

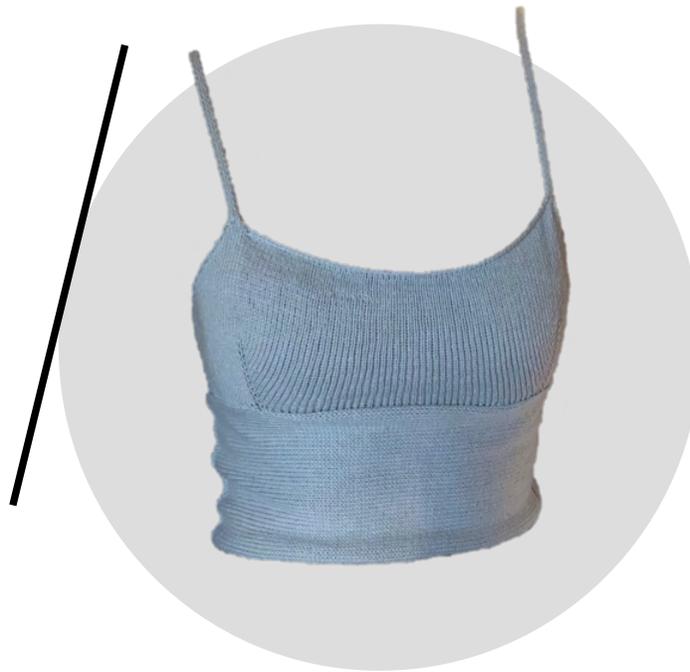
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7PM TANK

KNITTING PATTERN



DIFFICULTY: ●●●○○

Intermediate (3 of 5)

NEEDLES & NOTIONS

Suggested (go up/down to achieve gauge):

2.75 mm needles/US 2 circular needles

Cord: Sizes 1-3: 60 cm (24 inches), Sizes 4-5L: 74 cm (29 inches), Sizes 6-7: 91 cm (36 inches), Sizes 8-9: 122 cm (48 inches)

4 stitch markers, tapestry needle, stitch holder/scrap yarn

TECHNIQUES

Knitting in the round, increases, decreases, stockinette, 1x1 rib, double knitting, picking up stitches, seaming, long-tail cast on, Jeny's stretchy cast on, Italian bind off, blocking

SIZES

(this garment has zero ease)

Size	1	(2)	3	(4)	5	(6)	7	(8)	9
Bust Circumference									
cm	71-76	(82-86)	92-97	(102-107)	112-117	(122-127)	132-137	(142-147)	152-158
in	28-30	(32-34)	36-38	(40-42)	44-46	(48-50)	52-54	(56-58)	60-62
Waist Circumference									
cm	61	(67.5)	77.5	(87.5)	97.5	(107.5)	117.5	(127.5)	137.5
in	24	(26.5)	30.5	(34.5)	38.5	(42)	46	(50)	54

YARN

Suggested: A light fingering weight yarn. Quantities are provided in ranges for lighter-heavier yarns.

Lighter Yarns (wool): ex. Malabrigo Yarn Sock or, Knitting for Olive Merino, or Knit Picks Palette

Heavier Yarns (cotton/bamboo): ex. Universal Yarn Bamboo Pop Sock

Any yarn that achieves gauge can be used.

260-295, (310-340), 355-390, (410-466), 450-530, (495-580), 555-675, (615-750), 685-845

metres || 285-320, (340-370), 390-425, (450-505), 495-580, (545-635), 610-735, (675-820), 750-925 **yards**

GAUGE

10x10 cm (4x4 inches) | after blocking

Stockinette: 32 stitches x 40 rows

1x1 Rib: 28 stitches x 44 rows (stretched)

PATTERN OVERVIEW

This piece is worked from the bottom-up in two sections. The pattern begins with the bottom/waist section where four pieces are worked flat (three pieces in stockinette, one piece in 1x1 rib). After seaming the bottom/waist pieces together, stitches are picked up in the round to begin the top/bust section. M1L and M1R increases are made around one stitch to form the "darts" of the tank. After the increases are made, knitting in the round continues until the back is bound off. The front will then be worked flat while making decreases to shape the arms. Finally, the neckline is bound off leaving live stitches on each side for the straps. The straps are worked in double knitting. (figure 1).

GAUGE SWATCH

Be sure to make a swatch to ensure your gauge matches that specified in the pattern. If your gauge does not match, your finished garment may not be the intended size nor, the correct shape. The pattern's needle sizes and yarns are suggestions. Depending on how you knit, you may choose to go up or down a needle size to achieve gauge.

10x10 cm (4x4 inches) | after blocking

Stockinette: 32 stitches x 40 rows

1x1 Rib: 28 stitches x 44 rows (stretched)

THE PATTERN BEGINS HERE:

BOTTOM/WAIST SECTION

A. Front Piece (figure 1)

Cast on 48, (50), 50, (50), 50, (50), 52, (52), 52 stitches using the long-tailed cast on.

|| RS - Row One ||: knit across until 4 stitches are left, place SM, double knit (k1, sl1wyif, k1, sl1wyif)

|| WS - Row Two ||: double knit (k1, sl1wyif, k1, sl1wyif) first 4 stitches, purl to the end of the row

Repeat Row 1 and 2 until piece measures 30.5, (33.75), 38.75, (43.75), 49, (54), 59, (64.25), 69.25 **cm** OR 12, (13.25), 15.25, (17.25), 19.25, (21.25), 23.25, (25.25), 27.25 **inches** in length☆ (figure 1).

Bind off all stitches.

FIGURE 2



Double knitting from WS view

ABBREVIATIONS

RS - right side

WS - wrong side

k - knit stitch

p - purl stitch

sl - slip stitch

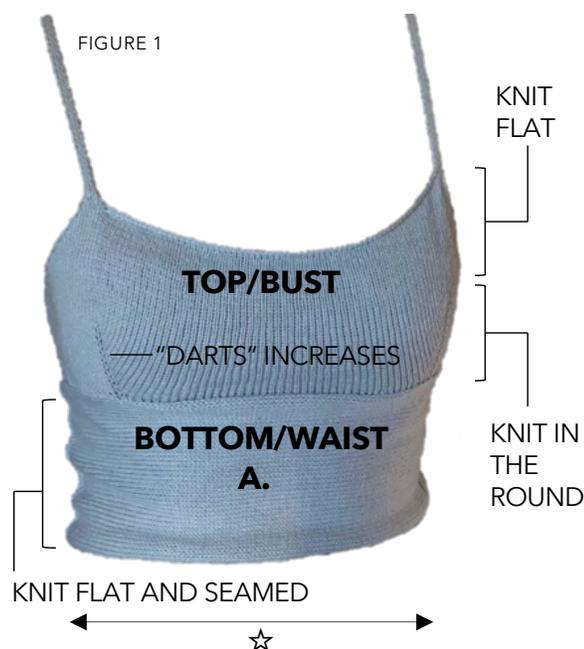
wyif - with yarn in front

SM - stitch marker

M1L/M1R - make 1 left/make 1 right

k2tog/p2tog - knit/purl 2 together

tbl - through the back loop



BOTTOM/WAIST SECTION (continued)

B. Back Centre (1x1 Rib) Piece (figure 3)

Cast on 42 (48), 54, (62), 68, (76), 82, (90), 96 stitches using Jeny's stretchy cast on.

Knit in 1x1 rib (k1, p1) until piece measures 15.25, (16), 16, (16), 16, (16), 16.5, (16.5), 16.5 **cm** OR 6 (6.25), 6.25, (6.25), 6.25, (6.25), 6.5, (6.5), 6.5 **inches** in length (figure 3) (same width as Piece A.). Bind off using Italian bind off.

C. Back Side Pieces (figure 3)

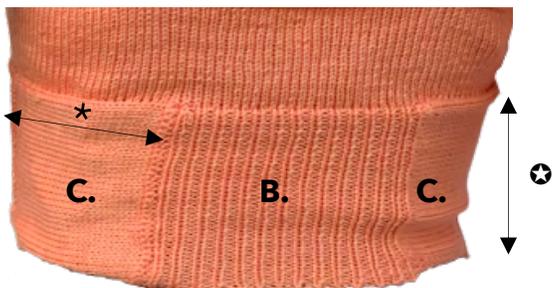
Cast on 48, (50), 50, (50), 50, (50), 52, (52), 52 stitches using the long-tailed cast on.

|| RS - Row One ||: knit across until 4 stitches are left, place SM, double knit (k1, sl1wyif, k1, sl1wyif)

|| WS - Row Two ||: double knit (k1, sl1wyif, k1, sl1wyif) first 4 stitches, purl to the end of the row

Repeat Row 1 and 2 until piece measures 7.5 (8.25), 9.5, (10.75), 12, (13.25), 14.5, (16), 17.25 **cm** OR 3 (3.25), 3.75, (4.25), 4.75, (5.25), 5.75, (6.25), 6.75 **inches** in length* (figure 3). Bind off all stitches. REPEAT Part C. to create a second, identical back side piece.

FIGURE 3



All 4 pieces made for the bottom/waist section should be blocked to the stated measurements to allow for easier seaming.

D. Seaming

Pieces from Part A. and C. will sit horizontally. The piece from Part B. will sit vertically. The proper orientation will have all double-knit edges forming the bottom edge of the garment and the RS facing outwards.

Starting at the top, use a tapestry needle to create a mattress stitch using the cast on and bind off edges of the pieces. (figure 4). Piece A. will be seamed together with a Piece C. on each side. The other sides of each Piece C. will be seamed to either side of Piece B. A round has now been created. (figures 3 and 5)

TIP: if you want a split hem or to create more space for putting on/taking off the garment, stop seaming 3.8 cm OR 1.5", before the bottom. Recommended if using a less elastic yarn such as cotton, linen, or bamboo

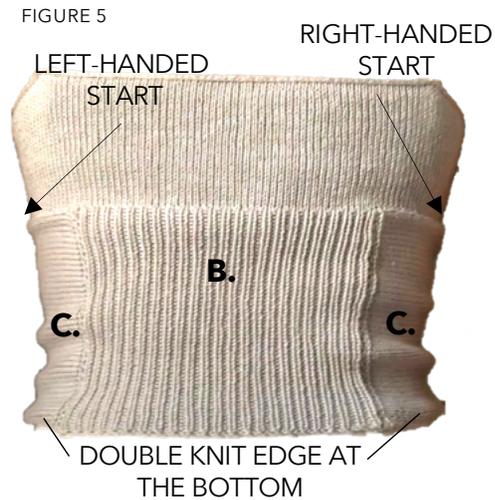
The bottom/waist section is now complete.

FIGURE 4



TOP/BUST SECTION

You will now pick up stitches for the top according to defined ratios. The pattern will then walk you through a few simple calculations to get the proportions just right, according to the number of stitches *you* pick up! Fill in the blanks to keep track. Approximate numbers are also provided for reference.



Picking up Stitches

RS facing, at the top of the bottom/waist section (figure 5),

If Right-handed: start from the right side of the garment

If Left-handed: start from the left side of the garment
(the seam between Piece A, and a Piece C.)

Pick up stitches using the following ratios: every 2 of 3 stitches along stockinette pieces (A and C) (i.e. pick up 2 stitches and skip 1; repeat) and each stitch along the 1x1 rib piece (B).

Actual total number of picked up stitches: _____ (a)

(For reference: approximately, 152 (176), 205, (225), 264, (284), 313, (343), 372 total picked up stitches.)

Place a stitch marker to mark the start of the round.

Preparing for the Increases/Darts

Divide front and back: count from one side seam to the other to determine how many stitches make up the front.

Actual total number of front stitches: _____ (b)

(For reference: approximately, 76, (88), 103, (113), 132, (142), 157, (172), 186 front stitches.)

Place a stitch marker to mark the end of the front piece. (figure 6)

Divide the total number of front stitches into 4. Round up to nearest whole number.

Actual = Front stitches _____ (b) \div 4: _____ (c)

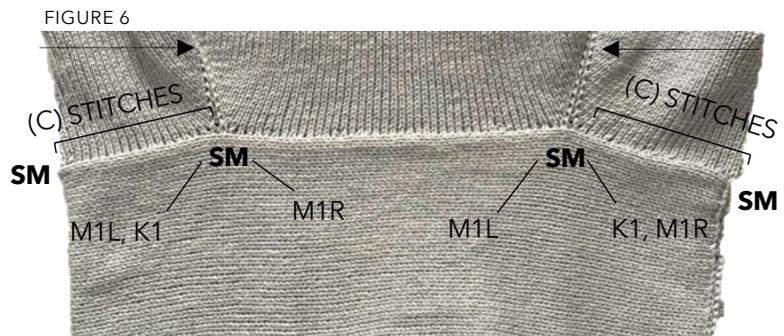
(For reference: approximately, 20, (22), 26, (28), 33, (36), 39, (43), 47 front stitches.)

From each side stitch marker, count _____(c) stitches towards centre. Place a stitch marker after the _____(c)th stitch on each side. The left side will have the SM to the right of the _____(c)th stitch. The right side will have the SM to the left of the _____(c)th stitch.

See example calculations and figure 6 on page 5.

TOP/BUST SECTION (CONTINUED)

Example: Actual total number of picked up stitches: 194 (a). Actual total number of front stitches: 98 (b). $98 \div 4 = 24.5 \rightarrow$ 25 (c). A SM is placed right of the 25th stitch from the left and left of the 25th stitch from the right.



Increases/Darts

Four increases per round are worked, every other round. (figure 6).

|| Round One ||: knit across the entire round (no increases)

|| Round Two ||: knit across with M1L and M1R around the _____(c)th stitch on each side

Left-handed: knit across, M1L, k1, [SM], M1R, knit across, M1L, [SM], k1, M1R, knit across

Right-handed: knit across, M1R, k1, [SM], M1L, knit across, M1R, [SM], k1, M1L

Repeat Rounds One and Two 10, (10), 12, (12), 12, (13), 13, (14), 15 times = 20, (20), 24, (24), 24, (26), 26, (28), 30 rows knitted.

CHECK POINT: There should now be 40, (40), 48, (48), 48, (52), 52, (56), 60 additional stitches on the needles, 10, (10), 12, (12), 12, (13), 13, (14), 15 stitches on each side of each SM.

Actual total stitches on the needles = _____(a) + 40, (40), 48, (48), 48, (52), 52, (56), 60: _____(d) stitches.

(For reference: approximately, 192, (216), 253, (273), 312, (336), 365, (399), 432 stitches total)

Keep the stitch markers in place until the neckline is bound off.

Continue to work stockinette in the round (no increases) for about 2.5, (2.5), 2.5, (3.25), 3.25, (3.75), 3.75, (4.5), 5 **cm** OR 1, (1), 1, (1.25), 1.25, (1.5), 1.5, (1.75), 2 **inches** OR about 10, (10), 10, (13), 13, (15), 15, (18), 20 **rounds**.

Binding off the Back

Next Round: knit until the last 8, (8), 10, (12), 12, (14), 14, (16), 16 stitches of the round remain - bind off these stitches, bind off the back stitches, SM, and bind off 8, (8), 10, (12), 12, (14), 14, (16), 16 stitches **after** the side stitch marker. Do not break the yarn.

The back plus about 2.5, (2.5), 3.25, (3.75), 3.75, (4.5), 4.5, (5), 5 **cm** OR 1, (1), 1.25, (1.5), 1.5, (1.75), 1.75, (2), 2 **inches** on each side should have been bound off. The back section is complete and should run a bit over the side seams towards the front section.

TOP/BUST SECTION (CONTINUED)

Binding off the Back (continued)

CHECK POINT:

Actual number of stitches bound off = [_____(a) - _____(b)] + 16 (16), 20, (24), 24, (28), 28, (32), 32: _____ (e)

(For reference: approximately, 92, (104), 123, (137), 156, (170), 185, (204), 218 stitches bound off.)

The front of the top/bust section should now measure approximately 7.5, (7.5), 8.75, (9.25), 9.25, (10.5), 10.5, (11.5), 12.75 **cm** OR 3, (3), 3.5, (3.5), 3.75, (4), 4, (4.5), 5 **inches** from the pick-up edge.

Decreases

The front will now be worked flat while decreasing to shape the arms. Decrease 1 stitch on each end, for each row.

Start RS facing, and work decreases as follows:

|| RS ||: k2tog, knit across until 2 stitches remain, k2tog tbl [2 stitches decreased]

|| WS ||: p2tog tbl, purl across until 2 stitches remain, p2tog [2 stitches decreased]

You will now be guided through how to calculate the number of decreases you need to make. Fill in the blanks (#1-5) below! You will only need your actual number _____ (c) calculated on page 4. All other numbers for the calculations have been stated in the pattern and are provided below.

Explanation of The Calculations: Start with number (c) = the number of stitches calculated for the dart SM. Add the number of stitches increased (#1). Then, subtract the number of stitches bound off at the sides (#2). Lastly, subtract the stitches left for the straps (#3). This number, (h), is the number of stitches to decrease per side and is also the number of rows to work.

Calculations:

1. Actual stitches to decrease = _____ (c) + 10, (10), 12, (12), 12, (13), 13, (14), 15: _____ (f)
2. _____ (f) - 8, (8), 10, (12), 12, (14), 14, (16), 16 stitches bound off: _____ (g)
3. _____ (g) - 6, (6), 6, (6), 8, (8), 8, (8), 8 stitches for the straps: _____ (h) (round down to the nearest even number ex. 59 → 58)
4. _____ (h) = number of stitches to decrease per side and the number of rows to work.
5. (h) x 2 = _____ the total number of stitches decreased. The next row is a RS row

An example calculation and approximate numbers for reference are on the next page.

TIP: It is recommended that you try on the garment as you knit so that adjustments can be made if necessary. Transfer an amount of stitches from the cord to scrap yarn that allows you to easily try on the garment.

TOP/BUST SECTION (CONTINUED)

Decreases (continued)

Example: size 1, where (c) = 25

1. $25 (c) + 10 = 35 (f)$
2. $35 (f) - 8 \text{ stitches bound off} = 27 (g)$
3. $27 (g) - 6 \text{ stitches for the straps} = 21 (h) \rightarrow 20 \text{ stitches to bind off.}$
4. $20 (h) \text{ stitches to decrease per side and the number of rows to work rows}$
5. $20 \times 2 = 40 - \text{the total number of stitches decreased.}$

(For reference: approximately, 14, (18), 22, (22), 24, (26), 30, (32), 38 rows of decreases. In total, approximately 28, (36), 44, (44), 48, (52), 60, (64), 76 stitches have been decreased.)

Approximately, an additional 3.5, (4.5), 5.5, (5.5), 6, (6.5), 7.5, (8.25), 9.75 **cm** OR 1.4, (1.8), 2.2, (2.2), 2.4, (2.6), 3, (3.2), 3.8 **inches** in length has now been worked.

The next row is a RS row.

OPTIONAL - ADJUST YOUR FIT: if the top/bust section is sitting lower than you prefer, you can knit an even number of rows, with no decreases, before binding off the neckline and working the straps. By knitting an even number of rows, your next row should be a RS row.

Binding off the Neckline and Knitting the Straps

Stitches on either end will be left live for the straps. Bind off the stitches in between for the neckline. 'Left' and 'Right' refer to a front-facing view of the garment, not worn.

Work the first 6, (6), 6, (6), 8, (8), 8, (8), 8 stitches in double knitting (k1, sl1wyif - repeat) for 1 row. Place these stitches on a stitch holder or on scrap yarn. Do not cut the yarn.

Bind off across the neckline until the last 6, (6), 6, (6), 8, (8), 8, (8), 8 stitches. Do not cut the yarn.

Work these last 6, (6), 6, (6), 8, (8), 8, (8), 8 stitches in double knitting (k1, sl1wyif to end of row - back and forth for both RS and WS side).

Left-handed: this will form the right strap

Right-handed: this will form the left strap

Try to knit as tight as you can for the first couple rows of each strap.

For adjustable straps, see 'OPTIONAL' section on page 7.

For non-adjustable straps: Knit straps to at least 35.6 cm OR 14 inches in length (not stretched) and bind off. It will be best to try the garment on and knit the strap to a length that fits to your preference.

Transfer stitches for the remaining strap, to your needles. Join new yarn and repeat the same process. Once at the desired length, bind off.

Mark where you want the straps to sit, and seam to the back bind off edge of the garment.

TOP/BUST SECTION (CONTINUED)

OPTIONAL: Straps can be made adjustable by repurposing about 10 cm OR 4" of old bra straps (an old tank top with adjustable straps could work too - as long as thickness of the straps is similar). Remove the bra straps by breaking the stitches (try to maintain its original form, with hardware intact). I knit the straps to about $\frac{3}{4}$ of my desired length (about 26.7 cm OR 10.5"). I stitched the strap around the bra strap ring/circle piece and seamed. I used a sewing needle and thread to attach the bra straps' elastic ribbon to the bind off edge on the back of the garment (figure 7).

Final Touches

Weave in any ends and block the garment to desired measurements. (Blocking will help the neckline sit flat!). Reinforce stitches between the back bind off and the front - @darcidoesit has a helpful tutorial on reinforcing v stitches on Instagram:

https://www.instagram.com/tv/CRoni8llx9T/?utm_medium=copy_link

Be sure to review your yarn's washing instructions.

The end.

 #7PMTANK

Tag @tiffknit and #7pmtank on Instagram!



If you have any questions, please feel free to e-mail me at kntt.tiffknit@gmail.com

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