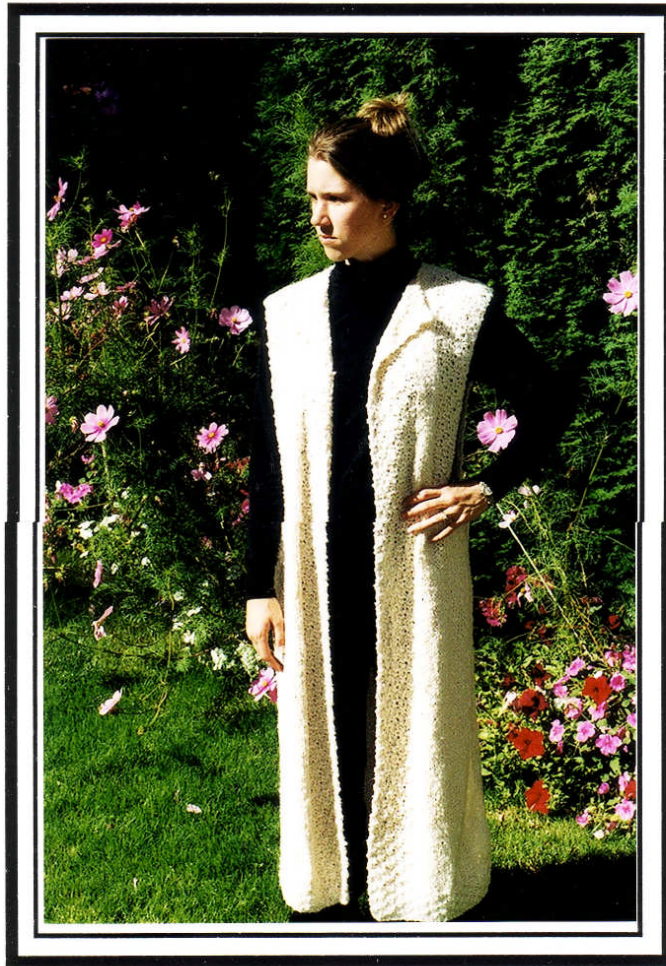




CYPB119

PAM'S INSTANT DIET VEST
(YOU'LL LOOK SLIM AND TRIM)
USING
CASCADE BULKEY LEISURE YARN



DESIGNED BY
PAM SCOTT

PAM'S INSTANT DIET VEST

FINISHED BUST: 52" LENGTH: 45" TENSION: 2.75 STS. = 1" IN ST.ST.

MATERIALS: 9 SKS. BULKY LEISURE BY CASCADE YARNS
#10 ½ & #11 NEEDLES

LEFT FRONT:

Cast on 38 sts using smaller needles and work bottom border as follows:

rows 1 & 4 *k2, p2* end k2.

Rows 2 & 3 *p2, k2* end p2.

Work this pattern for 3". Change to larger needles and proceed in pattern as follows:

rows 1 & 3 knit to last 12 sts. work double moss pattern (k2, p2)

rows 2 & 4 double moss for 12 sts (p2, k2), purl to end

Continue until piece measures 31" ending with a right side row facing.

SHAPE ARMHOLE:

Bind off 8 sts. Work double moss over next 12 sts.(k2, p2) knit to last 12 sts., work in double moss as established. Continue until piece measures 45" and bind off.

RIGHT FRONT:

Work as for left front making sure the armhole bind off is on a purl row.

BACK:

Cast on 70 sts. using smaller needles and work 3" of bottom border. Change to larger needles and continue in st.st. for 31". Bind off 8 sts at the beginning of the next 2 rows. Begin double moss pattern on both edges over 12 sts. When piece measures 42". Work another 3" in double moss pattern and bind off all sts.

FINISHING:

Sew 16 sts together for each shoulder leaving center 18 sts. for back neck. Sew side seams. The fronts fold back to make the collar.