

## VEST NO. 7 #VESTNO7



### ABOUT VEST NO. 7

Vest No. 7 is a classic vest with v-neck and attention to detail. It has a relaxed fit and enough positive ease to wear over your outfit. The garment is knitted top down without any seaming.

### SIZES

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

### MEASUREMENTS

Length (center back): 60 (61) 62 (64) 66 (68) cm [23.5 (24) 24.5 (25) 26 (26.75) inches]

Bust circumference: 98 (102) 106 (111) 118 (125) cm [38.5 (40) 41.75 (43.75) 46.5 (49) inches]

See the guide for choosing your size on the next page.

### SUGGESTED NEEDLES

4 mm [US 6] circular needles (80 or 100 cm [31.5 or 39.5 inches])

3 mm [US 3] circular needles (80 or 100 cm [31.5 or 39.5 inches])

### GAUGE

In stocking stitch on 4 mm [US 6] needles.

21 sts / 27 rows for every 10 x 10 cm [4 x 4 inches]

### MATERIALS

The vest is worked in two strands of yarn held together. One strand of Merino and another of Soft Silk Mohair, both from Knitting for Olive.

150 (150) 200 (200) 200 (200) g Merino, Knitting for Olive 50 gr. / 250 m.  
Shown in colour 'Sand'.

### held together with...

75 (75) 100 (100) 100 (100) gr. Soft Silk Mohair, Knitting for Olive 25 gr. / 225 m.

Shown in colour 'Sky'.

4 (4) 4 (4) 5 (5) buttons, diameter of 2 cm [0.75 inches]

## ABBREVIATIONS

k = knit  
p = purl  
st = stitch  
est = edge stitch  
rnd = round  
WS = wrong side  
RS = right side  
inc = increase (see description below)  
m = marker  
tog = together

## BEFORE YOU START

Remember to work a swatch to ensure that you achieve the correct gauge on the suggested needles. A correct gauge in both directions is important to ensure correct proportions on your vest.

## Size guide

Calculate a positive ease of app. 10-12 cm [4-4.75 inches] around the bust. Since the vest is designed to be worn over t-shirts and dress shirts, it might help to take your measurements with clothes on. Use a measuring tape and measure at your widest. Then add 12 cm [4.75 inches] to your bust measurement and find the size closest, for the desired fit. For example: Your bust circumference is 88 cm [34.5 inches] + 12 cm [4.75 inches] = 100 cm [39.25]. Meaning you would choose a size S with a circumference of 102 cm [40 inches].

## Introduction to the workflow

First, work the top part of the back. Then pick up and knit stitches for the right and then left front parts.

Afterwards, the two front pieces and the back piece are connected, and is worked back and forth on circular needles. The body is then split in three pieces again to work slits and ribbing.

Then pick up and knit sts along the front edges and armholes to add a rib edge. To finish, sew on buttons.

## Increases (inc):

The increases are worked to lean either towards the right (M1R) or left (M1L).

A good way of remembering which one to work, is that you should always work a M1L in the beginning of the row and M1R in the end of a row.

## M1R

On RS: With your left needle, pick up the bar (between the sts on the right and left needles) from back to front and knit.

On WS: With your left needle, pick up the bar from front to back and purl through the back loop. (M1Rp)

## M1L

On RS: With your left needle, pick up the bar from front to back and knit through the back loop.

On WS: With your left needle, pick up the bar from back to front and purl. (M1Lp)

## BACK

Cast on 39 (39) 41 (43) 45 (47) sts using 4 mm [US 6] needles.

Purl 1 row.

You are now on the RS.

Now shape the shoulder by working increases on *all* rows (meaning both RS and WS rows) as follows:

RS: K3, M1L, k to 3 sts before the end of row, M1R, k3.

WS: P3, M1Lp, p to 3 sts before the end of row, M1Rp, p3.

Work a total of 14 (15) 15 (16) 17 (18) rows with inc.

You now have 67 (69) 71 (75) 79 (83) sts on your needles.

Work back and forth in stocking stitch (k on the RS and p on the WS) until work measures app. 15 (16) 16 (16) 16 (16) cm [6 (6.25) 6.25 (6.25) 6.25 (6.25) inches] as measured from the last increase.

Finish with a WS row.

Now, increase in both ends of the work to shape the armholes.

\*K1, M1L, k to last st, M1R, k1.

Purl 1 row\*

Repeat from \*-\* a total of 14 (15) 16 (16) 17 (19) times.

You now have 95 (99) 103 (107) 113 (121) sts on your needles.

Break the yarn and transfer sts to a helping needle or waste yarn, while working the top of the front pieces.

### **RIGHT FRONT**

Pick up and knit 14 (15) 15 (16) 17 (18) sts along the right shoulder (right shoulder when wearing the vest) with the short tail of the yarn.

*Have a look here to see how you pick up and knit with the short tail of the yarn:*  
<https://www.youtube.com/watch?v=3D5dDef2hq0&t=5s>

Your first row is a RS row.

Work back and forth in stocking stitch until you have worked 4 rows in total.

Now shape the neckline with increases as follows:

\*K to last st, M1R, k1.

Work 3 rows in stocking stitch (= purl 1 row, knit 1 row, purl 1 row)\*

Repeat from \*-\* a total of 12 (13) 13 (13) 13 (13) times.

Your work now measures app. 18 (19) 19 (19) 19 (19) cm [7 (7.5) 7.5 (7.5) 7.5 (7.5) inches] from the pick up edge.

Continue inc along the neckline *at the same time* as you inc to shape the armhole.

Meaning that on some rows you inc at the start and end of the row.

\*K1, M1L, k to last st, M1R, k1.

Purl 1 row.

K1, M1L, k to end.

Purl 1 row.\*

Repeat from \*-\* a total of 5 (5) 5 (5) 6 (6) times.

You have now worked 17 (18) 18 (18) 19 (19) inc along the neckline and 10 (10) 10 (10) 12 (12) increases along the armhole.

You are now done shaping the neckline, but will continue inc for the armhole.

\*K1, M1L, k to end.

Purl 1 row.\*

Repeat from \*-\* a total of 4 (5) 6 (6) 5 (7) times.



You are now done shaping the armhole.  
You have worked a total of 14 (15) 16 (16) 17 (19) inc along the armhole.

You now have 45 (48) 49 (50) 53 (56) sts on your needles.

Break the yarn and transfer sts to a helping needle or waste yarn while working the left front.

#### **LEFT FRONT**

Pick up and knit 14 (15) 15 (16) 17 (18) sts along the left shoulder with the short tail of the yarn.

Your first row is a RS row.  
Work back and forth in stocking stitch until you have worked 4 rows in total.

Now shape the neckline with inc as follows:

\*K1, M1L, k to end.  
Work 3 rows in stocking stitch (= purl 1 row, knit 1 row, purl 1 row)\*

Repeat from \*-\* a total of 12 (13) 13 (13) 13 (13) times.  
Your work now measures app. 18 (19) 19 (19) 19 (19) cm [7 (7.5) 7.5 (7.5) 7.5 (7.5) inches] from the pick up edge.

Continue inc along the neckline *at the same time* as you inc to shape the armhole.  
Meaning that on some rows you inc at the start and end of the row.

\*K1, M1L, k to last st, M1R, k1.  
Purl 1 row.  
K to last st, M1R, k1.  
Purl 1 row.\*

Repeat from \*-\* a total of 5 (5) 5 (5) 6 (6) times.

You have now worked 17 (18) 18 (18) 19 (19) inc along the neckline and 10 (10) 10 (10) 12 (12) increases along the armhole.

You are now done shaping the neckline, but will continue inc for the armhole.

\*K to last st, M1R, k1.  
Purl 1 row.\*

Repeat from \*-\* a total of 4 (5) 6 (6) 5 (7) times.

You have now completed the shaping of the armhole.  
You have worked a total of 14 (15) 16 (16) 17 (19) inc along the armhole.

You now have 45 (48) 49 (50) 53 (56) sts on your needles.

#### **BODY**

Now join the back and two front pieces.  
Knit over the sts on the left body piece, cast on 8 (8) 8 (10) 12 (14) sts in extension (left armhole), place a marker in the middle of the new sts, meaning after 4 (4) 4 (5) 6 (7) sts, knit over the sts on hold from the back piece with the same circular needle and cast on 8 (8) 8 (10) 12 (14) sts in extension (right armhole), place a marker in the middle of the new sts, meaning after 4 (4) 4 (5) 6 (7) sts, knit over the sts on hold from the right body piece.

The pieces are now joined and you have 201 (211) 217 (227) 243 (261) sts on your needles.

Work back and forth in stocking stitch until work measures app. 54 (55) 56 (58) 60 (62) cm [21 (21.5) 22 (22.75) 23.5 (24.5) inches] from the cast on edge/center back.

Finish with a RS row.

Change to 3 mm [US 3] needles.

Purl 1 row.

Now separate the work into three to form two slits. One in either side. Work the left front rib first.

Work an edge stitch (est) along the slits, which creates a lovely slip stitch edge. Work this by slipping the first st through the back loop with the yarn in front and always k the last st.  
At the front edge, continue knitting the first and last st on the RS and purl on the WS.

Your next row is a RS row.

K1, \*k1, p1\* to 2 sts before you reach the first marker, k2. Remove marker.  
Turn.

*OBS! In size S knit to 3 sts before reaching the first marker, so 1 st from the front is transferred to the back ribbing - this is to obtain an odd number on the front and back (and create symmetry)*

Your next row is a WS row.  
Est, \*p1, k1\* to 2 sts before end of row. P2.

Continue as above over the front 49 (51) 53 (55) 59 (63) sts until the rib measures *almost* 4 cm [1.5 inches].

Now start binding off in 'tubular bind off' as described. First, work 2 rows of double knitting and then bind off using 'Italian bind off'.  
To complete the 2 rows of double knitting, k all k sts and slip all p sts with the yarn in front. Repeat this on both rows and then bind off using the 'Italian bind off'. Make sure bind off tightly.

*TIP! Have a look here for how to bind off using the tubular bind off:*  
<https://www.youtube.com/watch?v=UY0xEX7A6RQ&t=60s>

Now, work the back rib.

Start on the RS using 3 mm [US 3] needles.  
Est, \*k1, p1\* over the back 103 (109) 111 (117) 125 (135) sts to 2 sts before the marker, k2. Remove the marker. Turn.

*OBS! In size S knit to 1 st before the marker, so 1 st from the front is transferred to the back rib - this is to obtain an odd number on the front and back (and create symmetry)*

The next row is a WS row.  
Est, \*p1, k1\* to 2 sts before end of row, p2.

Continue as described until the ribbing measures *almost* 5.5 cm [2 inches]. The back rib is app. 1,5 cm [0.5 inches] longer than the front rib.

Again, work 2 rows of double knitting and bind off using 'Italian bind off'.  
Make sure to bind off tightly.

Now complete the last ribbed edge; the right front rib.

Start on the RS using 3 mm [US 3] needles

Est, \*k1, p1\* to 2 sts before end of row, k2.  
Next row is a WS row.  
P1, \*p1, k1\* to end.

Continue as described over the front 49 (51) 53 (55) 59 (63) sts until work measures *almost* 4 cm [1.5 inches].

Again, work 2 rows of double knitting and bind off using 'Italian bind off'.  
Make sure to bind off tightly.

### **FRONT EDGE**

The front edge is worked on 3 mm [US 3] circular needles back and forth in 1x1 rib: \*k1, p1\*.  
Pick up and knit app. 357 (363) 370 (383) 396 (408) sts along the front edges, equivalent to 1 st in all sts along the edge.  
Ensure that you have picked up the same number of sts on both fronts, so there are app. 159 (161) 164 (169) 175 (180) sts along each of the front edges and 39 (39) 41 (43) 45 (47) sts at the back neckline.

Start at the bottom right front and pick up from the RS of the vest.

The first row is a WS row.  
Work 1x1 rib: \*p1, k1\* (Ensure that you start and finish with a p st.  
Work another 2 rows in 1x1 rib (k over k and p over p).

Your next row is a RS row. On this row, work 4 (4) 4 (4) 5 (5) buttonholes.  
Work the button holes with a yarn over followed by k2tog. It is important that the yarn overs are always worked right before a p st, to ensure a barely visible result.

Place the buttonholes so the first is located in the middle of the bottom ribbing and the following 3 (3) 3 (3) 4 (4) are located evenly distanced along the right front edge. The top buttonhole should be located at the end of the v-neck.

*TIP! Mark the placement with stitch markers or pins. This way, it is easier to keep track of where and when to work the buttonholes.*

Work another 3 rows in 1x1 rib.

Now begin working the bind off. The bind off is the same as on the body where you work 2 rows of double knitting followed by the 'Italian bind off'.

Make sure the ribbed edge measures app. 2 cm [0.75 inches] before binding off.

*TIP! Have a look here for how to bind off using the tubular bind off:*

<https://www.youtube.com/watch?v=UY0xEX7A6RQ&t=60s>

### **ARMHOLE EDGES**

Now work the armhole edges.

Using 3 mm [US 3] circular needles, start in the bottom middle of the armhole (closest to the bottom edge) and pick up and knit 158 (168) 172 (174) 180 (190) sts along the armhole edge.

The number of sts is equivalent to picking up one st in all worked sts along the armhole.

Place a marker at the beginning of round, at the middle underneath the armhole, join to work in the round, and work 1x1 rib in the round: \*k1, p1\*.

Work 1x1 rib until the edge measures *almost* 4 cm [1.5 inches]. Bind off using the 'Tubular bind off'.

The instructions vary a bit when binding off in the round.

On the 1st round of double knitting, k all k sts, while slipping all p sts purlwise with the yarn in front.

On the 2nd round, p all p sts, while slipping all k sts knitwise with the yarn in back. Then work the 'Italian bind off'.

*TIP! Have a look here for how to do this:*

[https://www.youtube.com/watch?v=SBrGhv1\\_RBU&t=12s](https://www.youtube.com/watch?v=SBrGhv1_RBU&t=12s)

Make sure the ribbed edge measures app. 2 cm [0.75 inches] before binding off.

### **FINISHING**

Sew on buttons along the left front edge.

To finish, weave in all ends and wet block to match the given measurements.

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