



TRACK SUIT

MEASUREMENTS

SWEATER To Fit Chest			16 41	18 46	20 51	22 56	in cm
Actual Size			19 48	21 55	23 60	25 64	in cm
Full Length (adjustable)			8 20	9½ 24	11 28	12½ 32	in cm
Sleeve Length (adjustable)			5 13	6 15	7 18	8 20	in cm
LEGGINETTES Waist to Crutch			8 20	8½ 22	in cm		
Leg Length			8 20	8½ 22	in cm		
HAT Width Round Head			14½ 37	16½ 42	in cm		
Quality			16	18	20	22	Balls
Pretty Pastels DK	064004 064003	Main Contrast	5 1	5 2	5 2	6 2	40gm
Pretty Whites DK		Main Contrast	5 1	5 2	5 2	5 2	40gm
Pretty Whites Lustre DK		Main Contrast	5 2	5 2	6 2	6 3	40gm
Grampian DK		Main Contrast	4 1	4 1	4 2	4 2	50gm

The quantities of yarn stated are based on average requirements and are therefore approximate.
1 Pair of No. 4mm (UK 8 - USA 5) Knitting Needles.
1 Pair of No. 3¼mm (UK 10 - USA 3) Knitting Needles.
3 Buttons.
1in, 3cm wide elastic as required.

THIS LEAFLET IS SUITABLE FOR ALL HAYFIELD DK YARNS PLEASE ASK YOUR LOCAL STOCKIST FOR QUANTITIES.

TENSION

22 sts and 28 rows to 4in, 10cm, over stocking stitch on No. 4mm needles or the size required to give the correct tension.

If the knitting is loose use a thinner needle.
If the knitting is tight use a thicker needle.

VERY IMPORTANT

MEASURE YOUR TENSION THROUGHOUT KNITTING TO ENSURE SUCCESS.

After casting off stitches for shaping, one stitch will remain on right hand needle which is not included in the instructions that follow.

Instructions are given in 4 sizes: 16 [18:20:22] in, 41 [46:51:56] cm.

ABBREVIATIONS

Alt Alternate
Cont Continue
Dec Decrease(ing)
Foll Following
Inc Increase(ing)
K Knit
M Main
C Contrast
P Purl
Pss Pass slipped stitch over

Rem Remain(ing)
Rep Repeat
Rs Right Side
S1 Slip one stitch knitways
St(s) Stitch(es)
Tog Together
Ws Wrong Side
in Inch(es)
cm Centimetres
mm Millimetres

SPECIAL ABBREVIATIONS

Rib. 1st Row. * K1, p1, rep from * to last st, k1.

2nd Row. * P1, k1, rep from * to last st, p1.

Rep 1st and 2nd rows.

m1. Make one stitch. Pick up loop between last and next stitch and work into the back of this loop.

St-st. Stocking stitch. * **1st Row.** Knit. **2nd Row.** Purl. Rep from *.

Sweater

The back

Using No. 3¼mm needles and C cast on 45 [51:55:61] sts.

Work in rib for 2in, 5cm, ending on a ws row.

Next Row. P1 [4:4:2], inc once in next st purlways, (p5 [5:4:7], inc once in next st purlways) 7 [7:9:7] times, purl to end. 53 [59:65:69] sts. Break off C, join in M. **

Change to No. 4mm needles and proceed in st-st (throughout) until work measures 5 [6:7:8] in, 13 [15:18:20] cm, ending on a ws row.

Next Row. P25 [28:31:33], m1, p3, m1, purl to end. 55 [61:67:71] sts.

Divide for Back Neck Opening

Next Row. K24 [27:30:32], turn. Working on these 24 [27:30:32] sts only proceed as follows:—

Next Row. Purl to end.

Cont without shaping until work measures 8 [9½:11:12½] in, or 20 [24:28:32] cm, ending on a ws row.

Shape Shoulder

Next Row. Cast off 18 [20:22:23] sts, knit to end.

Break off M, leave rem 6 [7:8:9] sts on a thread.

With rs facing, rejoin M to rem 31 [34:37:39] sts proceed as follows:—

Next Row. Slip 7 sts onto a thread, knit to end. 24 [27:30:32] sts.

Next Row. Purl to end.

Cont without shaping until work measures 8 [9½:11:12½] in, 20 [24:28:32] cm, ending on a ws row.

Shape Shoulder

Next Row. K6 [7:8:9], cast off 18 [20:22:23] sts. Fasten off.

Leave rem 6 [7:8:9] sts on a thread.

The front

Work exactly as given for The Back until ** is reached.

Change to No. 4mm needles and proceed in st-st (throughout) until

work measures 6 [7½:9:10½] in, 15 [19:23:27] cm, ending on a ws row.

Shape Neck

Next Row. K22 [24:26:27], turn.

Working on these 22 [24:26:27] sts only proceed as follows:—

Next Row. Purl to end.

Work 4 rows dec once at neck edge in every row. 18 [20:22:23] sts. Cont without shaping until work measures same as The Back, ending on a ws row.

Shape Shoulder

Cast off.

With rs facing, rejoin M to rem 31 [35:39:42] sts proceed as follows:—

Next Row. Slip 9 [11:13:15] sts onto a thread, knit to end. 22 [24:26:27] sts.

Next Row. Purl to end.

Work 4 rows dec once at neck edge in every row. 18 [20:22:23] sts.

Cont without shaping until work measures same as The Back, ending on a ws row.

Shape Shoulder

Cast off.

Sew up shoulder seams.

The sleeves (Both alike)

Using No. 3¼mm needles and C

cast on 23 [25:29:31] sts.

Work in rib for 1 in, 3 cm, ending on a rs row.

Next Row. P1, * (inc once in next st purlways, p1) 2 [2:4:3] times, * (inc once in next st purlways) 12 [14:10:16] times, p1, rep from * to * once, p1. 39 [43:47:53] sts.

Change to No. 4mm needles and proceed in st-st (throughout) inc once at each end of 5th and every foll 6th [6th:8th:8th] row to 45 [51:55:61] sts.

Cont without shaping until work measures 4 [5:6:7] in, 10 [13:15:18] cm, or length required, ending on a ws row.

Break off M, join in C.

Work in rib for 1 in, 3 cm.

Cast off in rib.

The right border

With rs facing, using No. 3¼mm needles rejoin C to 7 sts left on a thread at back of neck and proceed as follows:—

Work 6 rows.

*****Next Row.** Rib 3 sts, cast off 1 st, rib to end.

Next Row. Rib 3 sts, cast on 1 st, rib to end. ***

Work 8 [10:12:14] rows.

Rep from *** to ***.

Work 6 [8:10:12] rows.

Break off C, leave these sts on a thread.

The left border

Using No. 3¼mm needles and C cast on 7 sts.

Work exactly as given for The Right Border, omitting buttonholes.

Do not break off C, leave these sts on a thread.

The neckband

With rs facing, using No. 3¼mm needles and commencing with left border, rib across 7 sts left on a thread, knit across 6 [7:8:9] sts left on a thread at left side of back neck,

pick up and knit 11 sts evenly along left side of front neck, knit across 9 [11:13:15] sts left on a thread at front of neck, pick up and knit 11 sts evenly along right side of neck, knit across 6 [7:8:9] sts left on a thread at right side of back neck and rib across 7 sts left on a thread for right border. 57 [61:65:69] sts.

Commencing with 2nd row of rib, work 1 row.

Next Row. Rib to last 4 sts, cast off 1 st, rib to end.

Next Row. Rib 3 sts, cast on 1 st, rib to end.

Work 4 rows in rib.

Cast off in rib.

To make up

Read Pressing Instructions. Sew up side seams leaving 4 [4½:5:5½] in, 10 [11:13:14] cm free to form armholes. Sew up sleeve seams. Sew in sleeves. Sew overlay and underlay in position. Sew on buttons. Swiss darn letters and numbers as illustrated if required.

Legginettes

The right leg

Using No. 3¼mm needles and C ✓ cast on 59 [65] sts.

Work in rib for 1½ in, 4 cm, inc once at end of last row. 60 [66] sts.

Break off C, join in M.

Change to No. 4mm needles and working in st-st (throughout) inc once at each end of every foll 7th row to 74 [80] sts.

Cont without shaping until work measures 8 [8½] in, 20 [22] cm, ending on a ws row.

Shape Inside Leg

Work 2 rows dec once at each end of every row. 70 [76] sts.

Work 18 rows dec once at each end of next and every foll alt row. 52 [58] sts.

Work 30 rows dec once at each end of 2nd and every foll 3rd row. 32 [38] sts.

Cont without shaping until inside leg measures 8 [8½] in, 20 [22] cm, ending on a ws row. *

Shape Instep

Next Row. K29 [34], turn.

Next Row. P10 [11], turn.

Working on these 10 [11] sts only proceed as follows:—

Work 12 [14] rows in st-st.

Work 2 rows dec once at each end of every row. 6 [7] sts.

Break off M.

With rs facing rejoin M to instep end of first 19 [23] sts, pick up and knit 11 [13] sts evenly along right side of instep, knit across 6 [7] sts, pick up and knit 11 [13] sts evenly along left side of instep and knit across 3 [4] sts. 50 [60] sts.

Next Row. Purl to end.

Work 4 rows in st-st.

Shape Foot

1st Row. K6 [7], k2tog, k1, sl, k1, psso, k18 [23], k2tog, k4 [5], sl, k1, psso, knit to end.

2nd Row. Purl to end.

3rd Row. K5 [6], k2tog, k1, sl, k1, psso, k16 [21], k2tog, k4 [5], sl, k1, psso, knit to end.

4th Row. As 2nd row.

5th Row. K4 [5], k2tog, k1, sl, k1, psso, k14 [19], k2tog, k4 [5], sl, k1, psso, knit to end. 38 [48] sts.

6th Row. Purl to end.

Cast off.

The left leg

Work exactly as given for The Right Leg until * is reached.

Shape Instep

Next Row. K13 [15], turn.

Next Row. P10 [11], turn.

Working on these 10 [11] sts only proceed as follows:—

Work 12 [14] rows in st-st.

Work 2 rows dec once at each end of every row. 6 [7] sts.

Break off M.

With rs facing, rejoin M to instep end of first 3 [4] sts, pick up and knit 11 [13] sts evenly along right side of instep, knit across 6 [7] sts, pick up and knit 11 [13] sts evenly along left side of instep and knit across 19 [23] sts. 50 [60] sts.

Next Row. Purl to end.

Work 4 rows in st-st.

Shape Foot

1st Row. K13 [16], k2tog, k4 [5], sl, k1, psso, k18 [23], k2tog, k1, sl, k1, psso, knit to end.

2nd Row. Purl to end.

3rd Row. K12 [15], k2tog, k4 [5], sl, k1, psso, k16 [21], k2tog, k1, sl, k1, psso, knit to end.

4th Row. As 2nd row.

5th Row. K11 [14], k2tog, k4 [5], sl, k1, psso, k14 [19], k2tog, k1, sl, k1, psso, knit to end. 38 [48] sts.

6th Row. Purl to end.

Cast off.

To make up

Read Pressing Instructions. Sew up centre back and front seams. Sew up inside leg and foot seams. Sew ends of 1in, 3cm wide elastic together and sew in position at waist in casing stitch.

Hat

Using No. 3¼mm needles and C cast on 81 [91] sts. Work in rib for 3in, 8cm, ending on a ws row. Break off C, join in M. Change to No. 4mm needles and proceed in st-st (throughout) until

work measures 5½ [6½] in, 14 [17] cm, ending on a ws row.

Shape crown

1st Row. * K8, k2tog, rep from * to last st, k1.

Work 3 rows.

5th Row. * K7, k2tog, rep from * to last st, k1.

Work 3 rows.

9th Row. * K6, k2tog, rep from * to last st, k1.

Work 3 rows.

13th Row. * K5, k2tog, rep from * to last st, k1.

Work 3 rows.

17th Row. * K4, k2tog, rep from * to last st, k1.

Work 3 rows.

21st Row. * K3, k2tog, rep from * to last st, k1.

Work 3 rows.

25th Row. * K2, k2tog, rep from * to last st, k1.

Work 3 rows.

29th Row. * K1, k2tog, rep from * to last st, k1.

Break off M, run yarn through rem 17 [19] sts draw up and fasten off.

To make up

Read Pressing Instructions. Sew up seam. Turn back rib as illustrated. Using A make pom-pon and attach to top of hat.

SWISS DARNING

The stitch is worked with a tapestry needle over the actual stitches of the knitted fabric, thus retaining the texture, elasticity and character of the knitting. The finished pattern or motif has the appearance of having been knitted in.

It is essential to use the same thickness of yarn as that which has been used for the knitted fabric.

