

# Heart Bear Easy-Peasy One-Piece Sweater

Sweater is knit in one piece from Front waist, up and over shoulders to Back waist. Side and Sleeve seams are sewn together after knitting is complete. Front and Back are identical.

- Materials:** approx. 19g DK yarn
- Needles:** pair of 4mm straight needles
- Notions:** darning needle, row counter (optional)
- Gauge:** 28 stitches, 36 rows = 10cm X 10cm
- Sizing:** Garment fits teddy bear approx. 30cm tall, with a waist of approx. 30cms

## Abbreviations and techniques:

k	=	knit	RS	=	Right Side
p	=	purl	WS	=	Wrong Side
st	=	stitch	inc	=	increase
sts	=	stitches	dec	=	decrease
rep	=	repeat	sl	=	slip
k2tog	=	knit 2 stitches together	sl1k	=	slip one stitch knitwise
p2tog	=	purl 2 stitches together	sl1p	=	slip one stitch purlwise
[ ]	=	work instructions in square brackets the number of times stated			
stst	=	stockingnette stitch—knit RS rows, purl WS rows			
m1	=	make 1 stitch, make a stitch by picking up the stitch between stitches, twist it and knit or purl into the back of the twisted stitch			

Cable cast-on in rib = This has a very discreet edge against k1 p1 ribbing. Also a very elastic, easy cast-on method. (AKA alternating cable cast-on) <http://newstitchaday.com/alternating-cable-cast-on-knitting/> <http://www.knittinghelp.com/videos/cast-on>

Matress Stitch = Makes an invisible side seam. <http://www.knittinghelp.com/videos/knitting-tips> (also see diagram at end of knitting instructions)

**Note:** Odd numbered rows are worked on the RS. Even numbered rows are worked on the WS.



## Front Rib Waistband

Cast-on 31 sts using cable cast-on in k1 p1 rib, leaving 30cm tail. Long tail will be used to sew Right Side and Right Sleeve seams together.

*(knit next 4 rows in p1, k1 rib)*

Row 1 (RS) – [p1, k1] rep to end (31 sts)

Row 2 (WS) – [k1, p1] rep to end (31 sts)

Row 3 – rep row 1

Row 4 – rep row 2



## Front Body

*(knit next 4 rows in stst)*

Row 5 – knit (31 sts)

Row 6 – purl (31 sts)

Row 7 – rep row 5 (31 sts)

Row 8 – rep row 6 (31 sts)



## Begin Sleeve Increases

*(inc 1 st at each end of the next 8 rows)*

Row 9 (RS) – k1, m1, k29, m1, k1 (33 sts)

Row 10 (WS) – p1, m1, p31, m1, p1 (35 sts)

Row 11 – k1, m1, k33, m1, k1 (37 sts)

Row 12 – p1, m1, p35, m1, p1 (39 sts)

Row 13 – k1, m1, k37, m1, k1 (41 sts)

Row 14 – p1, m1, p39, m1, p1 (43 sts)

Row 15 – k1, m1, k41, m1, k1 (45 sts)

Row 16 – p1, m1, p43, m1, p1 (47 sts)



## Begin Sleeve Cuff Bands

*(add 4 sts of rib to each Sleeve edge)*

Row 17 (RS) – k1, p1, k1, p1, k39, p1, k1, p1, k1 (47 sts)



## Add Sleeve Edge Stitches

Row 18 (WS) – sl1p, k1, p1, k1, p39, k1, p1, k1, p1 (47 sts)

Row 19 (RS) – sl1k, p1, k1, p1, k39, p1, k1, p1, k1 (47 sts)



### Continue Front Sleeves

*(knit next 9 rows in stst with Cuff Bands and Sleeve Edge Sts)*

Rows 20 to 28 – rep rows 18 and 19



### Begin Front Neck Band

*(add 19 sts p1, k1 rib to middle of Front – 4 rows of rib in total)*

Row 29 (RS) – sl1k, p1, k1, p1, k10, [p1, k1] 9 times, p1, k10, p1, k1, p1, k1 (47 sts)

Row 30 (WS) – sl1p, k1, p1, k1, p10, [k1, p1] 9 times, k1, p10, k1, p1, k1, p1 (47 sts)

Row 31 – rep row 29

Row 32 – rep row 30



### Make Neck Hole

*(cast-off in rib 15 sts, in middle of 19 st Neck Band)*

Row 33 (RS) – sl1k, p1, k1, p1, k10, p1, k1, cast-off 15 sts, k1, p1, k10, p1, k1, p1, k1 (32 sts)



*(cast-on in rib 16 sts, in middle of 19 st Neck Band)*

Note – extra 16<sup>th</sup> st is cast-on and then purled together\* with first st on Left Sleeve to make a tight join.

Row 34 (WS) – sl1p, k1, p1, k1, p10, k1, p1, turn work (RS facing), cast-on using cable cast-on in p1, k1 rib 16 sts, turn work (WS facing), sl 1 st from right-hand needle to left-hand needle, p2tog\*, k1, p10, k1, p1, k1, p1 (47 sts)

*(\* purl together creates a tighter join)*



### Complete Back Neck Band

*(add 19 sts rib to middle of Back – 4 rows of rib in total)*



Row 35 (RS) – sl1k, p1, k1, p1, k10, [p1, k1] 9 times, p1, k10, p1, k1, p1, k1 (47 sts)

Row 36 (WS) – sl1p, k1, p1, k1, p10, [k1, p1] 9 times, k1, p10, k1, p1, k1, p1 (47 sts)

Row 37 – rep row 35

Row 38 – rep row 36

### Continue Back Sleeves

*(knit next 12 rows in stst with Cuff Bands and Sleeve Edge Sts)*

Rows 39 to 50 – rep rows 18 and 19



### Begin Sleeve Decreases

*(dec 1 st at each end of the next 8 rows)*

Row 51 (RS) – k1, k2tog, k41, k2tog, k1 (45 sts)

Row 52 (WS) – p1, p2tog, p39, p2tog, p1 (43 sts)

Row 53 – k1, k2tog, k37, k2tog, k1 (41 sts)

Row 54 – p1, p2tog, p35, p2tog, p1 (39 sts)

Row 55 – k1, k2tog, k33, k2tog, k1 (37 sts)

Row 56 – p1, p2tog, p31, p2tog, p1 (35 sts)

Row 57 – k1, k2tog, k29, k2tog, k1 (33 sts)

Row 58 – p1, p2tog, p27, p2tog, p1 (31 sts)



### Back Body

*(knit next 5 rows in stst)*

Row 59 – knit (31 sts)

Row 60 – purl (31 sts)

Row 61 – rep row 59

Row 62 – rep row 60

Row 63 – rep row 59

### Back Rib Waistband

*(knit next 4 rows in p1, k1 rib)*

Row 64 (WS) – [k1, p1] rep to end (31 sts)

Row 65 (RS) – [p1, k1] rep to end (31 sts)

Row 66 – rep row 64

Row 67 – rep row 65

Row 68 – cast-off in k1, p1 rib.



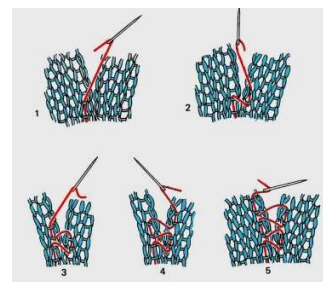
Cut yarn leaving 30cm tail. Long tail will be used to sew Left Side and Left Sleeve seams together.



### Finishing

Using 2 long tails and RS facing sew the side seams and sleeve seams together using Mattress Stitch. Sew in 2 ends.

### Mattress Stitch



# Heart Bear Easy-Peasy One-Piece Sweater

Cast-on or Cast-off stitches

Purl on Right Side (RS)  
Knit on Wrong Side (WS)

Knit on RS, Purl on WS

make 1 stitch, make a stitch by picking up the stitch between stitches, twist it and knit or purl into the back of the stitch

Slip 1 stitch knit wise (sl1k)

Slip 1 stitch purl wise (sl1p)

Purl two stitches together to make a tight Back neck band join (p2tog)

Knit two stitches together (k2tog) on the RS  
Purl two stitches together (p2tog) on the WS

Centre Front

Centre Back

## Note:

Odd numbered rows are worked on the RS.  
Work odd rows from Right to Left on the chart.



Even numbered rows are worked on the WS.  
Work even rows from Left to Right on the chart.

