

PUERPERIUM CARDIGAN

a free knitting pattern designed by Kelly Brooker

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LEAD PHOTOGRAPH COURTESY OF LEAH WILLIAMS

Puerperium is a very simply styled cardy, designed to be easy for new parents to dress their babe in the puerperium period (6weeks post birth). The pattern is seamless in construction, and offers a wonderful blank canvas should one decide to embellish.

This free pattern is written for 8ply/DK weight yarn, and to fit a newborn babe, approx 3-4kg (7-9lb) in weight, with an approx chest circumference of 37.5cm.

CONSTRUCTION

This pattern has you cast on at the neckline, and work flat utilising standard raglan increases until you reach the required chest size. From here the arm stitches are put on to waste yarn (or a stitch holder), and the body completed. You are working the garter stitch buttonband as you go. Once the body is completed, the sleeve stitches are returned to the needles and worked in the round to the required length. You will need to know how to knit small circumferences in the round to complete the sleeves – either utilising 'Magic Loop' or with Double Pointed needles. If you are not familiar with these techniques you may need to reference a knitting guide book, or view videos on the internet.

ABBREVIATIONS:

k.....knit
k2tog.....knit 2 stitches together (a decrease)
kfb.....knit into the front and back of a stitch (an increase)
PMa, PMb etc.....Place Marker a, Place Marker b etc
p.....purl
sl1p.....slip 1 stitch as if to purl
SM.....Slip Marker
sts.....stitches
yo.....yarn over (an increase; in this case used to create a buttonhole)

GAUGE/TENSION

(in stocking stitch)
 22sts/10cm on 4.0mm needles

MATERIALS

100g (approx 220m) 8ply/DK weight yarn
 7-8 x 10mm buttons (dependent upon your row gauge)
 2 small lengths of waste yarn or stitch holders

EQUIPMENT

80cm 4.0mm circular needle
 5 stitch markers
 darning needle (for sewing in ends)

SKILLS

knitting top-down raglans
 knitting 'in the round'



THE PATTERN

PART A: CHEST

Using long tail cast on, cast on 52 stitches

Row 1: s1p, k all sts to end of row

Row 2: work as for row 1

Row 3: s1p, k3, PMa, kfb, k5, kfb, PMb, kfb, k15, kfb, PMc, kfb, k5, kfb, PMd, kfb, k11, kfb, PMe, k4

Row 4 (buttonhole row): s1p, k1, yo, k2tog, k to end of row, SM as you pass them

Row 5: s1p, k3, SMa, kfb, k to 1 stitch left before Mb, kfb, SMB, kfb, k to 1 stitch left before Mc, kfb, SMc, kfb, k to 1 stitch left before Md, kfb, SMd, kfb, k to 1 stitch left before Me, kfb, SMe, k4

Row 6: s1p, k3, SMe, p until 4sts from end of row, SM as you pass them, k4

Rows 7, 9, 11, 13: work as for **Row 5**

Rows 8, 10, 12: work as for **Row 6**

Row 14 (buttonhole row): s1p, k1, yo, k2tog, SMe, p until 4sts from end of row, SM as you pass them, k4 (100sts)

Rows 15 – 24: work **Rows 5 – 14** once more (140sts)

Rows 25, 27, 29: work as for **Row 5**

Row 26, 28: work as for **Row 6**

After working row 29, you will have 164sts, as follows:
4/35/45/35/41/4

Row 30: s1p, k3, SMe, p to Md (41sts, front), remove Md, place next 35sts onto waste yarn, remove Mc, p to Mb (45sts, back), remove Mb, place next 35sts onto waste yarn, SMa, k4

PART B: BODY

Row 1: s1p, k to end of row, SM as you pass them (94sts)

Row 2: s1p, k3, SMe, p to marker, SMa, k4

Row 3: work as for **Row 1**

Row 4:(buttonhole row): s1p, k1, yo, k2tog, SMe, p to marker, SMa, k4

Rows 5, 7, 9, 11, 13: work as for **Row 1**

Rows 6, 8, 10, 12: work as for **Row 2**

Row 14: work as for **Row 4 (buttonhole row)**

Repeat **Rows 5 – 14** until work measures approx 12-13cm from underarm, ensure you end having just worked **Row 13**

PART C: EDGING

Row 1: s1p, k1, yo, k2tog, k to end of row

Row 2: s1p, k to end of row.

Repeat edging **Row 2** twice more. Cast off.

PART D: SLEEVES

OPTION ONE – STRAIGHT SLEEVES

Return stitches from one piece of waste yarn to your needle, and pick up 4sts under each arm, placing a marker in the centre of these 4sts just picked up (39sts)

(You will be working sleeve in the round. The marker sits under the arm and marks the start/finish of round)

Knit in stocking stitch (k all sts, every round) until sleeve measures approx 10cm from underarm

Work 4 rounds of garter stitch (k one round, p one round). Cast off

Repeat for second sleeve

NOTE: For short sleeves, move straight to garter stitch edging, eliminating the 10cm of length.

OPTION TWO – TAPERED SLEEVES

Return stitches from one piece of waste yarn to your needle, and pick up 4sts under each arm, placing a marker in the centre of these 4sts just picked up (39sts)

(You will be working sleeve in the round. The marker sits under the arm and marks the start/finish of round)

Knit in stocking stitch (k all sts, every round) until sleeve measures approx 1.25cm from underarm

Decrease round: ssk, k until 2 sts from end of round, k2tog

Alternate working 1.25cm stocking stitch with a decrease round until you have a stitch count of 27sts

Knit in stocking stitch until sleeve measures approx 10cm from underarm

Work 4 rounds of garter stitch (k one round, p one round). Cast off

Repeat for second sleeve

FINISHING:

Sew in all ends

Wash in a gentle wool wash, then lay flat and in shape, to dry

Securely sew on buttons to garter stitch button band, corresponding with the buttonholes.

BEYOND PUERPERIUM

So you've enjoyed knitting the Puerperium Cardigan, but the babe is approaching 10lb in weight and getting too big to squeeze in any longer?

Visit www.pekapekapatterns.com to find more information about a comprehensive version; more sizes, and written for more than one yarn weight!

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I give my blessing for you to knit and sell as many items using this pattern as you wish!

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