

# Keep Me Warm Vest

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(Shown: Small Adult vest, knit by Donna Stypczynski; Medium Adult vest, knit by Jackie Lambert.)

The Keep Me Warm Vest is written for sizes 3-4, 6-8, 10, 12-14, Small Adult, and Medium Adult.

This is a simple vest that is knit in the round up to the underarms and then back and forth on straight or circular needles to the shoulders, where it is finished with a 3-needle bind-off. There is no armhole or neck ribbing to finish off, as these are incorporated into the knitting of the vest as you go along. Once you weave in the ends, you're done!

This vest lends itself to stash busting with endless possibilities for stripes. It can also be used with cables or other textured stitches.

**VARIATIONS:** While the vest is knit on size US 10½ needles, the ribbing can be knit on a needle that's one or two sizes smaller if you wish to have a more snug fit at the bottom. Otherwise, you can use size 10½ needles throughout, switching from ribbing to stockinette stitch when you have reached the length of ribbing you want.

Both bulky yarn and worsted weight yarn held double work up well in this pattern. Most important, this will keep a child of any age warm!

**Yarn:** Bulky or double-stranded worsted weight wool.

**Yarn required:** size 3-4 (6-8, 10, 12-14, Small Adult, Medium Adult): 8 oz. (10, 11, 13, 16, 18).

Amounts may vary with needle size and type of yarn used.

**Needles:** 24" circular needle in size US 10½ (or as needed to get gauge and a warm, dense fabric); straight needles are optional for the top of the vest.

**Gauge:** 3.5 stitches = 1" in stockinette stitch.

## Keep Me Warm Vest Instructions

**Note: When you see a blank line (\_\_\_), please insert the proper numbers from the size you have chosen to knit.**

Cast \_\_\_ stitches onto a circular needle for the **body** and join so that you have a circle, making certain not to twist your stitches.

Place a marker at this point so that you will know when you have completed a round.

Knit in your chosen ribbing for \_\_\_ inches (you may choose to use a smaller needle for the ribbing).

Switch to the larger needle (if you have chosen a smaller size for ribbing) and continue in stockinette stitch for \_\_\_ inches.

Work the **underarm/armhole** as follows:

Round 1: Knit \_\_\_ stitches, purl \_\_\_ stitches, knit \_\_\_ stitches, purl \_\_\_ stitches.

Round 2: Knit all stitches.

Round 3: Work as round 1.

Round 4: Knit \_\_\_ stitches, bind off \_\_\_ stitches, knit \_\_\_ stitches, bind off \_\_\_ stitches, knit 3 stitches.

You will now have a back and a front separated by the bound-off underarm stitches.

Place the front stitches on a separate needle or leave them on the circular needle while you knit the back on another needle (either straight or circular, whichever you prefer).

At this point you will want to even up the garter stitches at the two edges of the vest so that they are both being knit on each row. One side will not match and will look like it needs to be purled instead. Go ahead and knit it anyway in order to keep the border symmetrical. Just this once, at this place, you will have two rows the same on one side of the vest. This will not show much, being at the underarm, and will ensure that when you reach the garter stitch border at the top of the back, you will be able to knit all of the way across on every row. Make sure to check this again when you knit the top of the front of the vest.

Work the **back** for \_\_\_ inches, making sure to keep the 3 stitches on each side in garter stitch. Work all stitches in garter stitch for 1".

Next row: Knit \_\_\_ stitches in garter stitch, bind off \_\_\_ stitches, knit remaining \_\_\_ stitches in garter stitch.

Place remaining shoulder stitches on holders or extra needles while you knit the front.

Join yarn for the **front** and knit for \_\_\_ inches, again making sure to keep the 3 stitches on each side in garter stitch.

Knit for 1" in garter stitch. (NOTE: The front is shorter than the back at this point.)

Next row: Knit \_\_\_ stitches in garter stitch, bind off \_\_\_ stitches, knit remaining \_\_\_ stitches in garter stitch.

Knit \_\_\_ stitches in garter stitch for the shoulder **strap** until the first shoulder strap matches the length of the back. Place these stitches on a holder, cut the yarn, leaving enough to do a 3-needle bind-off.

Join yarn at the beginning of the second shoulder strap and knit as for the first shoulder strap.

Do a 3-needle bind-off to join the shoulders.

Weave in the ends and you're done!

## Keep Me Warm Vest

**Yarn:** Bulky or double-stranded worsted weight wool.

**Yarn required:** size 3-4 (6-8, 10, 12-14, Small Adult, Medium Adult): 8 oz. (10, 11, 13, 16, 18).

Amounts may vary with needle size and type of yarn used.

**Needles:** 24" circular needle in size US 10½ (or as needed to get gauge and a warm, dense fabric);  
straight needles are optional for the top of the vest.

**Gauge:** 3.5 stitches = 1" in stockinette stitch.

<u>Age and Chest Size</u>	<u>CO</u>	<u>K1,P1 or K2,P2 rib for</u>	<u>Do stst until piece measures</u>	<u>For Underarm/ Armhole</u>	<u>Bind-Off Row</u>	<u>Back</u>
<b>3-4 or 24"</b>	88 sts	1½"	9" from CO edge	1.-K30, P14, K30, P14 2.-K 3.-K30, P14, K30, P14	-K33, BO8, K36, BO8, K3	Work 5" in stst keeping 3 sts on each side in garter st.
<b>6-8 or 27"</b>	100 sts	2"	10½" from CO edge	1.-K34, P16, K34, P16 2.-K 3.-K34, P16, K34, P16	-K37, BO10, K40, BO10, K3	Work 6" in stst keeping 3 sts on each side in garter st.
<b>10 or 30"</b>	108 sts	2½"	11½" from CO edge	1.-K38, P16, K38, P16 2.-K 3.-K38, P16, K38, P16	-K41, BO10, K44, BO10, K3	Work 7" in stst keeping 3 sts on each side in garter st.
<b>12-14 or 33"</b>	116 sts	2½"	12" from CO edge	1.-K42, P16, K42, P16 2.-K 3.-K42, P16, K42, P16	-K45, BO10, K48, BO10, K3	Work 7" in stst keeping 3 sts on each side in garter st.
<b>Small Adult or 35"</b>	124 sts	2½"	13" from CO edge	1.-K46, P16, K46, P16 2.-K 3.-K46, P16, K46, P16	-K49, BO10, K52, BO10, K3	Work 8" in stst keeping 3 sts on each side in garter st.
<b>Medium Adult or 40"</b>	140 sts	2½"	14" from CO edge	1.-K54, P16, K54, P16 2.-K 3.-K54, P16, K54, P16	-K57, BO10, K60, BO10, K3	Work 8" in stst keeping 3 sts on each side in garter st.

<u>Age and Chest Size</u>	<u>Work all sts in garter st for</u>	<u>Bind-Off Row</u>	<u>Front</u>	<u>Work all sts in garter st for</u>	<u>Bind-Off Row</u>	<u>Front Straps and Shoulders</u>
<b>3-4 or 24"</b>	1"	-K6, BO24, K6 -Put 12 sts on holders.	Work 3½" in stst keeping 3 sts on each side in garter st.	1"	-K6, BO24, K6	-Work each group of 6 sts in garter st until equal to back length. -Do 3-needle BO.
<b>6-8 or 27"</b>	1"	-K8, BO24, K8 -Put 16 sts on holders.	Work 3½" in stst keeping 3 sts on each side in garter st.	1"	-K8, BO24, K8	-Work each group of 8 sts in garter st until equal to back length. -Do 3-needle BO.
<b>10 or 30"</b>	1"	-K10, BO24, K10 -Put 20 sts on holders.	Work 4" in stst keeping 3 sts on each side in garter st.	1"	-K10, BO24, K10	-Work each group of 10 sts in garter st until equal to back length. -Do 3-needle BO.
<b>12-14 or 33"</b>	1"	-K12, BO24, K12 -Put 24 sts on holders.	Work 4" in stst keeping 3 sts on each side in garter st.	1"	-K12, BO24, K12	-Work each group of 12 sts in garter st until equal to back length. -Do 3-needle BO.
<b>Small Adult or 35"</b>	1"	-K14, BO24, K14 -Put 28 sts on holders.	Work 5" in stst keeping 3 sts on each side in garter st.	1"	-K14, BO24, K14	-Work each group of 14 sts in garter st until equal to back length. -Do 3-needle BO.
<b>Medium Adult or 40"</b>	1"	-K16, BO28, K16 -Put 32 sts on holders.	Work 5" in stst keeping 3 sts on each side in garter st.	1"	-K16, BO28, K16	-Work each group of 16 sts in garter st until equal to back length. -Do 3-needle BO.

Key: CO = cast on    K = knit    P = purl    stst = stockinette stitch    st = stitch    sts = stitches    BO = bind off

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## Tips for Using Cables in Keep Me Warm Vests

If you want to liven up the Keep Me Warm Vest by adding a cable, here are some suggestions for doing so:

1. On the first row above the ribbing, place a marker as you come to the halfway point to mark the side “seam.” Stop. You have just knit the first row of the back half of the vest.
2. Decide on the cable you wish to knit and add 4 stitches to the number of stitches that the cable uses. The 4 extra stitches are for 2 purl stitches on either side of the cable to set the cable off from the stockinette. Choose a cable that has twists on even numbered rows. Determine the number of stitches you will be using for your cable, including the 4 stitches used to frame the cable.
3. Go to the column on the pattern called “For Underarm/Armhole” and circle the second number of knit stitches: i.e., for size 10, this number is 38. Now subtract the number of stitches you are using for your cable, including the 4 purl stitches used to frame the cable. For size 10, this number would be 38 minus 12, if you are doing a cable that is 8 stitches wide. Now divide the result in half, which in this example results in 13 stitches.  $38 - 12 = 26$  divided by  $2 = 13$ . In this example you will have 13 stitches on either side of the cable as well as 3 garter stitch stitches on each side when you work the top front of the vest.
4. Knit the stitches (13 in this example), work the cable with 2 purl stitches on each side, knit around to the end of the round. This will properly position your cable on the vest so that when you get to the instructions for the underarm and division of the vest into front and back, the cable will be where it should be. It will be helpful to place a marker before and after the cable, so that you will recognize it when you are knitting around and around. Work until you are at the length given for the size you are making: “Do stst until piece measures.”
5. When you come to the place where you are dividing the front and back, remember to make sure that after the division, your twists will remain on the knit side of your vest (thus choosing twists on even numbered rows.) You can do the twists from the purl side, but believe me, it isn’t easy or fun!
6. Cables with lots of twists require more blocking, especially with bulky yarn, so you might want to keep that in mind, especially on the smaller sizes.