attaching the folded edge to the WS of the work later.

Work 10 rows / 4 cm [1.5 inches] in wide rib as established.

Purl 1 rnd (folding edge).

Work another 10 rows / 4 cm [1.5 inches] in wide rib as established.

Now attach the edge. Fold down the waistband to the WS and knit 1 st from your needle together with 1 st from the knitted rnd worked previously. At the same time, bind off the stitches.

*Have a look here for how to do it:*

<https://www.youtube.com/watch?v=Tq2mO5gYVHs&t=3s>

NOTE! Leave a hole of a couple of stitches to allow you to run the elastic through the waistband.

## FINISHING

Now sew together the sts in the crotch using duplicate/Kitchener stitch. Transfer the 11 (12) 13 (14) 15 (16) sts from hold to each their end of a circular needle. Use the yarn tail left behind from the right leg to sew together the 2 sides of the crotch using duplicate/Kitchener stitch.

*Have a look here for how to sew together live stitches using duplicate/Kitchener stitch:*

<https://www.youtube.com/watch?v=Hj9dqmSBH0k>

Run the elastic through the waistband, attach, and bind off the last couple of stitches of the waistband.

To finish, weave in all ends.

Wash and block the shorts to the given measurements.

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