Heart Warming Vest
by Betsy Teitler

An easy, cozy vest knit in the round in bulky yarn with a garter stitch yoke and rolled finishes for extra warmth and coverage. No seaming and, after the ribbing, no purling!

Materials
275 (300, 375, 450, 500) yards bulky yarn, Lamb's Pride Bulky or similar

Two 24" circular needles US size 10 (6mm) and US size 10.5 (6.5mm); one set double points or 16" circular US size 10.5; or sizes needed to get gauge

2 stitch markers

darning needle

Gauge
3.5 stitches per inch and approximately 4.5 rows per inch in stockinet

Sizes
26 (28, 30, 32, 34) inch chest

Body
Using smaller needle, CO 92 (98, 106, 112, 120) stitches.
Join in the round, placing marker at beginning.
K1P1 or ribbing of choice that fits within number of CO stitches for 2 (2, 2.5, 2.5, 2.5) inches.
Change to larger needle.
Knit stockinet to 8.5 (10, 11.5, 13, 14.5) inches from CO edge, adding a second marker of a different color
at 46 (49, 53, 56, 60) stitches to mark the halfway point. (You will need this for setting up the armholes.)

Divide for Back and Front, Create Armholes
Knit to within 3 stitches of first marker. BO 6, removing marker.
Knit to within 3 stitches of second marker. BO 6, removing marker.
Knit to the end of this set of stitches, (if changing colors for yoke, do it with this row) stopping when you reach the next bound-off stitches.
 [40 (43, 47, 50, 54) st remaining per side]

At this point, front and back have been separated. Leave the stitches just knit on the needle; this will be the back of the vest. Place the second set of stitches on waste yarn or a different needle; this will be the front of the vest.

Back Yoke
From this point on, you will be knitting in garter stitch.

For 26" (28", 30") size:	For 32" (34") size:
WS: BO 2, K to end.	WS: BO 2, K to end.
RS: BO 2, K to end.	RS: BO 2, K to end.
WS: BO 1, K to end.	WS: BO 2, K to end.
RS: BO 1, K to end.	RS: BO 2, K to end.
[34 (37, 41) st remaining]	[42 (46) st remaining]

Continue in garter stitch, knitting every row, until the yoke height is 5.5 (6, 7, 7.5, 8) inches from bind-off for armhole, ending with a WS row.

RS: K8 (8, 9, 9, 10) for right shoulder, BO to within 8 (8, 9, 9, 10) stitches of end for the back neck, K8 (8, 9, 9, 10) for left shoulder.

Place live shoulder stitches on waste yarn in preparation for 3-needle bind-off with front shoulders.

Front Yoke
On RS, join yarn (if changing colors, do it here). Knit to end.
From this point on, you will be knitting in garter stitch.

For 26" (28", 30") size:	For 32" (34") size:
WS: BO 2, K to end.	WS: BO 2, K to end.
RS: BO 2, K to end.	RS: BO 2, K to end.
WS: BO 1, K to end.	WS: BO 2, K to end.
RS: BO 1, K to end.	RS: BO 2, K to end.
[34 (37, 41) st remaining]	[42 (46) st remaining]

Continue in garter stitch, knitting every row, until the yoke height is 3.5 (4, 5, 5.5, 6) inches from bind-off for armhole, ending with a WS row.

Front Neckline and Shoulders
RS: Knit 14 (14, 15, 15, 16) BO6 (9, 11, 12, 14), K14 (14, 15, 15, 16).

Work **right shoulder** separately in garter stitch as follows:
WS: Knit.
RS: BO 2 at neck edge, K to end.
WS: Knit.
RS: BO 2 at neck edge, K to end.
WS: Knit.
RS: BO 1 at neck edge, K to end.
WS: Knit.
RS: BO 1 at neck edge, K to end.
[8 (8, 9, 9, 10) stitches remaining]

Continue in garter stitch until front yoke to shoulder has same number of garter stitch ridges as back yoke.
End with a WS row.

With RS front yoke facing you, align front shoulder with back shoulder. Use 3-needle bind-off to join the right shoulder sections. The bind-off creates a new ridge on the RS shoulder of the vest.

Construct **left shoulder** in the same manner, starting on WS at neck edge. BOs will be on WS:
WS: Knit.
RS: Knit.
WS: BO 2 at neck edge, K to end.
RS: Knit.
WS: BO 2 at neck edge, K to end.
RS: Knit.
WS: BO 1 at neck edge, K to end.
RS: Knit.
WS: BO 1 at neck edge, K to end.
[8 (8, 9, 9, 10) stitches remaining]

Continue in garter stitch until front yoke to shoulder has same number of garter stitch ridges as back yoke. End with a WS row.

With RS front yoke facing you, align front shoulder with back shoulder. Use 3-needle bind-off to join the left shoulder sections. The bind-off creates a new ridge on the RS shoulder of the vest.

Weave in ends around shoulders and armholes.

Armhole and Neck Finish
Use double points or 16" circular US size 10.5 for finishing.

Armholes
Starting at back corner of left armhole, pick up 7 stitches across bottom of armhole, then pick up one stitch in each garter bump as well as some of the BO decreases around armhole. Knit 3 rows in stockinet; BO loosely.

Starting at back corner of right armhole, pick up one stitch in each garter bump as well as some of the BO decreases around armhole, then pick up 7 stitches across bottom of armhole. Knit 3 rows in stockinet; BO loosely.

Neck
Pick up 56 (56, 60, 64, 64) st (to allow for enough stretch for 18" head size for the two smaller vests and 20" head size for the three larger vests) around neck opening, increasing at intervals if necessary, as follows:

Starting at back right corner of neck, pick up BO stitches, then pick up one stitch for each garter bump on left shoulder edge as well as some of the BO decreases; pick up BO stitches at front neck, then pick up one stitch for each garter bump on right shoulder edge as well as some of the BO decreases. Knit 5 rows in stockinet.

It is important to bind off loosely to ensure that the neck opening stretches enough to go over the head. This can be achieved by using a larger needle with a traditional bind-off or by using a stretchy bind-off such as the "lace bind-off" (knit 2 together through the back loop, put the just-knit stitch back on the left needle; repeat to end).

Finishing
Weave in remaining ends. Your Heart Warming Vest is done!

Key

K	knit
P	purl
CO	cast-on
BO	bind-off
RS	right side
WS	wrong side

I hope you enjoy knitting the Heart Warming Vest. Measurements are based on those provided for vests in the Ann Budd Handy Book of Patterns, *with extra body length as recommended for Wool-Aid. Happy knitting to all!*