# 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.*

## 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)*

## 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)*

## SKILLS

*knitting top-down raglans*
*knitting 'in the round'*



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# 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!*

## Puerperium Cardigan

a knitting pattern by Kelly Brooker

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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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