

LONG WAISTCOAT

IMPORTANT NOTE: Unless yarn specified is used, African Expressions cannot accept the responsibility for the finished work.

Owing to printing restrictions the colour reproduction is matched as closely to the yarn as possible.

Original garment worked to fit bust 87 to 92cm.

Pattern and Design by Natalia Valetin

MATERIALS: ADORE (100g balls) 11(11,12) balls Col. 8294.
One pair each 6 mm and 7 mm knitting needles
1 cable needle

MEASUREMENTS:

To fit Bust 87-92 (97-102; 107-112)cm
Actual all round measurements of garment:
98 (110; 118)cm
Length to shoulder 75(75; 77) cm
THE INSTRUCTIONS ARE GIVEN FOR THE SMALLEST SIZE, WITH THE LARGER SIZES IN BRACKETS; WHERE ONLY ONE FIGURE IS GIVEN, IT APPLIES TO ALL SIZES.

TENSION: SAVE TIME, TAKE TIME, CHECK TENSION
16sts and 17 rows = 10cm over stocking stitch using 7mm needle
FOR BEST RESULTS IT IS ESSENTIAL TO OBTAIN THE CORRECT TENSION. IF THERE ARE TOO FEW STS ON TEST SWATCH, USE THINNER NEEDLES; IF THERE ARE TOO MANY STS, USE THICKER NEEDLES.

ABBREVIATIONS:

alt = alternate; **beg** = begin(ning);
cn = cable needle; **cont** = continue; **C4B** = slip next 2sts onto cable needle and hold at back of work, knit next 2sts from left-hand needle, then knit sts from cable needle; **C8F** = slip next 4 sts onto cable needle and hold at front of work, knit next 4 sts from left hand needle then k 4 sts from cable needle ; **C8B** = slip next 4 sts onto cable needle and hold at back of work knit next 4 sts from left hand

needle then knit sts from cable needle;
dec = decrease; **fol** = follow(ing);
inc(s) = increase; **k** = knit; **m st** = moss stitch; **MB** (make bobble) = (k1, p1) twice all into next st (turn and p4, turn and k4) twice, turn and p4, turn and slip 2sts, k2tog, p2sso (bobble complete); **M1** = make 1 st by lifting horizontal strand of yarn lying between the last st on right needle and first st on the left hand needle and k into the back of loop **Skpass** = slip 1 st, k 1st, pass slip st over; **patt(s)** = pattern(s); **p** = purl; **p2sso** = pass 2 slipped stitches over; **rem** = remain(ing); **rep** = repeat; **rev** = reverse; **R(W)S** = right(wrong) side; **R(W)SF** = right(wrong) side facing; **R(W)SR** = right(wrong) side row; **st(s)** = stitch(es); **st st** = stocking stitch; **sl** = slip; **tog** = together; **T3B** = slip next st onto cn and hold at back of work, k next 2sts from left-hand needle, then p st from cn; **T3F** = slip next 2sts onto cn and hold at front of work, p next st from left-hand needle, then k sts from cn; **T5BP** = slip next 3sts onto cn and hold at back of work, k next 2sts from left-hand needle, then p1, k2sts from cn.

STITCHES USED:

GARTER STITCH
Knit every row

8 Sts CABLE PATTERN (worked over 8 sts)
1st row: C8F (C8B)
2nd and every alt row: p
3rd, 5th, 7th, 9th, 11th rows: k

12th row: p
Rep these 12 rows for Cable Patt.
STOCKING STITCH
1st row: k
2nd row: p
Rep these 2 rows

SPLIT PALM LEAVES (WORKED OVER 11 STS +1)
1st row: (RS), k1*k2tog, k3, M1, k1, M1, k3, skpass.
2nd row: P
Repeat 1st and 2nd row for patt.

BACK:

With 7 mm needle cast on 67(78;89)sts and work 4 rows in gst. Starting with 1st row of Split Palm pattern, work until back measures 44 (44;46) cm from beg ending with a WS row. Work 6 rows in gst. Starting with a k row cont in stocking stitch until back measures 75(75;77) cm from beg ending with a WS row. **SHAPE SHOULDERS:** Cast off 11(12;14) sts at the beg of next 2 rows. Cast off 11(13;14)sts at the beg of foll 2 rows. Cast off rem sts.

RIGHT FRONT:

With 7mm needle cast on 44(50;55)sts and k one row.
2nd row: P2, k8, p1, k to end
3rd row: K to last 11 sts, k1, p8, k2.
4th and 5th rows: Repeat 2nd and 3rd rows once more.
6th row: P2, C8F, p1, k 0(6;0), k2tog, k3, M1, k1, M1, k3, skpass, 3(3;4) times.
7th row: P to last 11 sts, k1, p8, k2.
Keeping continuity of cable patt and Split Palm patt, work until front measures 44(44;46)cm from beg ending with a WS row. **Next row:** Patt 11, gst to end.
Next row: Gst to last 11 sts, patt to end. Rep last 2 rows twice more.
Starting with a k row continue in stocking stitch and cable patt.
To shape front decrease 1 st at front edge in next and every 4th row as follows:
1st row: RS, p2, C8, p1, skpass, k to end.
2nd row: P to last 11 sts, k1, p8, k2.
3rd and 4th row: Patt to end.
Rep last 4 rows until 33(36;39)sts and

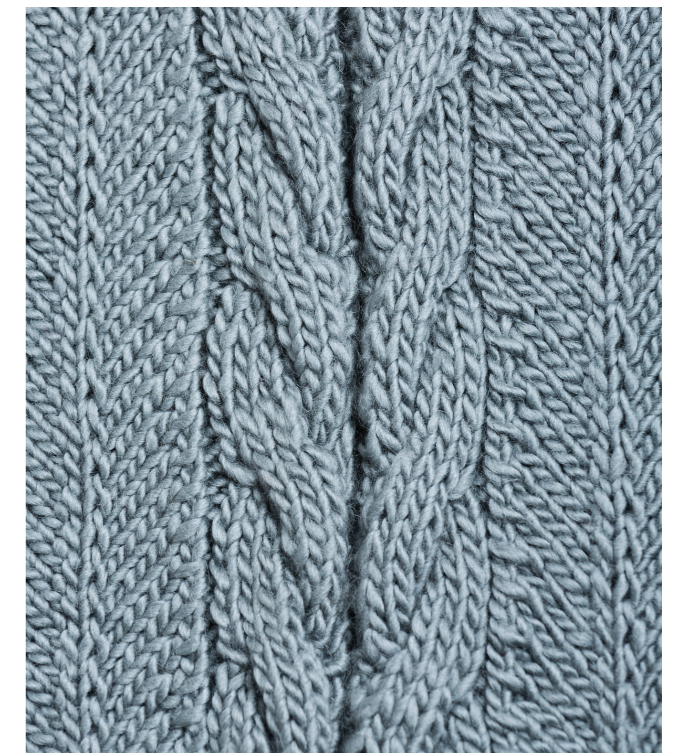
cont straight without shaping until front matches back to shoulder line ending with a WS row. **SHAPE SHOULDER:** Cast off 11(12;14)sts patt to end. Work 1 row, cast off 11(13;14)sts and continue on 11 sts until neck band slightly stretched fits at center of back neck. Cast off.

LEFT FRONT:

With 7mm needles cast on 45(51;56)sts and k one row.
2nd row: K to last 11sts, p1, k8, p2.
3rd row: K2, p8, k1, k to end.
4th and 5th rows: Rep 2nd and 3rd rows once more.
6th row: Work 1st row of Split Palm patt from * 3(3;4) times, k0(6;0), p1, C8B, p2.
7th row: K2, p8, k1, p to end.
6th and 7th row set patt for Left Front. Work as for right front reversing shapings.

TO MAKE UP:

Sew shoulder seams. Join cast off edge of Neck Band and sew to back of neck.
ARMHOLE BAND (BOTH ALIKE) measure 21(23;24)cm down from shoulder line at front and back and place a marker. With 6 mm needle pickup and k 60(66;68) evenly between markers and work 6 rows in gst. Cast off. Sew side seams and armhole band ends. Block the garment to measurement, cover with damp cloth and allow to dry.



KNITTING TIPS AND GARMENT CARE

Tension

The most important factor in determining the finished size of a knitted item is the tension. Patterns will produce different finished sizes by using a different needle size. It is important to be able to determine how much difference a needle change will make, especially in clothing items.

Each one of us knits differently and there is no standard for knowing exactly how much a needle size will change the tension or finished size of a garment. The tension you hold in the yarn will create loose or tight stitches. For smooth, even stitches, it is important to maintain the same tension. Tension is the responsibility of the knitter and must be consistent throughout the entire item to assure an accurate finished size. It is always best to make a small tension swatch, using the yarn, stitch pattern and needles recommended. Check your tension frequently - if you are not getting the proper tension, you will need to rework that portion adjusting your tension accordingly.

Garment Care

This is important for ensuring that your labour of love remains in pristine condition. Always hand wash garments in a mild soapy solution. Allow to dry flat (on a bath towel on the floor). Never hang your garment on the washing line to dry and always fold and store in a drawer or flat on a shelf.

KNITTING NEEDLE SIZES AND CONVERSIONS

Metric sizes(mm)	US	UK / Canada
2.0	0	14
2.25	1	13
2.75	2	12
3.0	-	11
3.25	3	10
3.5	4	-
3.75	5	9
4.0	6	8
4.5	7	7
5.0	8	6
5.5	9	5
6.0	10	4
6.5	10 1/2	3
7.0	-	2
7.5	-	1
8	11	0
9	13	00
10	15	000
12	17	-
16	19	-
19	35	-
25	50	-

More downloadable patterns available from
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