

Double Knit Version of "Mother Teresa's Pneumonia Prevention Vest"

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For age: 1 year old

Materials: approximately 1-1½ balls (50-75 g) double knit/sportsweight yarn

Knitting needles: 4.5 mm (size 7 Canadian)



(brackets) indicate number of stitches if you are using a finer yarn.

Cast on 66 (72) sts.

Work 48 (60) rows K1, P1 rib.

Cast off 6 (8) sts at beg of next 2 rows – 54 (56) sts.

Continue in rib for 16 rows.

Next row: Rib 17 sts, turn. Work a further 18 rows on these 17 sts. Break off yarn (be sure you are finished at the neck side).

Rejoin yarn to sts remaining on left-hand needle. Cast off 20 sts, rib to end.

Rib a further 17 rows on the balance of 17 sts, again ending at neck side.

Cast on 20 st then rib over the 17 st from other side – 54 (56) sts. This now forms the neck opening.

Rib 16 rows.

Cast on 6 (8) st at end of next 2 rows – 66 (72) sts.

Work 48 (60) rows in rib. Cast off in rib.

Sleeves

With right side facing, pick up and K 42 (44) sts around armhole. Rib 7 (9) rows. Cast off in rib.

Work other sleeve in the same way.

To Make Up

Stitch side and sleeve seams. Either leave neck as is, or blanket stitch around. Or work 1 row dc (double crochet) around neck, being careful not to pull the neck too tight to get over child's head.

Note:

Remember – the yarn MUST BE soft, washable, preferably in darker colours as they may not have access to clean water. Softness is important as they are next to the babies' skin. They love bright colours.

A garter stitch version of the Pneumonia Prevention Vest can be found at <http://ams.pccatlantic.ca/> (under Projects/Studies link) and a crochet version is available at <http://www.wendysweewoolies.com/pneumoniapreventionvests.html>.