

# A NEEDLE PULLING THREAD

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## “Solar Plexus Vest”

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# Solar Plexus Vest

A little bit of **sunshine** is what we all hope for in life. I designed this vest in the middle of winter while dreaming of sunshine and fun times on the beach.

I always have a skein of yarn and needles with me when travelling, so it's no surprise that on my recent trip I had my knitting while lounging by the ocean! As my yarn was blowing in the wind and there was no way to get more than a few rows of knitting done, more because I

was laughing so much at the silliness, me trying to knit with this wonderful view and breeze by the ocean. It was so relaxing and beautiful.

This vest and its colour remind me of the wonderful relaxing moments that bring me so much joy, remembering perfect Zen moments.

The vest is light weight, perfect for doing yoga or to wear on cooler summer evenings by the water.

– Jacqueline



**skill level** intermediate

**size** Small-Medium, as in sample  
(Medium to Large)

### materials

yarn

**Note:** The sample was knit using 3 (4) skeins of *Surly Knits, Surly Socks, superwash merino 100g/320yd*.

Two ideal alternatives are:

- 4 (5) skeins *KnitswissYarns* 100% Superwash Merino Sport weight 115g/260yd
- 3 (4) skeins *KnitswissYarns* 50% Superwash Merino/50% Silk, Fingering weight 115g/373yd

needles

- US 1 [2.5mm] 32" [80cm] circular needle
- US G6 [4mm] crochet hook

other

- stitch markers
- cable needle
- darning needle

### gauge

24sts and 30 rows (or 15 ridges) = 4"  
[10cm] in garter st, before blocking

### special abbreviations

C8B= slip 4 sts onto cn hold at back of work, k4, k4 from cn  
pm = place marker  
sm = slip marker

### knitting notes

The vest is knit from one sleeve to the other sleeve. At one-point front and back are knit separately.



3-needle bind off sleeve and neck



## instructions

Using Long tail or Thumb cast-on, with US 1 [2.5mm] needles cast on 70 (80) sts, PM, cast on another 70 (80) sts. 140 (160) sts. Knit in garter stitch back and forth for 2¾" [7cm] or 22 ridges. Turn.

At the beginning of the next row cast on another 60 (70) sts with the knit cast on method, do not turn work. Knit these 60 (70) sts plus 140 (160) sts to end of row. 200 (230) sts. Turn.

At the beginning of the next row cast on another 60 (70) sts. with the knit cast on method, do not turn work. Knit these 60 (70) sts plus 200 (230) sts to last 12 sts, P8, k4. Turn.

Over all 260 (300) sts knit Start Up Pattern. This is the front and back of vest.

### Start up Pattern

**Row 1:** (RS) Knit to end. Turn.

**Row 2:** (WS) K4, pm, p8, pm, knit to last 12 sts, pm, p8, pm, k4 sts. Turn.

**Row 3:** (RS) K to end. Turn.

**Row 4:** (WS) K4, sm, p8, sm, knit to last 12 sts, sm, p8, sm, k4 sts. Turn.

**Row 5:** (RS) K to end. Turn.

**Row 6:** (WS) K4, sm, p8, sm, knit to last 12 sts, sm, p8, sm, k4 sts. Turn.

**Row 7:** (RS) Knit to end. Turn.

**Row 8:** (WS) K4, sm, p8, sm, knit to last 12 sts, sm, p8, sm, k4 sts. Turn.

**Row 9 cable row:** (RS) K4, sm, C8B, sm, knit to end. Turn.

**Next Row:** (WS) repeat Rows 2 - 9 for 2 (3) times. 15 (19) ridges

**Next Row:** Work as row 2 but only to marker carried up from the sleeve. Remove marker, place remaining sts on waste yarn. Turn. This left sleeve is Section A.

### Back Pattern

Knit over 130 (150) sts.

**\*Row 1:** (RS) K to end. Turn.

**Row 2:** (WS) K4, sm, P8, sm, knit to end. Turn.

**Row 3:** (RS) K to end. Turn.

**Row 4:** (WS) K4, sm, P8, sm, knit to end. Turn.

**Row 5:** (RS) knit to end. Turn.

**Row 6:** (WS) K4, sm, P8, sm, knit to end. Turn.

**Row 7 cable row:** (RS) k4, sm, C8B, sm, knit to end. Turn.

**Row 8:** (WS) K4, sm, P8, sm, knit to end. Turn. \*

**Note:** To visualize it better, C8B should be at the hip area across. There's no C8B at neck edge only at hip area!

Repeat \*Rows 1 - 8\* for a total of 29 (32) times, ending with Row 8 (RS). This part is the back of the vest. **Reminder:** We are knitting from sleeve to sleeve. The front will be added on later under **Front Sections 1 and 2**.

With 4mm crochet hook work provisional cast on by chaining 140(160) chains. Pick up 140 (160) sts on the back side of this provisional chain by pulling the yarn through the back bumps of the chain. This will be Row 2 (WS) of Start Up Pattern. See my video at:

<https://youtu.be/Lwu79Alw82c>

**Row 3:** (RS) K4, pm, CB8, pm, knit to end. Turn. 260 (300) sts

**Note:** Important to making sure there is not a big gap between worked sts and picked up sts as you work it together.

**Rows 4 - 9:** Repeat Rows 4 - 9 of **Start Up Pattern**.

Repeat Rows 2 - 9 for 2 (3) more times of **Start Up Pattern**.

At the beginning of next two rows cast off 60 (70) sts of the 140 (160) sts. This right sleeve is section B. Knit in garter stitch back and forth for 2¾" [7cm] or 22 ridges. Cast off all stitches loosely.

At this point you should have a knitted piece that has the full back section, two sleeves on either side, with two 7cm front section, with sewn in the sleeves and side seams together.

From section A, working from the bottom (cable area) unpick 55 sts from waste yarn transferring them to same needle size. Leave the remaining stitches on waste yarn.

### Work Front Section 1

**Row 1:** (WS) Repeat Row 2 - 9 of **Start Up Pattern** for a total of 27 (32) times ending with Row 8 and transferring them to stitch holder.



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[www.KnitswissYarns.com](http://www.KnitswissYarns.com)  
 Ravelry: *Knitswiss*

### Work Front Section 2

Place 55 sts from 2nd waste yarn Section B, starting at the waist area upwards. Leave the rest of the stitches on waste yarn. Work same as for Front Section 1 for a total of 27 (32) times ending with Row 9. Ensure the needle tips face the same direction when holding the Front 1 and 2 together each other.

Next take the Front Section 1 and pick up all ridge bumps on side closest to Section A – ensure you have the same amount of stitches picked up as on waste yarn adjacent to this band.

Place all those stitches from Section A waste yarn onto a spear needle too.

With two needles side by side, work on the wrong side a 3-needle cast off, see my video: <https://youtu.be/DTHFvKJa7PQ>

Repeat this cast off for Front Section 2 and Section B so that both cable bands are now attached to the 7cm front.

From the just attached band to Front Section 1 and 2, there are about 7 or 8 cable repeats left for Neck. Work a 3-needle cast off for the top neck section of the sts on stitch holder from cable band. See *photo 1*.

### finishing

Sew the neck section to the cable band. Weave in ends.

Block. The sample was washed in the washing machine on hand knit cycle and then hung it up on a mannequin to dry.



Happy Knitting

## A Needle Pulling Thread

### Standard abbreviations & terms

alt = alternate  
approx = approximately  
beg = begin(ning)  
BO = bind off  
CC = contrast colour  
ch = chain  
cm = centimetre(s)  
cn = cable needle  
CO = cast on  
cont = continue, continuing  
dc = double crochet  
dec = decrease(s), decreasing  
dpn = double-pointed needle(s)  
foll = following  
g = gram(s)  
inc = increase(s), increasing  
in(s) = inch(es)  
k = knit  
kf&b or kfb = knit into front and back of st (increase)  
ktbl = knit through the back loop  
k2tog = knit 2 sts tog (right-leaning decrease)  
K3tog = knit 3 sts together (double right-leaning decrease)  
M = marker  
m = metre(s)  
M1 = Make 1 stitch: pick up the horizontal strand between 2 stitches from front to back and knit it tbl (lifted increase)  
MC = main colour  
mm = millimetre(s)  
oz = ounce(s)  
p = purl  
p2tog = purl 2 sts tog (decrease)  
patt = pattern  
pfb = purl into front and back of stitch (increase)  
pm = place marker  
pssso = pass slipped stitch over  
RS = right side  
rem = remain(ing)  
rep = repeat  
rev = reverse  
rnd = round  
sc = single crochet  
sl = slip  
skp = slip one st, knit next st, pass slipped st over knit st (dec)  
ssk = slip, slip, knit: slip 2 sts knitwise, 1 at a time, insert left-hand needle into front of both sts and knit them tog (left-leaning decrease)  
Sssk = Slip next three stitches individually, knitwise. Insert tip of left needle from front to back into the fronts of these three stitches and knit them together (double left-leaning decrease)  
st(s) = stitch(es)  
St st = stocking stitch  
tbl = through back loop  
tog = together  
tr = treble crochet  
WS = wrong side  
yo = yarn over