

M O R E C A K N I T

#SOLENEVEST

VERSION
1.01

DIFFICULTY
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DESCRIPTION

The Solene Vest is worked from the top down in stockinette stitch. It begins with the left and right back sections, which are worked separately. German short rows ensure a good fit for the shoulders. After casting on stitches for the neck, the pieces are joined to work the back as one piece. Next, stitches are picked up to work the left and right front separately, with increases to form the V-neck. Once all parts are complete, stitches are cast on for the underarms, and the knitting is joined and worked straight back and forth. Stitches are then picked up along the armholes to work the armhole edges in the round in 1x1 rib. After this, stitches are picked up to work the front band in double knitting. Finally, the ties are worked in the I-cord technique and then sewn to the front band.

SIZES

XS / S / M / L / XL / 2XL / 3XL

SIZE GUIDE

The Solene Vest has a relaxed fit and is designed to have approx. 15 cm [6 in] of positive ease which is reduced in larger sizes to ensure a more comfortable fit. This means the garment's measurements will be approx. 15 cm [6 in] larger than your actual bust circumference. The sizes XS / S / M / L / XL / 2XL / 3XL are designed to fit a bust circumference of 80-85 / 85-90 / 90-95 / 95-100 / 100-110 / 110-120 / 120-130 cm [31½-33½ / 33½-35½ / 35½-37½ / 37½-39½ / 39½-43¼ / 43¼-47¼ / 47¼-51¼ in].

Before you begin, measure yourself to determine the right size. For example, if your bust circumference is 90 cm [35½ in], I recommend to knit a size M. If you are between sizes, choose the size based on how loose you prefer the garment to fit. Using the diagram with the finished garment measurements can be a helpful reference when deciding which size to select.

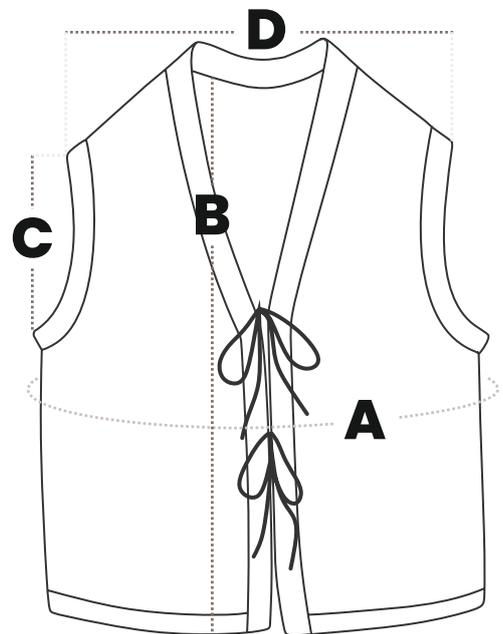
FINISHED MEASUREMENTS

A: 101 / 105 / 109 / 115 / 121 / 127 / 135 cm
[39¾ / 41¼ / 43 / 45¼ / 47¾ / 50 / 53¼ in]

B: 57 / 58 / 59 / 60 / 62 / 64 / 66 cm
[22½ / 22¾ / 23¼ / 23½ / 24½ / 25¼ / 26 in]

C: 26 / 26 / 27 / 28 / 28 / 29 / 29 cm
[10¼ / 10¼ / 10½ / 11 / 11 / 11½ / 11½ in]

D: 38 / 39 / 40 / 41 / 42 / 43 / 44 cm
[15 / 15¼ / 15¾ / 16¼ / 16½ / 17 / 17¼ in]



GAUGE

After washing and blocking:

20 sts x 28 rows = 10 x 10 cm [4 x 4 in] in stockinette stitch on 4.5 mm [US 7] needles.

28 sts x 32 rows = 10 x 10 cm [4 x 4 in] in 1x1 rib on 3.5 mm [US 4] needles.

44 sts x 56 rows = 10 x 10 cm [4 x 4 in] in double knitting on 3.5 mm [US 4] needles.

Note: The stated gauge accounts for both layers of double knitting. The visible stitch and row count for each layer is half of the stated amount = 22 sts x 28 rows.

Please make sure to knit a swatch. Ensure that your swatch gauge matches the given one. If you cannot achieve the required gauge using the suggested needles, adjust your needle size to reach the correct gauge.

NEEDLES

Circular needles:

4.5 mm [US 7] 80 or 100 cm [32 or 40 in].

3.5 mm [US 4] 40, and 80 or 100 cm [16, and 32 or 40 in].

Double-pointed needles:

3.5 mm [US 4] optional.

SUGGESTED YARN

Önling (worked with one strand throughout the process):

200/200/250/250/250/300/300 g No.1 by Önling 50 g = 180 m [197 yds].

Lamana (worked with two strands throughout the process):

150/150/175/175/200/200/225 g Como by Lamana 25 g = 120 m [131 yds] & 75/75/75/

75/100/100/100 g Premia by Lamana 25 g = 300 m [328 yds].

NOTIONS

Stitch markers, extra yarn or stitch holders, tapestry needle.

DIFFICULTY GUIDE



BEGINNER



EXPERIENCED BEGINNER



INTERMEDIATE



ADVANCED



EXPERT

SUPPORT

support@morecacknit.com

SOCIAL



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VIDEO TUTORIALS



In the sections of this pattern, you will find links to videos demonstrating the techniques required to complete specific elements. Additionally, for easier navigation, a QR code linking directly to the YouTube playlist has been provided. You can access the playlist either by clicking the QR code image (digital version) or by scanning it with your camera (printed version). All videos related to this pattern are included in the playlist.

Please note that the videos are supplementary to the written instructions. Always follow the written pattern first, as the videos demonstrate knitting techniques or principles rather than detailed step-by-step instructions.

ABBREVIATIONS

General:

st/sts - Stitch(es)

K - Knit

P - Purl

TBL - Through the Back Loop

RS/WS - Right Side/Wrong Side

BOR - Beginning Of Round

Slips:

SLIPW - Slip One Purlwise

Yarn Position:

wyib - with yarn in back

wyif - with yarn in front

Increases:

MIL - Make 1 Left (left-leaning increase): Insert the left needle from front to back under the bar between stitches. Knit this stitch through the back loop.

MIR - Make 1 Right (right-leaning increase): Insert the left needle from back to front under the bar between stitches. Knit this stitch through the front loop.

MIPR - Make 1 Purl Right (right-leaning purl increase): Insert the left needle from back to front under the bar between stitches. Purl this stitch through the front loop.

Decreases:

SKP - Slip, Knit, Pass (left-leaning decrease): Slip 1 stitch knitwise, knit the next stitch, then pass the slipped stitch over the knit stitch and off the needle.

About the German Short Rows technique:

When the instructions say '**Turn**', this indicates that you should turn your work around, slip the first stitch purlwise, and create a double stitch at the turning point. The term '**Work number of sts after the last turn**' means that you should work up to the double stitch created during the previous row's turn, work this stitch, and then proceed to work the specified number of stitches after it.

RIGHT BACK

The right back (as worn) is worked back and forth in stockinette stitch using **4.5 mm [US 7] 80 or 100 cm [32 or 40 in]** circular needles.

Cast on 17/18/18/19/19/20/20 sts on **4.5 mm [US 7] 80 or 100 cm [32 or 40 in]** circular needles using a **reverse long-tail cast-on technique**.

Work in the **German Short Rows** technique to shape the shoulder slope:

Row 1 (RS): K3/4/4/4/4/5/5. Turn.

Row 2 (WS): Purl to the end of the row.

Continue working in the **German Short Rows technique** while simultaneously making **increases** to shape the neckline:

Row 3 (RS): K2, **MIL**, K to the last turn, K4 after it. Turn. (1 st increased).

Row 4 (WS): Purl to the end of the row.

Work rows 3-4 a total of 3 times (your last turn will be 2/2/2/3/3/3 sts before the end of the RS row).

The short rows are now complete.

Knit 1 row (knit all sts).

Now you have 20/21/21/22/22/23/23 sts on the needles and worked 1 full row (counting along the armhole side).

Break the yarn and place the sts on hold to continue working with them later.

LEFT BACK

The left back (as worn) is worked back and forth in stockinette stitch using **4.5 mm [US 7] 80 or 100 cm [32 or 40 in]** circular needles.

Cast on 17/18/18/19/19/20/20 sts on **4.5 mm [US 7] 80 or 100 cm [32 or 40 in]** circular needles using a Long-Tail Cast-On technique.

Work in the **German Short Rows technique** to shape the shoulder slope:

Row 1 (WS): P3/4/4/4/4/5/5. Turn.

Row 2 (RS): Knit to the end of the row.

Now, continue working in the **German Short Rows technique** while simultaneously making **increases** to shape the neckline:

Row 3 (WS): P2, **MIPR**, purl to the last turn, P4 after it. Turn. (1 st increased).

Row 4 (RS): Knit to the end of the row.

Work rows 3-4 a total of 3 times (your last turn will be 2/2/2/3/3/3/3 sts before the end of the WS row). The short rows are now complete.

Purl 1 row (purl all sts).

Now you have 20/21/21/22/22/23/23 sts on the needles and worked 1 full row (counting along the armhole side).

Do not break the yarn to continue joining the back from here.

Click here to watch the video:
[REVERSE LONG-TAIL CO]

Click here to watch the video:
[GERMAN SHORT ROWS]

Click here to watch the video:
[INCREASES]

Click here to watch the video:
[PURL INCREASES]

BACK

The back is worked back and forth in stockinette stitch using **4.5 mm [US 7] 80 or 100 cm [32 or 40 in]** circular needles.

Join the back:

With the RS facing, knit across the left back. Next, cast on 26/26/28/28/**30**/30/32 sts in extension of the left back sts using the **backward loop method**. With the RS facing, knit across the right back.

Purl 1 row (purl all sts).

Now you have 66/68/70/72/**74**/76/78 sts on the needles and worked 3 rows (counting along the armhole sides).

Now work straight:

Row 1 (RS): Knit all sts.

Row 2 (WS): Purl all sts.

Work rows 1-2 a total of 17/18/19/18/16/15/13 times. Finish with the WS row.

Now you have 66/68/70/72/74/76/78 sts on the needles and worked 37/39/41/39/35/33/29 rows (counting along the armhole sides).

Now work with **increases** in every 4th row to shape the armholes:

Row 1 (RS): K3, **MIL**, knit until the last 3 sts of the row, **MIR**, K3. (2 sts increased).

Row 2 (WS): Purl all sts.

Row 3 (RS): Knit all sts.

Row 4 (WS): Purl all sts.

Work rows 1-4 a total of 4/4/4/4/5/5/5 times. Finish with the WS row.

Now you have 74/76/78/80/84/86/88 sts on the needles and worked 53/55/57/55/55/53/49 rows (counting along the armhole sides).

Now work with **increases** in every other row to shape the armholes:

Row 1 (RS): K3, **MIL**, knit until the last 3 sts of the row, **MIR**, K3. (2 sts increased).

Row 2 (WS): Purl all sts.

Work rows 1-2 a total of 10/10/10/12/12/14/16 times. Finish with the WS row.

Now you have 94/96/98/104/108/114/120 sts on the needles and worked 73/75/77/79/79/81/81 rows (counting along the armhole sides).

Break the yarn and place the sts on hold to continue working with them later.

RIGHT FRONT

The right front (as worn) is worked back and forth in stockinette stitch using **4.5 mm [US 7] 80 or 100 cm [32 or 40 in]** circular needles.

With the RS facing, pick up and knit a total of 17/18/18/19/19/20/20 sts along the right shoulder slope using **4.5 mm [US 7] 80 or 100 cm [32 or 40 in]** circular needles (1 st in each st).

Click here to
watch the video:
**[BACKWARD
LOOP CO]**

Click here to
watch the video:
[INCREASES]

[Click here to watch the video:](#)
[GERMAN SHORT ROWS]

Work in the **German Short Rows technique** to shape the shoulder slope:

Row 1 (WS): P3/4/4/4/4/5/5. Turn.

Row 2 (RS): Knit to the end of the row.

Row 3 (WS): P4 after the last turn. Turn.

Row 4 (RS): Knit to the end of the row.

Work rows 3-4 a total of 3 times (your last turn will be 2/2/2/3/3/3/3 sts before the end of the WS row). The short rows are now complete. Break the yarn.

Now, re-join the yarn with the RS facing, and work straight in stockinette stitch:

Row 1 (RS): Knit all sts.

Row 2 (WS): Purl all sts.

Work rows 1-2 a total of 12/13/12/13/11/12/10 times. Finish with the WS row.

Now you have 17/18/18/19/19/20/20 sts on the needles and worked 24/26/24/26/22/24/20 rows (counting along the armhole side).

Now work with **increases** in every 4th row to shape the V-neck:

Row 1 (RS): Knit until the last 3 sts of the row, **MIR**, K3. (1 st increased).

Row 2 (WS): Purl all sts.

Row 3 (RS): Knit all sts.

Row 4 (WS): Purl all sts.

Work rows 1-4 a total of 3/3/4/3/3/2/2 times. Finish with the WS row.

Now you have 20/21/22/22/22/22/22 sts on the needles and worked 36/38/40/38/34/32/28 rows (counting along the armhole side).

Now work with **increases** in every 4th row to continue shaping the V-neck, and start shaping the armhole:

Row 1 (RS): K3, **MIL**, knit until the last 3 sts of the row, **MIR**, K3. (2 sts increased).

Row 2 (WS): Purl all sts.

Row 3 (RS): Knit all sts.

Row 4 (WS): Purl all sts.

Work rows 1-4 a total of 4/4/4/4/5/5/5 times. Finish with the WS row.

Now you have 28/29/30/30/32/32/32 sts on the needles and worked 52/54/56/54/54/52/48 rows (counting along the armhole side).

Now, at the same time, work with **increases** in every other row for the armhole and in every 4th row for the V-neck:

Row 1 (RS): K3, **MIL**, knit until the last 3 sts of the row, **MIR**, K3. (2 sts increased).

Row 2 (WS): Purl all sts.

Row 3 (RS): K3, **MIL**, knit until the end of the row. (1 st increased).

Row 4 (WS): Purl all sts.

Work rows 1-4 a total of 5/5/5/6/6/7/8 times. Finish with the WS row.

Now you have 43/44/45/48/50/53/56 sts on the needles and worked 72/74/76/78/78/80/80 rows (counting along the armhole side).

Break the yarn and place the sts on hold to continue working with them later.

[Click here to watch the video:](#)
[INCREASES]

LEFT FRONT

The left front (as worn) is worked back and forth in stockinette stitch using **4.5 mm [US 7] 80 or 100 cm [32 or 40 in]** circular needles.

With the RS facing, leave a yarn tail on the left that is approx. 3.5 times the length of the slope edge. Ensure the working yarn (skein) remains on your right side of the edge so that you can start knitting from there later. Using that yarn tail, pick up and knit a total of 17/18/18/19/19/20/20 sts along the left shoulder slope using **4.5 mm [US 7] 80 or 100 cm [32 or 40 in]** circular needles. (1 st in each st). Return to the working yarn and use it to continue knitting.

Work in the **German Short Rows** technique to shape the shoulder slope:

Row 1 (RS): K3/4/4/4/4/5/5. Turn.

Row 2 (WS): Purl to the end of the row.

Row 3 (RS): K4 after the last turn. Turn.

Row 4 (WS): Purl to the end of the row.

Work rows 3-4 a total of 3 times (your last turn will be 2/2/2/3/3/3/3 sts before the end of the RS row). The short rows are now complete.

Now, work straight in stockinette stitch:

Row 1 (RS): Knit all sts.

Row 2 (WS): Purl all sts.

Work rows 1-2 a total of 12/13/12/13/11/12/10 times. Finish with the WS row.

Now you have 17/18/18/19/19/20/20 sts on the needles and worked 24/26/24/26/22/24/20 rows (counting along the armhole side).

Now work with **increases** in every 4th row to shape the V-neck:

Row 1 (RS): K3, **MIL**, knit until the end of the row. (1 st increased).

Row 2 (WS): Purl all sts.

Row 3 (RS): Knit all sts.

Row 4 (WS): Purl all sts.

Work rows 1-4 a total of 3/3/4/3/3/2/2 times. Finish with the WS row.

Now you have 20/21/22/22/22/22/22 sts on the needles and worked 36/38/40/38/34/32/28 rows (counting along the armhole side).

Now work with **increases** in every 4th row to continue shaping the V-neck, and start shaping the armhole:

Row 1 (RS): K3, **MIL**, knit until the last 3 sts of the row, **MIR**, K3. (2 sts increased).

Row 2 (WS): Purl all sts.

Row 3 (RS): Knit all sts.

Row 4 (WS): Purl all sts.

Work rows 1-4 a total of 4/4/4/4/5/5/5 times. Finish with the WS row.

Now you have 28/29/30/30/32/32/32 sts on the needles and worked 52/54/56/54/54/52/48 rows (counting along the armhole side).

Click here to watch the video:
[GERMAN SHORT ROWS]

Click here to watch the video:
[INCREASES]

[Click here to watch the video:](#)
[INCREASES]

Now, at the same time, work with **increases** in every other row for the armhole and every 4th row for the V-neck:

Row 1 (RS): K3, **MIL**, knit until the last 3 sts of the row, **MIR**, K3. (2 sts increased).

Row 2 (WS): Purl all sts.

Row 3 (RS): Knit until the last 3 sts of the row, **MIR**, K3. (1 st increased).

Row 4 (WS): Purl all sts.

Work rows 1–4 a total of 5/5/5/6/6/7/8 times. Finish with the WS row.

Now you have 43/44/45/48/50/53/56 sts on the needles and worked 72/74/76/78/78/80/80 rows (counting along the armhole side).

Do not break the yarn to start working the body from here.

BODY

The body is worked back and forth in stockinette stitch using **4.5 mm [US 7] 80 or 100 cm [32 or 40 in]** circular needles.

With the RS facing, join the body as follows:

Knit across the left front, cast on 7/9/11/11/13/13/15 sts in extension of the left front sts using the **backward loop method**, knit across the back, cast on 7/9/11/11/13/13/15 sts in extension of the back sts the same way, knit across the right front.

Purl 1 row.

Now you have 194/202/210/222/234/246/262 sts on the needles.

Work straight in stockinette stitch until the vest measures 55/56/57/58/60/62/64 cm [21¾/22/22½/22¾/23½/24½/25¼ in] from the center of the back neck. Finish with a purl row (WS of the garment).

Try on and check the garment length before you begin working the rib.

Note: Extending the length of the garment may require additional yarn.

Switch to circular needles **3.5 mm [US 4] 80 or 100 cm [32 or 40 in]** and work one row with increases as follows:

Row 1 (RS): K12/11/9/9/9/11/12, **MIL**, * K17/18/16/17/18/16/17, **MIL** *, repeat from * to * a total of 10/10/12/12/12/14/14 times, end with K12/11/9/9/9/11/12. (11/11/13/13/13/15/15 sts increased).

Row 2 (WS): Purl all sts.

Now you have 205/213/223/235/247/261/277 sts on the needles.

Work in 1x1 rib:

Row 1 (RS): K2, * P1, K1 *, repeat from * to * until the last 3 sts of the row, end with P1, K2.

Row 2 (WS): P2, * K1, P1 *, repeat from * to * until the last 3 sts of the row, end with K1, P2.

Work rows 1–2 a total of 3 times. Finish with the WS row.

Work double knitting before binding off using the Italian bind-off technique as follows:

Row 1 (RS): * SLIPW wyif, K1 *, repeat from * to * until the last st of the row, end with SLIPW wyif.

Row 2 (WS): * K1, SLIPW wyif *, repeat from * to * until the last st of the row, end with K1.

Bind off using the **Italian bind-off technique**. Not too tightly.

[Click here to watch the video:](#)
[BACKWARD LOOP CO]

[Click here to watch the video:](#)
[ITALIAN BO FLAT]

ARMHOLE EDGES

The armhole edges are worked in the round in 1x1 rib using **3.5 mm [US 4] 40 cm [16 in]** circular needles.

Note: Ensure that your 1x1 rib gauge matches the specified gauge for 3.5 mm [US 4] needles. If necessary, adjust your needle size accordingly.

With the RS facing, starting at the mid underarm, join the yarn, and pick up and knit a total of 152/158/164/168/170/174/176 sts using **3.5 mm [US 4] 40 cm [16 in]** circular needles (1 st per st/row).

Place a stitch marker to indicate the BOR.

Work 8 rounds of 1x1 rib (K1, P1).

Work double knitting before binding off using the Italian bind-off technique as follows:

Round 1: * K1, SLIPW wyif *, repeat from * to * until the end of the round.

Round 2: * SLIPW wyib, P1 *, repeat from * to * until the end of the round.

Bind off using the **Italian bind-off technique**.

Work the second armhole in the same way.

Click here to
watch the video:
**[ITALIAN BO
ROUND]**

FRONT BAND

The front edge is worked back and forth in double knitting using **3.5 mm [US 4] 80 or 100 cm [32 or 40 in]** circular needles. It can be helpful to use one double-pointed needle of the same size to simplify the process.

Note: Be sure to match the given gauge to avoid tight or overly loose edges.

With the RS facing, leave a tail of approx. 20 cm [7¾ in], and beginning at the bottom of the right front, pick up and knit sts on **3.5 mm [US 4] 80 or 100 cm [32 or 40 in]** circular needles as follows:

Pick up and knit 1 st for each row along the right front edge. Then, pick up and knit 1 st in each st along the back neck (1 st for each row along the sloped side and 1 st for each st along the horizontal side of the back neck). Finally, pick up and knit 1 st for each row along the left front edge. Break the yarn.

Now, with the WS facing, beginning at the bottom of the right front, join the yarn and cast on 12 sts in extension of the hem rib sts using the Italian cast-on technique (ensure the first cast-on st is a purl and the last is a knit).

Work back and forth in **double knitting** across the 12 cast-on sts along the edge, incorporating 1 st from the edge in every RS row as follows:

Row 1 (RS): * SLIPW wyif, K1 TBL *, repeat from * to * until the last 2 of the 12 sts, end with SLIPW wyif, **SKP** (the first of the cast-on sts and one from the pick-up edge).

Row 2 (WS): * SLIPW wyif, K1 *, repeat from * to * until the end of the row.

Row 3 (RS): * SLIPW wyif, K1 *, repeat from * to * until the last 2 of the 12 sts, end with SLIPW wyif, **SKP** (the first of the cast-on sts and one from the pick-up edge).

Row 4 (WS): As row 2.

Click here to
watch the video:
[FRONT BAND]

Work rows 3–4 until you have worked across the entire edge. Finish with the RS row.

In total, you will have 12 sts on the needles.

Bind off using the **Italian bind-off technique**.

I-CORD TIES

The ties are worked using the I-cord technique with **3.5 mm [US 4]** double-pointed needles or long circular needles.

Cast on 4 sts onto your needles using the long-tail cast-on technique. Knit these sts, then, without turning the work, slide them to the opposite end of the needle. Carry the yarn across the back and knit the sts again. Continue with this method, consistently sliding and knitting the sts to form a tube, until the cord measures approx. 38 cm [15 in]. Break the yarn and bind off the sts, leaving a 30 cm [12 in] tail for attaching.

Knit 3 more ties in the same way.

Next, on the WS, place 4 markers to indicate the positions for attaching the ties:

For the first tie, place a marker opposite the last increase for the V-neck.

For the second tie, place a marker 7–10 cm (3–4 inches) below the first.

Repeat the same process for the second front edge.

Attaching the ties:

Using the remaining yarn tail, sew all the ties into place. Start at the inner edge and work your way up to the outer edge, stitching the tie along the front edge. It might be helpful to use a contrasting thread to mark the placement.

FINISHING

Weave in all ends. Wash and block your garment.

The garment is now complete—congratulations!

Hope the knitting process was enjoyable.

Feel free to share the finished result and leave a review; feedback is greatly appreciated.

@morecanknit
#solenevest

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[ITALIAN BO FLAT]

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[TIES: ATTACHING]