220 Superwash® Aran

Paloma Waistcoat

Designed by

Jody Long

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Skill Level: Intermediate

Measurements
To fit bust:
81-86cm [91-97cm, 102-107cm, 112-117cm, 122-127cm]
32-34” [36-38”, 40-42”, 44-46”, 48-50”]

Actual Measurement:
92cm [103cm, 113cm, 123cm, 133cm]
36¾” [40½”, 44½”, 48½”, 52½”]

Full Length:
76cm [78cm, 80cm, 82cm, 84cm]
30” [30¼”, 31½”, 32¼”, 33”]

Materials Required:
- Cascade Yarns® 220 Superwash® Aran
- 100% Superwash Merino Wool
- 100 g (3.5 oz) / 150 yds (137.5 m)
- 9, [10, 11, 12, 13] hanks in color #875(Feather Grey)
- A pair each of US 6 (4mm) (UK 8) and US 8 (5mm) (UK 6) knitting needles
- 1 cable needle
- Large eye wool needle
- Stitch holders
- Stitch markers

Gauge/Tension:
18 sts x 28 rows = 4” (10cm) worked over Moss Stitch using US8 (5mm) (UK6) needles.

Abbreviations
K = Knit
P = Purl
St = Stitch(es)
Ss = Stockinette Stitch
WS = Wrong Side
RS = Right Side
Alt = Alternate
Foll = Following
Patt = Pattern

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Dec = Decrease
Inc = Increase
Tog = Together
Beg = Beginning
Skpo = Slip 1, K1, pass slip stitch over
Rem = Remain
Rep = Repeat
Cn = Cable Needle
CO = Cast on
BO = Bind off

Special Stitches:

M1: Make 1 st by picking up horizontal loop lying before next st and the previous st just worked and work into the back of it.

C4B: Slip next 2 sts onto a cn and hold at back of work, K2 then K2 from cn
C4F: Slip next 2 sts onto a cn and hold at front of work, K2 then K2 from cn
C3B: Slip next st onto a cn and hold at back of work, K2 then K1 from cn
C3F: Slip next 2 sts onto a cn and hold at front of work, K1 then K2 from cn
C3FP: Slip next 2 sts onto a cn and hold at front of work, P1 then K2 from cn
C3BP: Slip next st onto a cn and hold at back of work, K2 then P1 from cn

Pocket Linings (make 2)

Using size US8 (5mm) needles CO 24 sts and Ss 33 rows beg with a K row.

Inc row: P2, (M1, P4) 5 times, M1, P2. (30 sts)

Left Front

Using size US8 (5mm) needles CO 49 [54, 59, 64, 69] sts and work in patt as foll;

Row 1: K0 [1, 0, 1, 0], (P1, K1) 11 [13, 16, 18, 21] times, P2, K4, P4, K8, P4, K4, P1.
Row 2: K1, P4, K4, P8, K4, P4, K2, (P1, K1) 11 [13, 16, 18, 21] times, P0 [1, 0, 1, 0].
Row 3: P0 [1, 0, 1, 0], (K1, P1) 11 [13, 16, 18, 21] times, P2, C4B, P5, C3B, C3F, P5, C4F, P1.
Row 4: K1, P4, K5, P3, K1, P2, K5, P4, K2, (K1, P1) 11 [13, 16, 18, 21] times, K0 [1, 0, 1, 0].
Row 5: K0 [1, 0, 1, 0], (P1, K1) 11 [13, 16, 18, 21] times, P2, K4, P4, C3BP, K1, P1, C3F, P4, K4, P1.
Row 6: K1, P4, K4, P2, K1, P1, K1, P3, K4, P4, K2, (P1, K1) 11 [13, 16, 18, 21] times, P0 [1, 0, 1, 0].
Row 7: P0 [1, 0, 1, 0], (K1, P1) 11 [13, 16, 18, 21] times, P2, C4B, P3, C3B, (P1, K1) twice, C3FP, P3, C4F, P1.

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Row 8: K1, P4, K3, P3, K1, (P1, K1) twice, P2, K3, P4, K2, (K1, P1) 11 [13, 16, 18, 21] times, K0 [1, 0, 1, 0].

Row 9: K0 [1, 0, 1, 0], (P1, K1) 11 [13, 16, 18, 21] times, P2, K4, P2, C3BP, (K1, P1) 3 times, C3F, P2, K4, P1.

Row 10: K1, P4, K2, P2, K1, (P1, K1) 3 times, P3, K2, P4, K2, (P1, K1) 11 [13, 16, 18, 21] times, P0 [1, 0, 1, 0].

Row 11: P0 [1, 0, 1, 0], (K1, P1) 11 [13, 16, 18, 21] times, P2, C4B, P2, C3BP, (K1, P1) 3 times, C3BP, P2, C4F, P1.

Row 12: K1, P4, K3, P3, K1, (P1, K1) twice, P2, K3, P4, K2, (K1, P1) 11 [13, 16, 18, 21] times, K0 [1, 0, 1, 0].

Row 13: K0 [1, 0, 1, 0], (P1, K1) 11 [13, 16, 18, 21] times, P2, K4, P3, C3FP, (P1, K1) twice, C3BP, P3, K4, P1.

Row 14: K1, P4, K4, P2, K1, P1, K1, P3, K4, P2, (K1, P1) 11 [13, 16, 18, 21] times, P0 [1, 0, 1, 0].

Row 15: P0 [1, 0, 1, 0], (K1, P1) 11 [13, 16, 18, 21] times, P2, C4B, P4, C3FP, K1, P1, C3BP, P4, C4F, P1.

Row 16: K1, P4, K5, P3, K1, P2, K5, P4, K2, (K1, P1) 11 [13, 16, 18, 21] times, K0 [1, 0, 1, 0].

Row 17: K0 [1, 0, 1, 0], (P1, K1) 11 [13, 16, 18, 21] times, P2, K4, P5, C3FP, C3BP, P5, K4, P1.

Row 18: K1, P4, (K6, P4) twice, K2, (P1, K1) 11 [13, 16, 18, 21] times, P0 [1, 0, 1, 0].

Row 19: P0 [1, 0, 1, 0], (K1, P1) 11 [13, 16, 18, 21] times, P2, C4B, P4, C4F, P4, C4F, P1.

Row 20: K1, P4, K4, P8, K4, P4, K2, (K1, P1) 11 [13, 16, 18, 21] times, K0 [1, 0, 1, 0].

Row 21: K0 [1, 0, 1, 0], (P1, K1) 11 [13, 16, 18, 21] times, P2, K4, P4, K8, P4, K4, P1.

Row 22: K1, P4, K4, P8, K4, P4, K2, (P1, K1) 11 [13, 16, 18, 21] times, P0 [1, 0, 1, 0].

Row 23: P0 [1, 0, 1, 0], (K1, P1) 11 [13, 16, 18, 21] times, P2, C4B, P4, C4F, P4, C4F, P1.

Row 24: K1, P4, K4, P8, K4, P4, K2, (K1, P1) 11 [13, 16, 18, 21] times, K0 [1, 0, 1, 0].

The last 24 rows form pattern and are rep throughout.

Work a further 26 rows in pattern.

**Place pocket**

Next row: Pattern 13 [18, 23, 28, 33], slip next 30 sts onto a stitch holder and work across 30 sts left on a stitch holder for first pocket lining as follow: P1,(K1,P1) 4 times, P2, C4B, P5, C3B, C3F, P4, pattern to end.

Next row: Pattern.

Continue in pattern as set throughout until left front measures 36 [38, 40, 42, 44] cm, ending with a WS row.

**Shape front edge**

Row 1: Pattern to last 28 sts, P2tog (front edge), pattern 26 sts. 48 [53, 58, 63, 68] sts.

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Row 2: patt.

Row 3: patt.

Row 4: patt.

Work 56 [50, 68, 68, 68] rows dec 1 st at front edge as before on 3rd and every foll 6th row.
39 [45, 47, 52, 57] sts.

Work 18 [24, 6, 6, 6] rows dec 1 st at front edge as before on next and every foll 8th [8th, 0, 0, 0] row.
36 [42, 46, 51, 56] sts.

Place a marker at side edge of last row.

Shape shoulder

Work 10 rows dec 1 st at beg (shoulder edge) on next and every foll alt row AT THE SAME TIME dec 1 st at front edge as before on 7th [next, 3rd, 3rd, 3rd] row and foll 0 [8th, 0, 0, 0] row. 30 [35, 40, 45, 50] sts.

Next row: BO 2 sts, patt to last 0 [0, 28, 28, 28] sts, (P2tog, patt 26) 0 [0, 1, 1, 1] time.
28 [33, 37, 42, 47] sts.

Next row: patt.


For 1st, 3rd, 4th and 5th sizes only

Work 2 [4, 6, 2] rows BO 5 [6, 6, 6] sts at beg of next and foll 0 [2nd, 2nd, 0] row. 6 [6, 7, 24] sts.

For 5th size only

Work 2 rows BO 7 sts at beg of next row. 17 sts.

Work 2 rows BO 8 sts at beg of next row. 9 sts.
For all sizes

BO rem 6 [6, 6, 7, 9] sts.

**RIGHT FRONT**

Using size US8 (5mm) needles CO 49 [54, 59, 64, 69] sts and work in patt as foll;

Row 1: P1, K4, P4, K8, P4, K4, P2, (K1, P1) 11 [13, 16, 18, 21] times, K0 [1, 0, 1, 0].

Row 2: P0 [1, 0, 1, 0], (K1, P1) 11 [13, 16, 18, 21] times, K2, P4, K4, P8, K4, P4, K1.

Row 3: P1, C4B, P5, C3B, C3F, P5, C4F, P2, (P1, K1) 11 [13, 16, 18, 21] times, P0 [1, 0, 1, 0].

Row 4: K0 [1, 0, 1, 0], (P1, K1) 11 [13, 16, 18, 21] times, K2, P4, K5, P3, K1, P2, K5, P4, K1.

Row 5: P1, K4, P4, C3BP, K1, P1, C3F, P4, K4, P2, (K1, P1) 11 [13, 16, 18, 21] times, K0 [1, 0, 1, 0].

Row 6: P0 [1, 0, 1, 0], (K1, P1) 11 [13, 16, 18, 21] times, K2, P4, K4, P2, K1, P1, K1, P3, K4, P4, K1.

Row 7: P1, C4B, P3, C3B, (P1, K1) twice, C3FP, P3, C4F, P2, (P1, K1) 11 [13, 16, 18, 21] times, P0 [1, 0, 1, 0].

Row 8: K0 [1, 0, 1, 0], (P1, K1) 11 [13, 16, 18, 21] times, K2, P4, K3, P3, K1, (P1, K1) twice, P2, K3, P4, K1.

Row 9: P1, K4, P2, C3BP, (K1, P1) 3 times, C3F, P2, K4, P2, (K1, P1) 11 [13, 16, 18, 21] times, K0 [1, 0, 1, 0].

Row 10: P0 [1, 0, 1, 0], (K1, P1) 11 [13, 16, 18, 21] times, K2, P4, K2, P2, K1, (P1, K1) 3 times, P3, K2, P4, K1.

Row 11: P1, C4B, P2, C3FP, (K1, P1) 3 times, C3BP, P2, C4F, P2, (P1, K1) 11 [13, 16, 18, 21] times, P0 [1, 0, 1, 0].

Row 12: K0 [1, 0, 1, 0], (P1, K1) 11 [13, 16, 18, 21] times, K2, P4, K3, P3, K1, (P1, K1) twice, P2, K3, P4, K1.

Row 13: P1, K4, P3, C3FP, (P1, K1) twice, C3BP, P3, K4, P2, (K1, P1) 11 [13, 16, 18, 21] times, K0 [1, 0, 1, 0].

Row 14: P0 [1, 0, 1, 0], (K1, P1) 11 [13, 16, 18, 21] times, K2, P4, K4, P2, K1, P1, K1, P3, K4, P4, K1.

Row 15: P1, C4B, P4, C3FB, K1, P1, C3BP, P4, C4F, P2, (P1, K1) 11 [13, 16, 18, 21] times, P0 [1, 0, 1, 0].

Row 16: K0 [1, 0, 1, 0], (P1, K1) 11 [13, 16, 18, 21] times, K2, P4, K5, P3, K1, P2, K5, P4, K1.

Row 17: P1, K4, P5, C3FB, C3BP, P5, K4, P2, (K1, P1) 11 [13, 16, 18, 21] times, K0 [1, 0, 1, 0].

Row 18: P0 [1, 0, 1, 0], (K1, P1) 11 [13, 16, 18, 21] times, K2, P4, (K6, P4) twice, K1.

Row 19: P1, C4B, P4, C4B, C4F, P4, C4F, P2, (P1, K1) 11 [13, 16, 18, 21] times, P0 [1, 0, 1, 0].

Row 20: K0 [1, 0, 1, 0], (P1, K1) 11 [13, 16, 18, 23] times, K2, P4, K4, P8, K4, P4, K1.
Row 21: P1, K4, P4, K4, P2, (K1, P1) 11 [13, 16, 18, 21] times, K0 [1, 0, 1, 0].
Row 22: P0 [1, 0, 1, 0], (K1, P1) 11 [13, 16, 18, 21], K2, P4, K4, P8, K4, P4, K1.
Row 23: P1, C4B, P4, C4B, C4F, P4, C4F, P2, (P1, K1) 11 [13, 16, 18, 21] times, P0 [1, 0, 1, 0].
Row 24: K0 [1, 0, 1, 0], (P1, K1) 11 [13, 16, 18, 21] times, K2, P4, K4, P8, K4, P4, K1.

The last 24 rows form patt and are rept throughout.
Work a further 26 rows in patt.

Place pocket

Next row: Patt 6 sts, slip next 30 sts onto a stitch holder and work across 30 sts left on a stitch holder for second pocket lining as follow: P4, C3B, C3F, P4, C4F, P3, (K1, P1) 4 times, patt to end.

Next row: Patt.
Cont in patt as set throughout until left front measures 36 [38, 40, 42, 44] cm, ending with a ws row.

Shape front edge

Row 1: Patt 26 sts, P2tog (front edge), patt to end. 48 [53, 58, 63, 68] sts.
Row 2: patt.
Row 3: patt.
Row 4: patt.

Work 56 [50, 68, 68, 68] rows dec 1 st at front edge as before on 3rd and every foll 6th row. 39 [45, 47, 52, 57] sts.
Work 18 [24, 6, 6, 6] rows dec 1 st at front edge as before on next and every foll 8th [8th, 0, 0, 0] row. 36 [42, 46, 51, 56] sts. Place a marker at side edge of last row.

Shape shoulder

Work 9 rows dec 1 st at end (shoulder edge) on next and every foll alt row AT THE SAME TIME dec 1 st at front edge as before on 7th [next, 3rd, 3rd, 3rd] row and foll 0 [8th, 0, 0, 0] row. 30 [35, 40, 45, 50] sts.

Next row: BO 2 sts, patt to end. 28 [33, 37, 42, 47] sts.

Next row: patt.


For 1st, 3rd, 4th and 5th sizes only

Work 2 [4, 6, 2] rows BO 5 [6, 6, 6] sts at beg of 2nd row and foll alt row. 6 [6, 7, 24] sts rem.

Patt 1 row.

For 2nd size only

Patt 1 row.

For 5th size only

Work 2 rows BO 7 sts at beg of 2nd row. 17 sts.

Work 2 rows BO 8 sts at beg of 2nd row. 9 sts.

Patt 1 row.

For all sizes

BO rem 6 [6, 6, 7, 9] sts.

BACK

Using size US8 (5mm) needles CO 105 [115, 125, 135, 145] sts.

Row 1: K1, (P1, K1) to end.
Row 2: P1, (K1, P1) to end.
Row 3: P1, (K1, P1) to end.
Row 4: K1, (P1, K1) to end.

The last 4 rows form pattern and is rep throughout.
Work in patt until back measures same as left front to shoulder shaping, ending with rs facing.
Place a coloured marker at each end of last row.

**Shape Shoulders**

Work 10 rows dec 1 st at each end of next and every foll alt row. 95 [105, 115, 125, 135] sts.

BO 2 sts in patt at beg of next 2 rows. 91 [101, 111, 121, 131] sts.


For 1st, 3rd, 4th and 5th sizes only


For 5th size only

BO 7 sts in patt at beg of next 2 rows. 71 sts.

BO 8 sts in patt at beg of next 2 rows. 55 sts.

For all sizes

BO 6 [6, 6, 7, 9] sts in patt at beg of next 2 rows. 35 [35, 37, 37, 37] sts.

BO rem 35 [35, 37, 37, 37] sts in patt.

Armhole Borders (both alike)

Place a marker 23 [24, 25, 26, 27] cm down from markers at shoulder shaping. Join shoulder seams.

With rs facing, using size US6 (4mm) needles pick up and knit 102 [110, 118, 122, 130] sts evenly around armhole edge and proceed as foll;

Row 1: P2, (K2, P2) to end.

Row 2: K2, (P2, K2) to end.

The last 2 rows form 2x2 rib.

Work a further 10 rows. BO Knitwise.

**Right Front Border**

With rs facing, using size US6 (4mm) needles and beg at lower edge of right front, pick up and knit 88 [92, 99,
103, 107] sts evenly along straight edge, 89 sts evenly along shaped edge and 17 [17, 18, 18, 18] sts to centre back neck. 194 [198, 206, 210, 214] sts.

Row 1: P2, (K2, P2) to end.
Row 2: K2, (P2, K2) to end.
The last 2 rows form 2x2 rib.
Work a further 31 rows. BO Knitwise.

Left Front Border
With rs facing, using size US6 (4mm) needles and beg at centre back neck, pick up and knit 17 [17, 18, 18, 18] sts from back of neck, 89 sts evenly along shaped edge, 88 [92, 99, 103, 107] sts evenly along straight edge to lower edge of left front. 194 [198, 206, 210, 214] sts.

Row 1: P2, (K2, P2) to end.
Row 2: K2, (P2, K2) to end.
The last 2 rows form 2x2 rib.
Work a further 31 rows. BO Knitwise.

Pocket Tops (both alike)
With rs facing, using size US6 (4mm) needles work across the 30 sts for pocket tops as follows;

Row 1: K2, (P2, K2) to end.
Row 2: P2, (K2, P2) to end.
The last 2 rows form 2x2 rib.
Work a further 3 rows. BO Knitwise.

To Make Up
Join row ends of each side and armhole borders together using mattress stitch or backstitch if preferred. Join row ends of left and right front borders together at back of neck, noting seam will be on rs but on ws when folded in half. Slip stitch pocket linings into place on ws. Neatly sew pocket tops in place.