









## 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 the 30” vest, this number is 42. Now subtract the number of stitches you are using for your cable, including the 4 purl stitches used to frame the cable. For the 30” vest, this number would be 42 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 15 stitches.  $42 - 12 = 30$  divided by  $2 = 15$ . In this example you will have 15 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 (15 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.