



Introduction to stranded colour work

Miniature Fair Isle style waistcoat

By TeabreakKnitter (Steve Foreman)

A miniature waistcoat project for workshops on stranded colour work.

Planning your project

Description

This miniature waistcoat is designed for use as a project for a workshop on how to knit stranded colour work. The design gives practice in stranded rib (“cartridge rib” or “corrugated rib”), knitting colour work in the round (all knit stitches) and “flat” (knit and purl rows). It also includes steeks that allow the waistcoat to be knit in the round. Unlike a conventional Fair Isle pattern, this waistcoat is knitted with the steek for the central opening at the start of a round. Stitches are picked up around all the steeks so that stranded rib borders forms the button band and edges to the arm holes.

The motifs

The motifs used in this pattern were inspired by the Burlington Sweater and the Granville Jumper in “Fair Isle Knitting Made Easy” (Weldon’s sixpenny series No. 217) available to members of the Knitting and Crochet Guild at Ref 1.

Finished measurements

The size of the finished waistcoat is roughly 28cm circumference, 15cm high.

Yarn

Double knitting 100% wool 20g in each of four contrasting colours. This should not be superwash. Choose wool that has good stitch definition. Two colours are background colours and two are contrast colours. The project will look better if the background colours



share a “theme” and the contrast colours share a “theme” (for example the background colours might be mid and light grey, and the contrast colours primary colours), but the most important thing is that you can distinguish easily between the four colours. You can check this by using your phone – look at a monochrome image of the yarns.

Thinner yarn. 4m of 4 ply (or thinner) yarn. The fibre content of this yarn is not important so long as the yarn is smooth and without a halo. It should contrast with all four of the double knitting yarns.

Needles and notions

Knitting needles

4mm and 3.5mm needles. For each size you could use either a set of 5 double pointed needles or a circular needle of at least 80cm length (if you use two circular needles to knit in the round, you will need two of each size, but these could be shorter).

You will use both needle sizes at the same time, so if you use interchangeable needles bring both sizes already connected to their cables.

Crochet hook

2.75 mm crochet hook. The size is not critical – you could go up or down a size.

Notions

Stitch markers. You will need at least ten stitch markers. As you will place these between stitches that are already on the needles, it is preferable to use markers that fasten and unfasten (locking type). An alternative is to use the “thinner yarn” as place markers.

Buttons. Three shirt buttons.

Small, sharp scissors. Scissors will be used to cut your steeks.

Embroidery needle. An embroidery needle with eye large enough for double-knitting yarn.

Optional notions.

- Row counter;
- A4 magnetic board, magnets to hold paper in place, and magnetic rule;
- Highlighter tape;
- Stitch holder.

Gauge

The gauge of this project is not important, but should be close to 22 stitches and 29 rows to 10cm.

This pattern is written as a sequence of activities. Each of these activities is designed to allow the workshop leader to explain a technique and workshop participants to practice that technique before the workshop moves on to the next technique.



Notes

When knitting a round/row from the chart, use the colour of yarn shown on the right of the chart for the contrast and background colours.

In the pattern instructions, round brackets enclose instructions to be repeated. Curly brackets enclose instructions to be performed with yarn of the same colour. Square brackets surround comments.

Slip all markers when you reach them, unless stated otherwise.

The public side is the “outside” (“right side”); the private side is the “inside” (“wrong side”).



Knitting your project

Abbreviations

| | |
|---------------------|--|
| BC | Background colour appropriate for the current round/row. |
| BC1 | First background colour. |
| BC2 | Second background colour. |
| BO | Bind off |
| CC | Contrast (motif) colour appropriate for the current round/row. |
| CC1 | First contrast (motif) colour. |
| CC2 | Second contrast (motif) colour. |
| CO | Cast on |
| CO{ <i>a,b</i> } | (Not a standard abbreviation) Form a loop using colour <i>a</i> on the left hand needle with the working end leaving the loop on the right hand side, then knit into this with colour <i>b</i> . |
| k | Knit a stitch |
| kfpmb{ <i>a,b</i> } | (Not a standard abbreviation) Knit into the front of the stitch with colour <i>a</i> leaving the original stitch on the left hand needle, place a marker, then knit into the back of the original stitch with colour <i>b</i> . |
| k2tog | Knit two stitches together |
| p | Purl a stitch |
| p2tog | Purl two stitches together |
| p2togtbl | Purl two stitches together through the back of the loop (put the right hand needle from left to right through the back legs of the first two stitches on the left hand needle). |
| pm | Place marker |
| ssk | Slip the first stitch from the left needle knit wise, then slip the next stitch from the left needle knit wise. Return both stitches to the left needle and knit together through the back legs (so that the tip of right needle enters the loops from the right). |



Chart

| | | | | | | | | | | | | | | Contrast | Background | | |
|----|----|----|----|----|---|---|---|---|---|---|---|---|---|----------|------------|-----|-----|
| 14 | 13 | 12 | 11 | 10 | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | | 31 | CC2 | BC1 |
| | | | | | | | | | | | | | | | 30 | CC2 | BC1 |
| | | | | | | | | | | | | | | | 29 | CC2 | BC1 |
| | | | | | | | | | | | | | | | 28 | CC2 | BC1 |
| | | | | | | | | | | | | | | | 27 | CC1 | BC2 |
| | | | | | | | | | | | | | | | 26 | CC1 | BC2 |
| | | | | | | | | | | | | | | | 25 | CC1 | BC2 |
| | | | | | | | | | | | | | | | 24 | CC1 | BC2 |
| | | | | | | | | | | | | | | | 23 | CC2 | BC1 |
| | | | | | | | | | | | | | | | 22 | CC2 | BC1 |
| | | | | | | | | | | | | | | | 21 | CC2 | BC1 |
| | | | | | | | | | | | | | | | 20 | CC1 | BC1 |
| | | | | | | | | | | | | | | | 19 | CC1 | BC1 |
| | | | | | | | | | | | | | | | 18 | CC2 | BC2 |
| | | | | | | | | | | | | | | | 17 | CC2 | BC2 |
| | | | | | | | | | | | | | | | 16 | CC2 | BC2 |
| | | | | | | | | | | | | | | | 15 | CC2 | BC2 |
| | | | | | | | | | | | | | | | 14 | CC2 | BC2 |
| | | | | | | | | | | | | | | | 13 | CC2 | BC2 |
| | | | | | | | | | | | | | | | 12 | CC1 | BC1 |
| | | | | | | | | | | | | | | | 11 | CC1 | BC1 |
| | | | | | | | | | | | | | | | 10 | CC1 | BC1 |
| | | | | | | | | | | | | | | | 9 | CC1 | BC1 |
| | | | | | | | | | | | | | | | 8 | CC1 | BC1 |
| | | | | | | | | | | | | | | | 7 | CC2 | BC2 |
| | | | | | | | | | | | | | | | 6 | CC2 | BC2 |
| | | | | | | | | | | | | | | | 5 | CC2 | BC2 |
| | | | | | | | | | | | | | | | 4 | CC2 | BC2 |
| | | | | | | | | | | | | | | | 3 | CC2 | BC2 |
| | | | | | | | | | | | | | | | 2 | CC1 | BC2 |
| | | | | | | | | | | | | | | | 1 | CC1 | BC1 |
| 14 | 13 | 12 | 11 | 10 | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | | | | |



Pattern

Activity 1: stranded rib (cartridge rib, corrugated rib)

Holding the yarn. (See Ref 2).

Options:

- a) pick-up and drop each yarn as you use it;
- b) hold both yarns in one hand looped over a finger and use the correct yarn;
- c) hold one yarn in each hand and knit the correct colour using the continental or English method.

To reduce the impact of “colour dominance”:

- a) keep yarns in the same order (e.g. CC always the left-most);
- b) keep floats loose by spreading stitches on right hand needle when catching floats or changing colour;
- c) work stitches on the shaft, not the tip, of the needle.

Hint when knitting stranded rib:

Hold the purl colour (usually the BC) in the hand you are most comfortable purling with. You can hold the colours in a different order when you knit the stocking stitch parts of the fabric.

Using smaller needle and BC1 cast on 64 stitches and join in the round.

Work three rounds:

(use CC1 k1, use BC1 k1) 2 times, (use CC1 k2, use BC1 p2) 14 times, (use BC1 k1, use CC1 k1) 2 times.



Activity 2: knit stranded colour work in the round

The workshop project has a steek at the start of each round. This is where the colours change. This project uses an even number of steek stitches so that each colour can be held securely in the steek. When changing colours, just leave enough of an end to stop the stitches pulling out as you work the fabric.

In many patterns, the colour changes take place at the side of the item. Either weave in the ends as you knit (using the method given below for catching floats) or leave enough of a tail end to weave in ends when finishing the item.

Reading the chart

A chart for colour work represents the fabric as it leaves the needles. For a bottom-up item, row 1 is at the bottom and column one is on the right of the finished item. For a top-down one, row 1 is at the top and column 1 on the left – but as you knit you should see the same pattern appearing below the needles as you see on the chart when row 1 is held at the bottom. When working in the round, always read the chart from right to left then from bottom to top. Often the chart shows only one repeat of the main motif, perhaps with special cases for the start and end of a round. Some charts show where the round should start for different sizes. The chart for this project is in section “chart”. It is designed for printing in black-and-white, and used only black (BC) and white (CC) squares to show the colours – the annotation to the right of each round shows which colours to use for the BC and CC for that round. Other styles of chart use different styles of shading to represent the colours in the project, or use coloured squares to tell you which colour yarn to use.

Avoiding having to re-work mistakes. It is easy to mistake where you are in a chart, to drop a stitch, slip a stitch or to work a stitch in the wrong colour. You can limit the impact of this by looking at the stitches in the round(s) below where you are knitting while you knit. If they do not match the ones in the chart, you need to check what has gone wrong. If the mistake is in the current round, correct it. If the mistake is in the round below and only affects a small number of stitches, you can drop down and correct it – the floats will usually provide enough scope for changing a stitch or two. If, however, a large number of stitches is involved, you may have to tink back and re-work the previous round (because knit stitches use more yarn than the floats behind them). The main situation where you may have a large number of incorrect stitches but still be able to correct the situation without having to tink back is when you have shifted a colour change but then carried on the colour sequence. In this case, correct each stitch in the previous round as you come to it – you will be “borrowing” or “lending” yarn as you go round, so that the amount of each colour yarn used does not change.

Change to the larger needles.

Working rounds 1 and 2 of the chart

You are working on the public, knit, side of the fabric, so read the chart from right to left. Beware of the sequence of 4 CC1 stitches in round 1 from stitch 13 to stitch 2 as you repeat the chart. Round 1 uses colours BC1 and BC2, the same as the rib.



Round1: (use CC k1, use BC k1) 2 times, pm, (work chart for round, pm) 4 times, (use BC k1, use CC k1) 2 times.

Change the background colour for round 2.

Round 2: use BC k4, (work chart for round) 4 times, use BC k4.



Activity 3: catch floats on the knit side of the work

It is difficult to keep an even tension when there are long floats in the fabric, and long floats are likely to catch and pull stitches tight while the fabric is being used. Catching the floats (that is, trapping them so that they are held against the knitted part of the fabric) allows the floats to be kept short even when there is a long run of stitches of the same colour. A rule of thumb is to catch floats that are longer than four stitches or 2cm long. Do not catch floats in the same column of stitches on successive rounds – this can cause the floats to show through the fabric.

Catching floats when working on the public side of the work in knit stitch

For more information on catching floats see Ref 3.

Catching a float of the colour held in the right hand in a run of the colour held in the left hand. Work with the yarns held on the far side of the fabric. Insert the right needle knitwise into the next stitch. Wrap the yarn held in the right hand under and round the right needle anticlockwise. Wrap the yarn held in the left hand round the right needle as if to knit. Unwrap the yarn held in the right hand. Complete the knit stitch.

Catching a float of the colour held in the left hand in a run of the colour held in the right hand. Work with the yarns held on the far side of the fabric. Insert the right needle knitwise into the next stitch. Lay the yarn held in the left hand over the right needle (passing from right to left). Wrap the yarn held in the right hand round the right needle as if to knit. Unwrap the yarn held in the left hand. Complete the knit stitch.

Catching a float with both colours held in one hand. Although the colours are held in one hand, one will be to the right of the other. For the one on the right follow the instructions for the yarn in the right hand. Similarly, for the one on the left use those for the left hand.

Keeping track of where you are in the chart

You may find it useful to use one or more of the following methods for keeping track where you are on the chart. ([Ref 4](#))

- a) Tick off each row as you complete it.*
- b) Use a row counter (it saves arithmetic if you set it to the row number printed on the chart).*
- c) Use a magnetic rule and board.*
- d) Mark the row above the one you are working on with a moveable transparent sticker.*

When you are using a physical marker, always place it on the row above the one you are working on so that you can see the chart rows below the one you are working on.

Remembering to change colours

Highlighting rows in which the contrast or background colours change can remind you to change yarn.



Work rounds 3 to 5 of the chart, catching the contrasting colour (CC) near the centre of the 5 and 7 stitch runs of CC floats:

(use CC k1, use BC k1) 2 times, work chart round in knit 4 times, (use BC k1, use CC k1) 2 times.

**Activity 4: knit stranded colour work when knitting flat**

The knit rows are handled in the same way as in activities 2 and 3. When working the private side (purl) rows, the floats should be on the private side.

Catching floats when working on the private side of the work in purl stitch

Catching a float of the colour held in the right hand in a run of the colour held in the left hand. Work with the yarns held on your side of the fabric. Insert the right needle into the next stitch purlwise. Wrap the yarn held in the right hand under and clockwise round the right needle. Wrap the yarn held in the left hand round the right needle as if to purl. Unwrap the yarn held in the right hand. Complete the purl stitch.

Catching a float of the colour held in the left hand in a run of the colour held in the right hand. Work with the yarns held on your side of the fabric. Insert the right needle into the next stitch. Lay the yarn held in the left hand over the right needle (passing from right to left). Wrap the yarn held in the right hand round the right needle as if to purl. Unwrap the yarn held in the left hand. Complete the purl stitch.

Reading the chart.

When working on the private (purl) side of the fabric, you read the chart from left to right.

For this activity you will knit the next 3 rows as flat knitting, starting with a purl row on the private (purl) side of the fabric.

Turn your work.

Turn the fabric so that the working yarn is on the left hand needle. You will be working on the private side of the work (this is the side you will see when you look at the stitch you are working on), but the loop with the bulk of the fabric will now be between you and the stitches you are working on.

Row 6 (private side – read chart from left to right): (use CC p1, use BC p1) 2 times, work chart row in purl 4 times, (use BC k1, use CC k1) 2 times.

Turn your work.

Turn the fabric so that the working yarn is on the left hand needle.

Row 7 (public side – read chart from right to left): (use CC k1, use BC k1) 2 times, work chart row in knit 4 times, (use BC k1, use CC k1) 2 times.

Turn your work.

Turn the fabric so that the working yarn is on the left hand needle. Colours change for this row.

Row 8 (private side – read chart from left to right): (use CC p1, use BC p1) 2 times, work chart row in purl 4 times, (use BC k1, use CC k1) 2 times.



Activity 5: reinforce first steek

How to reinforce a steek with an even number of stitches using crochet chains.

The centres of the steeks are marked by the double columns of stitches in contrast colour (in those rounds that have more than one colour). You are going to join the stitches each side of each of these columns to those in the columns in background colour next to them using chains. In this activity, you start reinforcing the steek for the front opening.

Turn the waistcoat so that the top is on your left. Take the thinner yarn and make a slip knot. Place the slip knot on the crochet hook. Push the crochet hook through the middle of the cast-on BC stitch next to the “centre” CC stitch and pick up and pull the yarn to form a second loop on the hook. Draw this through the slip knot. You now have one loop on the crochet hook, and a stitch catching the top edge of the column of BC stitches.

Put the crochet hook through the right (upper) leg of the BC stitch and the left (lower) leg of the CC stitch to above it. Pull through a loop of the yarn so that you have two stitches on the hook. Catch the yarn and draw it through both loops. You now have one loop on the hook, and a stitch holding the legs of the two knitted stitches together. Work your way along the column of BC stitches, joining the stitches as you go.

Stop this activity when you reach the top of the part that has been knitted flat. Place a stitch holder through the loop on the hook to stop the chain unravelling, cut off about 30 cm of yarn and wind up the trailing end.

When you finish reinforcing this steek in “Activity 10: reinforce steeks”, continue to chain the stitches together. After catching the last knitted stitches, put the hook through the centre of the last BC stitch, catch the yarn (so that it goes round the end of the steek column) and pull it through the loop on the hook. Cut the yarn and pull the end through the live stitch on the hook to bind it off.

Turn your work so the top is now on your left. Starting at the top of the steek, work your way down the column of BC stitches on the opposite side of the double column of CC stitches, joining the right hand column of the double column of CC stitches to the BC column to its right.

How to reinforce a steek that has an odd number of stitches using crochet chains.

Reinforcing a steek with an odd number of stitches is very similar to reinforcing one with an even number. The difference is that you crochet the right hand leg of the centre stitch to the left hand leg of the stitch to its right, and you crochet the left hand leg of the centre stitch to the right hand leg of the stitch to its left.

Why do some patterns all use an even number of stitches in a steek?

There is a bigger gap between the reinforcements in a steek with an even number of stitches than in one with an odd number of stitches. The edge of a steek with odd stitches is therefore likely to be tidier than one with an even number of stitches.

This project changes the colours in the middle of the main steek. Making the steek so that the central stitches are in the CC and the stitches next to them are in the BC means that



both the old (end of round) and new (beginning of round) colours are held by the crochet reinforcement – and the ends do not need to be woven in.

You can find more information about steeks at Ref 5 and Ref 7.

Reinforce the steak that will form the front opening up to round 8 of the chart (this is the steak at the start of the round that runs the whole length of the waistcoat).



Activity 6: knit in the round to the arm holes

Turn the fabric so that the working yarn is on the right hand needle and the public side of the fabric is facing you.

Remember to change yarn in round 13.

Work rounds 9 to 14 of the chart, reading from right to left and at the end of the rounds continue working in the round (this will join up the gap at the start of the round that was formed by working flat).



Activity 7: Start steeks for arm holes

Cast-on for steeks. A special form of increase is the addition of extra stitches to form the steeks for armholes or other openings that start part way up the work. The method of casting on should allow both the CC and BC yarns to be trapped by the reinforcement for the cast-on row. One method of doing this is to use a backward loop cast-on with the opposite colour to that of the steek stitch and then immediately knitting into this with the yarn in the colour of the steek stitch. This ensures that the yarn used for the cast-on is caught by the reinforcement. See Ref 6.

At this stage, you will hold the stitches at the base of the arm holes on spare yarn and cast on stitches for the steeks.

Definitions for round 15

The two abbreviations that follow are to make it clear how the steek stitches should be cast on for this workshop. A “real” pattern would just ask for the steek and edge stitches to be cast on (CO). You would not normally be reminded which columns of the motif you should be using.

kfpmb{a,b} means knit into the front of the stitch with colour a leaving the original stitch on the left hand needle, place a marker, then knit into the back of the original stitch with colour b.

CO{a,b} means form a loop using colour a on the left hand needle with the working end leaving the loop on the right hand side, then knit into this with colour b.

Work round 15 as follows:

(use CC k1, use BC k1) 2 times,

k11 [chart columns 1 to 11] stopping to leave 3 stitches before the marker,

kfpmb{chart column 12, BC}, CO{BC,CC}, CO{CC,BC}, CO{BC,CC}, CO{BC,CC}, CO{CC,BC}, CO{BC,CC},

slip the next 4 stitches onto waste yarn (two stitches from each side of the marker) and discard the marker,

kpmb{BC,chart column 3},

k22 [chart columns 4 to 14 and 1 to 11] stopping to leave 3 stitches before the marker,

kfpmb{chart column 12, BC}, CO{BC,CC}, CO{CC,BC}, CO{BC,CC}, CO{BC,CC}, CO{CC,BC}, CO{BC,CC},

slip the next 4 stitches onto waste yarn (two stitches from each side of the marker) and discard the marker,

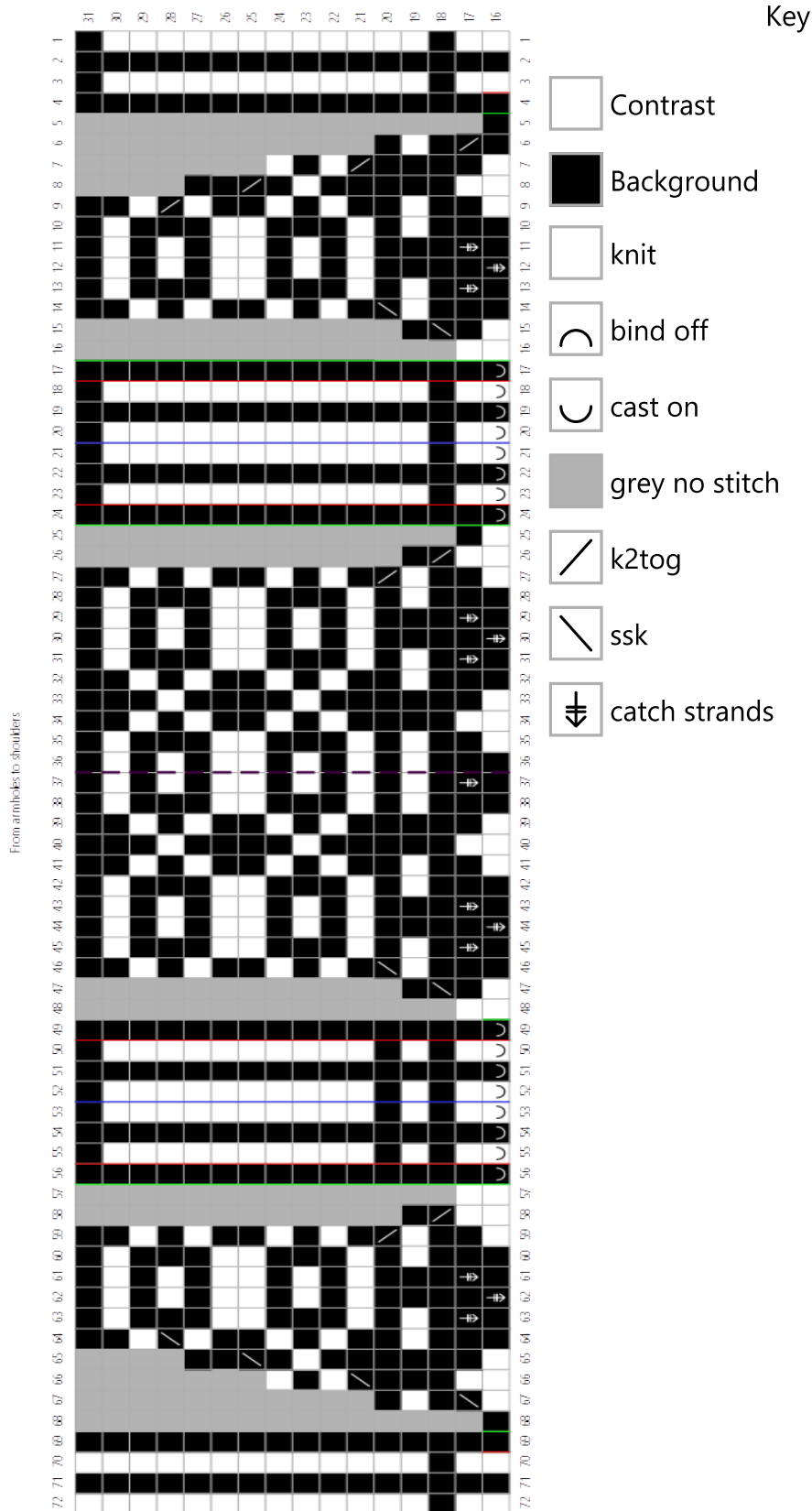
kfpmb{BC,chart column 3},

k11 [chart columns 4 to 14],

(use BC k1, use CC k1) 2 times. [72 sts]



Chart showing shaping



**Activity 8: complete the main body of the waistcoat**Increasing and decreasing in stranded colour work

The pattern designer will have decided where to place increases and decreases so that the motifs appear as intended. This means that increases usually appear on a “rest” row between motifs, or at the edge of a section of work (such as at the side “seam” or the “vee” of a neckline).

Increasing. In the case of an increase, the pattern will state which colour the new stitches should be. In this workshop, a modified version of the “knit front and back” increase is used to add the edge stitches that will be picked up to form the arm bands. In this the knit to the front uses one yarn, and the knit into the back uses a different yarn – this is to tie the edge stitches more tightly to the stitches next to them.

Decreasing. Decreases in sections of motif usually take place at the edge of a section of the design (for example near arm holes). Choose the decrease that leans away from the motif towards the edge – so if the edge is on the right, use a k2tog, and if the edge is on the left use an ssk. This results in the colour on the row below the decrease that is closest to the motif showing after the decrease (with the stitch closer to the edge being hidden behind it). The colour of yarn used to form the decrease should be that on the chart immediately above the stitch that will lie above the other decreased stitch. As you continue, you will be decreasing further to shape the arm holes and neck. These decreased stitches should also be skipped when you are following the chart.

Keeping track of where in the chart for the round to start

You have two main options for keeping track of which columns of the chart you should be working:

Option a. Work your way through the chart, marking where the decreases are. You can then follow this marked-up version of the chart.

Option b. Look at the rounds below the one you are working to see which column of the motif you are working and start following the chart from that point.

You can check your decisions using the “Chart showing shaping” on page 16.

Colours change in rounds 19, 21, 24 and 28.

Continue to knit the body of the waistcoat using the chart to decide which colour should be knitted. There are decreases for the armholes in rounds 18 and 20, and for the Vee neck in rounds 17, 21, 25 and 28. You will need to work out which columns of the chart you need to omit to take account of these removed stitches.

Round 16: (use CC k1, use BC k1) 2 times, use chart k11, (use BC k1, use CC k1) 2 times, (use CC k1, use BC k1) 2 times, use chart {k24}, (use BC k1, use CC k1) 2 times, (use CC k1, use BC k1) 2 times, use chart k11, (use BC k1, use CC k1) 2 times.

Round 17 has long floats. Remember to catch them while you are knitting the rounds.



- Round 17: (use CC k1, use BC k1) 2 times, use chart {**k2tog**, k10}, (use BC k1, use CC k1) 2 times, (use CC k1, use BC k1) 2 times, use chart {k24}, (use BC k1, use CC k1) 2 times, (use CC k1, use BC k1) 2 times, use chart {k10, **ssk**}, (use BC k1, use CC k1) 2 times. [70 sts]
- Round 18: use BC k4, use chart {k9, **ssk**}, use BC k8, use chart {**k2tog**, k20, **ssk**}, use BC k8, use chart {**k2tog**, k9}, use BC k4. [66 sts]
- Round 19: (use CC k1, use BC k1) 2 times, use chart {k10}, (use BC k1, use CC k1) 2 times, (use CC k1, use BC k1) 2 times, use chart {k22}, (use BC k1, use CC k1) 2 times, (use CC k1, use BC k1) 2 times, use chart {k10}, (use BC k1, use CC k1) 2 times.
- Round 20: use BC k4, use chart {k8, **ssk**}, use BC k8, use chart {**k2tog**, k18, **ssk**}, use BC k8, use chart {**k2tog**, k8}, use BC k4. [62 sts]
- Round 21: (use CC k1, use BC k1) 2 times, use chart {**k2tog**, k7}, (use BC k1, use CC k1) 2 times, (use CC k1, use BC k1) 2 times, use chart {k20}, (use BC k1, use CC k1) 2 times, (use CC k1, use BC k1) 2 times, {k7, **ssk**}, (use BC k1, use CC k1) 2 times. [60 sts]
- Rounds 22 - 24: (use CC k1, use BC k1) 2 times, use chart {k8}, (use BC k1, use CC k1) 2 times, (use CC k1, use BC k1) 2 times, use chart {k20}, (use BC k1, use CC k1) 2 times, (use CC k1, use BC k1) 2 times, use chart {k8}, (use BC k1, use CC k1) 2 times.
- Round 25: (use CC k1, use BC k1) 2 times, use chart {**k2tog**, k6}, (use BC k1, use CC k1) 2 times, (use CC k1, use BC k1) 2 times, use chart {k20}, (use BC k1, use CC k1) 2 times, (use CC k1, use BC k1) 2 times, use chart {k6, **ssk**}, (use BC k1, use CC k1) 2 times. [58 sts]
- Rounds 26 - 27: (use CC k1, use BC k1) 2 times, use chart {k7}, (use BC k1, use CC k1) 2 times, (use CC k1, use BC k1) 2 times, use chart {k20}, (use BC k1, use CC k1) 2 times, (use CC k1, use BC k1) 2 times, use chart {k7}, (use BC k1, use CC k1) 2 times.
- Round 28: (use CC k1, use BC k1) 2 times, use chart {**k2tog**, k5}, (use BC k1, use CC k1) 2 times, (use CC k1, use BC k1) 2 times, use chart {k20}, (use BC k1, use CC k1) 2 times, (use CC k1, use BC k1) 2 times, use chart {k5, **ssk**}, (use BC k1, use CC k1) 2 times. [56 sts]
- Rounds 29 - 30: (use CC k1, use BC k1) 2 times, use chart {k6}, (use BC k1, use CC k1) 2 times, (use CC k1, use BC k1) 2 times, use chart {k20}, (use BC k1, use CC k1) 2 times, (use CC k1, use BC k1) 2 times, use chart {k6}, (use BC k1, use CC k1) 2 times.
- Round 31: use BC k56.

**Activity 9: bind-off and join shoulders**

Notes specific to this activity.

1. Remove markers as the stitches are bound off.
2. The instruction to place a marker (pm) means to place a stitch marker around the loop that has just been placed over the stitch on the right hand needle to bind it off.
3. The bind-off instructions are given in the order they should be knitted.

Centre steek: BO3.

Right front: BO1, pm, BO7, pm.

Right armhole steek: BO6.

Back right: BO1, pm, BO8, pm.

Back centre: k5. Place the 6 stitches from the right hand needle onto spare yarn.

Back left: BO1, pm, BO6, pm.

Left armhole steek: BO6.

Left front: BO1, pm, BO6, pm.

Centre steek: BO2.

After the final BO, cut off the working yarn leaving a tail of about 10cm; pass this through the last loop to complete the bind off,.

Take care to join only the six stitches on each shoulder.

Join the right front to the right back and the left front to the left back using BC. Include the stitches marked with stitch markers. The ends of the steeks should not be joined.



Activity 10: reinforce steeks

See “activity 5: reinforce first steek” for instructions on how to reinforce steeks.

Finish reinforcing the steek that will form the front opening by completing the side you have already started and then using the same method to reinforce the steek at the end of the rounds.

Repeat this for the two arm hole steeks.

You have now reinforced the steeks.

Do not cut the steeks until after you have picked up the stitches for the arm holes and button band.



Activity 11: pick up stitches for the armhole edging and button band

In this activity, you add the arm and button bands to the waistcoat by picking up stitches (Ref 8) along the edges of the steeks (and the held stitches under the arm holes).

Picking up stitches puts stress on the fabric, and you will be picking up stitches very close to the edge of the steeks (because of the size of this project, the steeks have fewer stitches than in a normal sized project). Even for a full size project, the stress of picking up stitches is the main risk to the integrity of the steeks. So, pick up your stitches before cutting the steeks.

The bands knitted in this project are only 3 rows/rounds deep, so leave cutting the steeks until you have finished. When making a full size garment where the picked-up stitches are used for sleeves, you would cut the steeks after a few rounds while it is still easy to reach the steeks from both sides of the fabric.

You will need to catch the yarn in the knit stitch next to the yarn overs in row 2.

Button band

Starting at the bottom of the steek for the central opening on the side at the start of the round (to the viewer's left if the waistcoat is held upright) and using BC1 with the smaller needle, pick up 28 stitches along the line of BC stitches at the edge of the steek, slip the 6 stitches for the back from the holding yarn, and the 28 stitches along the line of BC stitches on the other side of the steek (62 stitches). Knit three rows of stranded rib:

Row 1: (use CC1 p2, use BC1 k2) 15 times, use CC1 p2.

Row 2: (use CC1 k2, use BC1 {p2tog, yo}) 3 times, (use CC1 k2, use BC1 p2) 9 times, use CC1 k2, (use BC1 {yo, p2tog}, use CC1 k2) 3 times.

Row 3: (use CC1 p2, use BC1 k2) 15 times, use CC1 p2.

Bind off using BC1 using knit and purl as presented.

Arm holes

Repeat for each arm hole.

Use BC1. Knit the four held stitches onto the smaller needle. Pick up 14 stitches on each side of the arm hole (picking up the BC stitches at the edge of the steek). [32 stitches]

Join in the round and knit three rounds of stranded rib: use (CC1 k2, use BC1 p2) 8 times.

Bind off using knit and purl as presented.



Finishing

Blocking

Block the project by soaking it in warm water for 20 minutes. You may add a small quantity of wool soap to the water, but if you do you need to rinse the project after soaking it. Make sure the project is fully soaked by pushing it under the water. Take care not to rub the project (to avoid it felting).

After soaking, wrap the project in a towel and wring the towel to remove excess water.

Spread the almost-dry project on a flat dry towel and pat it into shape. Leave it to dry.

Cutting the steeks

Use sharp scissors to cut the steeks. See Ref 9.

Steeks with an even number of stitches (as in this workshop). Starting at one end of the steek, carefully cut the running thread between the central stitches and the floats between them.

Steeks with an odd number of stitches. Starting at one end of the steek, carefully cut up the centre of the middle stitch of the steek between the reinforcements, cutting the floats behind the stitches.

Weave in the ends, but do not cut off the excess yarn.

Cut the steeks.

Block the project.

There are button holes on each side of the button band. Choose which side to place the buttons and sew them over the button hole on that side.

Cut-off excess yarn.



References

- Ref 1: "Fair Isle Knitting Made Easy" (Weldon's sixpenny series No. 217) available to members of the Knitting and Crochet Guild at https://kcguild.org.uk/media/filer_public/c7/0c/c70cb473-ebd0-4523-a480-99399ca65c04/weldons_fair_isle_knitting_1.pdf.
- Ref 2: Holding yarn for stranded knitting. Teabreak Knitter. <https://teabreakknitter.uk/t-ref/hold-yarn-stranded/>.
- Ref 3: Teabreak Knitter. Catching floats in stranded knitting. <https://teabreakknitter.uk/t-reference/colour/stranded/catching-floats-in-stranded-knitting/>.
- Ref 4: Teabreak Knitter. Reading a knitting chart. <https://teabreakknitter.uk/t-ref/read-chart/>.
- Ref 5: Teabreak Knitter. Steek. <https://teabreakknitter.uk/t-ref/steek/>.
- Ref 6: Teabreak Knitter. Casting on for steeks. <https://teabreakknitter.uk/t-reference/colour/stranded/casting-on-for-steeks/>.
- Ref 7: Teabreak Knitter. Reinforce a steek. <https://teabreakknitter.uk/t-ref/reinforce-steek/>
- Ref 8: Teabreak Knitter. Pick up stitches at the edge of a steek. <https://teabreakknitter.uk/t-ref/pick-up-steek/>
- Ref 9: Teabreak Knitter. Cutting a steek. <https://teabreakknitter.uk/t-ref/cut-steek/>
- Ref 10: Creative Commons. CC BY-S 4.0 licence. <https://creativecommons.org/licenses/by-sa/4.0/legalcode>.
- Ref 11: Teabreak Knitter. Introduction to stranded colour work. Miniature Fair Isle style waistcoat. <https://teabreakknitter.uk/?mdocs-file=1728>.
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