

Capstone Pattern Instructions

Abbreviations:

Dec - Decrease

Inc - Increase

Gathered Strappy Top

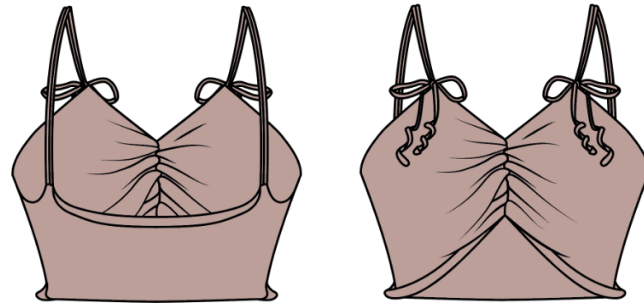
Tension: 3

Carriage Tension: 3

Back

1. Cast on 86
2. Knit 38 rows
3. Cast off

Time: 15 mins



Front (left):

1. Carriage starting on right side
2. Cast on 40
3. Knit 1 row
4. Inc 1 on right, knit 2 rows
5. Repeat step 4 until total 52 stitches on needles, 25 rows knitted, carriage on left
6. Knit 7 rows, carriage on right
7. Dec 1 on right, knit 4 rows
8. Dec 1 on right, knit 2 rows
9. Dec 1 on left, knit 2 rows
10. Dec 1 on left and right, knit 2 rows
11. Repeat steps 9 - 10 until row 78
12. Repeat step 9, total 80 rows and 20 needles remaining
13. Cast off

Time: 20 mins

Front (right):

1. Carriage starting on left side
2. Cast on 40
3. Knit 1 row
4. Inc 1 on left, knit 2 rows
5. Repeat step 4 until total 52 stitches on needles, 25 rows knitted, carriage on right
6. Knit 7 rows, carriage on left
7. Dec 1 on left, knit 4 rows
8. Dec 1 on left, knit 2 rows
9. Dec 1 on right, knit 2 rows
10. Dec 1 on right and left, knit 2 rows
11. Repeat steps 9 - 10 until row 78

12. Repeat step 9, total 80 rows and 20 needles remaining

13. Cast off

Time: 20 mins

Straps:

1. Slip chain stitch measuring 120 cm in length

2. Repeat step 1 to have two straps

Time: 45 mins

Sewing:

1. Mattress seam stitch front right and left in the centre and gather

2. Mattress seam stitch back and front side seams together

3. Add straps

4. Sew in loose ends

Time: 60mins

Total Labour Time: 160 mins / 2 hrs 40 mins

Total Blocking Time: 45 mins / 0.75hr

Gathered High-Neck Top

Tension: 3

Carriage Tension: 3

Back:

1. Cast on 76

2. Knit 12 rows

3. Inc 1 on left and right, knit 12 rows

4. Inc 1 on left and right, knit 14 rows

5. Dec 1 on left and right, knit 2

6. Repeat step 5 until row 60

7. Dec 1 on left and right, knit 3 rows

8. Repeat step 7 until row 78

9. Knit 17 rows, carriage on left, row 95

10. Bring out right 28 needles in D position

11. Dec 1 on right, knit 2

12. Repeat step 11 until row 111, 10 working needles remaining

13. Break yarn leaving 40 cm yarn tail

14. Move carriage to right and put right 18 needles to working position

15. Dec 1 on left, knit 2

16. Repeat step 15 until row 127, 10 working needles remaining

17. Break yarn leaving 40cm yarn tail

18. Cast off both shoulders and middle 10 needles with yarn tail

Time: 40 mins



Front (left):

1. Carriage starting on right side, cast on 38
2. Knit 1 row
3. Inc 1 on right, knit 2 rows
4. Repeat step 3 until row 15
5. Inc 1 on left, knit 11 rows
6. Inc 1 on left, knit 6 rows
7. Inc 1 on right, knit 6, total 38 rows
8. Dec 1 on left, knit 3 rows
9. Repeat step 8 until row 50
10. Dec 1 on right
11. Repeat step 8 until row 68
12. Dec 1 on left, knit 5
13. Repeat step 12 until row 93
14. Push right 8 needles into position D, carriage on left
15. Knit 1 row
16. Push next right needle to position D, knit 2 rows
17. Repeat step 16 until 10 needles remaining in working position, row 112
18. Knit 1 row, carriage on left
19. Cast off

Time: 25 mins

Front (right):

1. Carriage starting on left side, cast on 38
2. Knit 1 row
3. Inc 1 on left, knit 2 rows
4. Repeat step 3 until row 15
5. Inc 1 on right, knit 11 rows
6. Inc 1 on right, knit 6 rows
7. Inc 1 on left, knit 6, total 38 rows
8. Dec 1 on right, knit 3 rows
9. Repeat step 8 until row 50
10. Dec 1 on left
11. Repeat step 8 until row 68
12. Dec 1 on right, knit 5
13. Repeat step 12 until row 93
14. Push left 8 needles into position D, carriage on right
15. Knit 1 row
16. Push next left needle to position D, knit 2 rows
17. Repeat step 16 until 10 needles remaining in working position, row 112
18. Knit 1 row, carriage on right
19. Cast off

Time: 25 mins

Crochet Cord:

1. Slip chain stitch measuring 20 cm in length
2. Repeat step 1 to have two cords
3. Slip chain stitch measuring 70 cm in length

Time: 65 mins

Sewing:

1. Mattress seam stitch shoulder seams together
2. Mattress seam stitch back and front side seams together
3. Add straps
4. Gather front section
5. Sew in loose ends

Time: 175 mins

Total Labour Time: 330 mins / 5 hrs 30 mins

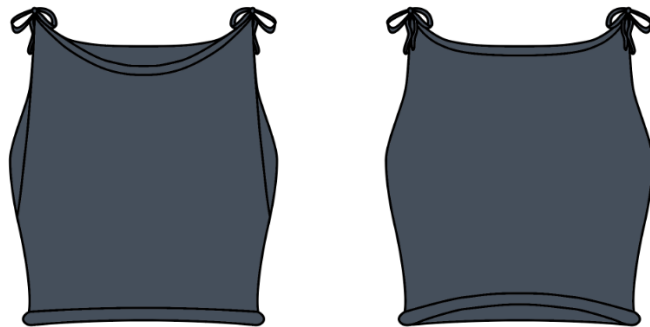
Total Blocking Time: 60 mins / 1hr

Distressed Top

Tension: 3

Carriage Tension: 3

Add distressing anywhere randomly with eyelet techniques



Front:

1. Cast on 90
2. Knit 54 rows
3. Dec 1 on left and right, knit 2 rows
4. Repeat step 3 until row 94, dec total of 20 stitches including first dec
5. Knit until row 120
6. Cast off with stretch method

Time: 40 mins

Back:

1. Cast on 86
2. Knit 54 rows
3. Dec 1 on left and right, knit 2 rows
4. Repeat step 3 until row 94, dec total of 20 stitches including first dec
5. Knit 6 rows, total 100 rows
6. Inc 1 on left and right, knit 4 rows
7. Repeat step 6 until row 120, inc total of 10 stitches including first inc
8. Cast off with stretch method

Time: 40 mins

Shoulder Ties:

1. Slip chain stitch measuring 34 cm in length
2. Repeat step 1 to have two ties

Time: 30 mins

Sewing:

1. Mattress seam stitch back and front side seams together
2. Add ties to connect shoulder points
3. Sew in loose ends

Time: 55 mins

Total Labour Time: 165 mins / 2 hrs 45 mins

Total Blocking Time: 30 mins / 0.5hr

Six Panel Gathered Skirt

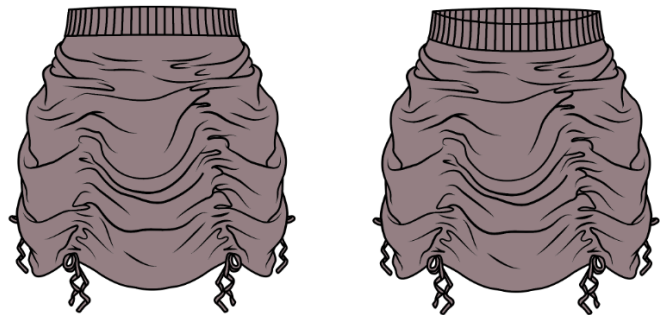
Tension: 3

Carriage Tension: 3

Skirt Panels:

1. Cast on 40
2. Knit 92 rows
3. Dec 1 on left and right, knit 7 rows
4. Repeat step 3 until row 155
5. Dec 1 on left and right, knit 5 rows, total 160 rows
6. Cast off with stretch method
7. Repeat steps 1 to 6 another 5 times to have a total of 6 panels

Time: 45 mins



Ribbed Waistband:

1. Refer to swatch 4
2. Crochet waistband measuring 42 cm in length (without stretching)

Time: 105 mins

Side Drawstrings:

1. Slip chain stitch measuring 90 cm in length
2. Repeat step 1 another 5 times to have a total of 6 cords

Time: 105 mins

Sewing:

1. Mattress seam stitch panels together
2. Mattress seam stitch waistband to waistline of skirt
3. Gather panel seams with cord
4. Sew in loose ends

Time: 206 mins

Total Labour Time: 461 mins / 7 hrs 41 mins

Total Blocking Time: 45 mins / 0.75hr

Two Panel Gathered Skirt

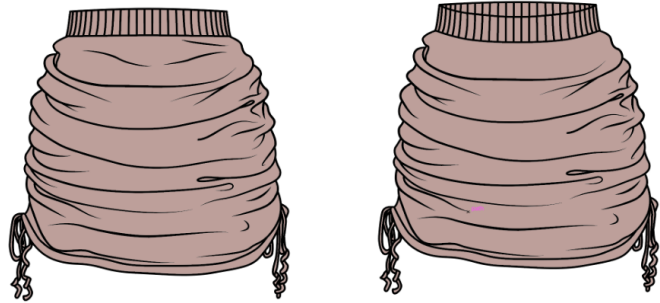
Tension: 3

Carriage Tension: 3

Skirt Panels:

1. Cast on 100
2. Knit 175 rows
3. Dec 1 on left and right, knit 3 rows
4. Repeat step 3 until row 199
5. Knit 1 row
6. Cast off with stretch method
7. Repeat steps 1 to 6 to have a total of 2 panels

Time: 44 mins



Ribbed Waistband:

3. Refer to swatch 4
4. Crochet waistband measuring 42 cm in length (without stretching)

Time: 105 mins

Side Drawstrings:

3. Slip chain stitch measuring 120 cm in length
4. Repeat step 1 to have a total of 2 cords

Time: 70 mins

Sewing:

5. Mattress seam stitch panels together
6. Mattress seam stitch waistband to waistline of skirt
7. Gather panel seams with cord
8. Sew in loose ends

Time: 101 mins

Total Labour Time: 320 mins / 5 hrs 20 mins

Total Blocking Time: 18 mins / 0.3 hr

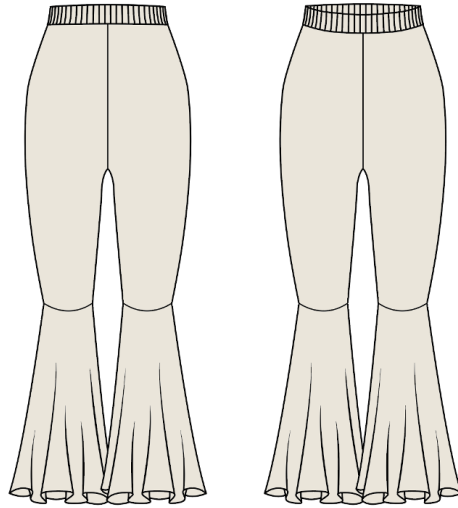
Flared Pants

Tension: 3

Carriage Tension: 3

Back (left):

1. Carriage on right, cast on 48
2. Knit 16 rows
3. Inc 1 on left, knit 4 rows
4. Repeat step 3 until row 72
5. Dec 1 on left, knit 3 rows
6. Repeat step 5 until row 107
7. Dec 1 on right, knit 1 row
8. Repeat step 5 until row 114
9. Dec 1 on left, knit 5 rows
10. Dec 1 on right
11. Repeat step 9 until row 164, decreasing 1 on right on rows 131, 143 and 155
12. Knit 3 rows
13. Cost off with stretch method



Time: 16 mins

Back (right):

1. Carriage on left, cast on 48
2. Knit 16 rows
3. Inc 1 on right, knit 4 rows
4. Repeat step 3 until row 72
5. Dec 1 on right, knit 3 rows
6. Repeat step 5 until row 107
7. Dec 1 on left, knit 1 row
8. Repeat step 5 until row 114
9. Dec 1 on right, knit 5 rows
10. Dec 1 on left
11. Repeat step 9 until row 164, decreasing 1 on left on rows 131, 143 and 155
12. Knit 3 rows
13. Cost off with stretch method

Time: 16 mins

Front (left):

1. Carriage on left, cast on 48
2. Knit 28 rows
3. Inc 1 on right, knit 4 rows
4. Repeat step 3 until row 72
5. Dec 1 on right, knit 3 rows
6. Repeat step 5 until row 107
7. Dec 1 on left, knit 1 row

8. Repeat step 5 until row 114
9. Dec 1 on right, knit 5 rows
10. Dec 1 on left
11. Repeat step 9 until row 164, decreasing 1 on left on rows 131, 143 and 155
12. Knit 3 rows
13. Cast off with stretch method

Time: 18 mins

Front (right):

1. Carriage on right, cast on 48
2. Knit 28 rows
3. Inc 1 on left, knit 4 rows
4. Repeat step 3 until row 72
5. Dec 1 on left, knit 3 rows
6. Repeat step 5 until row 107
7. Dec 1 on right, knit 1 row
8. Repeat step 5 until row 114
9. Dec 1 on left, knit 5 rows
10. Dec 1 on right
11. Repeat step 9 until row 164, decreasing 1 on right on rows 131, 143 and 155
12. Knit 3 rows
13. Cast off with stretch method

Time: 18 mins

Flared Hem:

1. Cast on 80
2. Knit 2 rows
3. Push all needles into position D except right 13 needles, knit 2 rows
4. Push next 13 needles on the right to C position, knit 2 rows
5. Repeat step 4 until 15 needles remain
6. Push remaining 15 needles to C position, knit 2 rows
7. Repeat step 3 to 6 until row 554
8. Cast off
9. Repeat steps 1 to 8 to have a total of 2 flared hem pieces

Time: 60 mins

Ribbed Waistband:

5. Refer to swatch 4
6. Crochet waistband measuring 42 cm in length (without stretching)

Time: 105 mins

Sewing:

1. Mattress seam stitch front left and right, back left and right and flared hem
2. Mattress seam stitch waistband to waistline of pants

3. Sew in loose ends

Time: 167 mins

Total Labour Time: 400 mins / 6 hrs 40 mins

Total Blocking Time: 60 mins / 1hr

Flared Dress

Tension: 3

Carriage Tension: 3

Top Front:

1. Cast on 76
2. Knit 45 rows
3. Dec 1 on left and right, knit 2 rows
4. Repeat step 3 until row 55
5. Dec 1 on left and right, knit 4 rows
6. Repeat step 5 until row 75
7. Knit 5 rows
8. Cast off

Time: 12 mins

Top Back:

1. Cast on 66
2. Knit 45 rows
3. Dec 1 on left and right, knit 2 rows
4. Repeat step 3 until row 55
5. Dec 1 on left and right, knit 4 rows
6. Repeat step 5 until row 83
7. Knit 7 rows, total 90 rows
8. Cast off

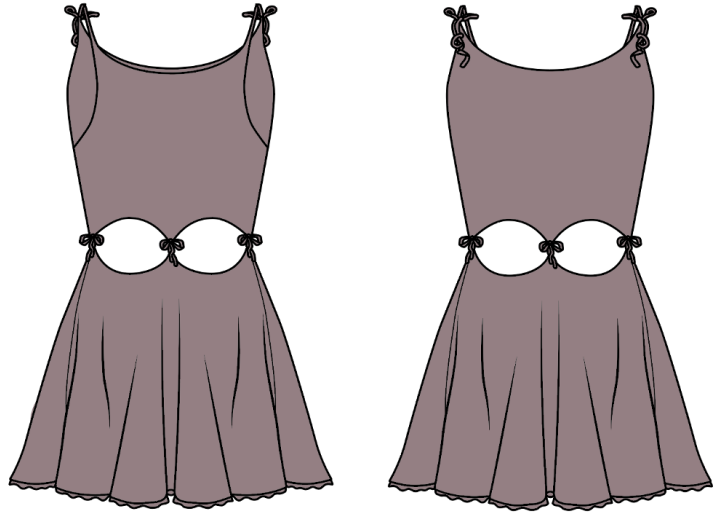
Time: 12 mins

Back Skirt Flare:

1. Cast on 60
2. Knit 2 rows
3. Push all needles to D position except right 10 needles, knit 2 rows
4. Push next 10 needles on the right to C position, knit 2 rows
5. Repeat step 4 until 10 needles remain
6. Push remaining 10 needles to position C, knit 2 rows
7. Repeat step 3 to 6 until row 842
8. Cast off

Time: 45 mins

Front Skirt Flare:



1. Cast on 60
2. Knit 2 rows
3. Push all needles to D position except right 10 needles, knit 2 rows
4. Push next 10 needles on the right to C position, knit 2 rows
5. Repeat step 4 until 10 needles remain
6. Push remaining 10 needles to position C, knit 2 rows
7. Repeat step 3 to 6 until row 360
8. Cast off

Time: 23 mins

Ties:

1. Slip chain stitch measuring 24 cm in length
2. Repeat step 1 another 5 times to have a total of 6 ties

Time: 24 mins

Straps:

3. Slip chain stitch measuring 64 cm in length
4. Repeat step 1 to have a total of 2 straps

Time: 30 mins

Scalloped Hem:

1. Slip stitch in one stitch at the hem
2. Single crochet in the next stitch
3. Double crochet in the next stitch
4. Triple crochet in the next stitch
5. Double crochet in the next stitch
6. Single crochet in the next stitch
7. Slip stitch in the next stitch
8. Repeat steps 2 to 7 all around the hem of the skirt
9. At the end slip stitch into the last stitch, break the yarn and pull thread through

Time: 105 mins

Sewing:

9. Mattress seam stitch side seams of top and skirt flared pieces
10. Add straps and the ties connecting the top and skirt
11. Sew in loose ends

Time: 65 mins

Total Labour Time: 316 mins / 5 hrs 16 mins

Total Blocking Time: 60 mins / 1 hr

Patchwork Dress

Tension: 3

Carriage Tension: 3

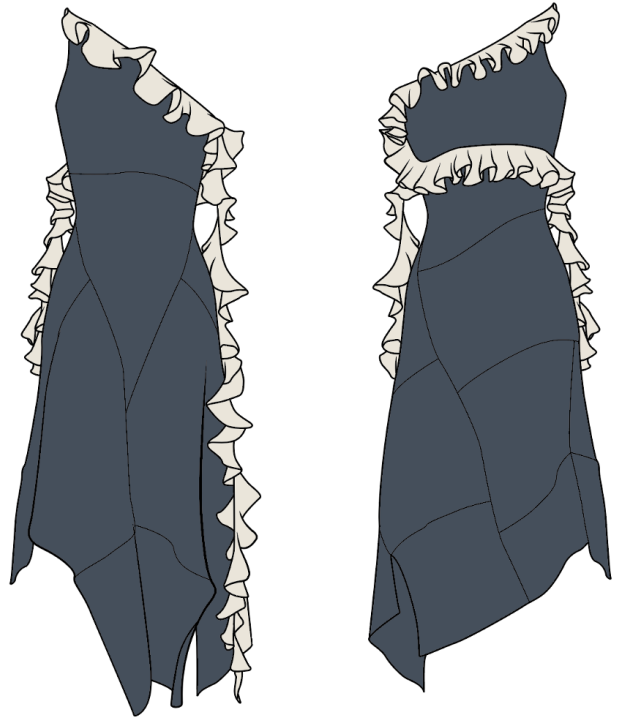
Piece 1a (front top):

1. Carriage on right, cast on 76
2. Knit 35 rows
3. Dec 1 on left, knit 2 rows
4. Repeat step 3 until row 45
5. Dec 1 on left, knit 3 rows
6. Dec 1 on left, knit 2 rows, total rows 50, carriage on right
7. Cast off three on right, knit 1, dec 1 on left, knit 1 (total 52 rows)
8. Cast off three on right, knit 2, dec 1 on left, cast off 3 on right, knit 2 (total 56 rows)
9. Repeat step 7 until row 58, 54 needle remaining in working position
10. Cast off 4 on right, knit 2 rows (total 60 rows)
11. Repeat step 10, dec 1 on left, repeat step 10 (total 64 rows)
12. Repeat step 10 until row 68
13. Dec 1 on left, repeat step 10 (total 70 rows)
14. Cast off 3 on right, knit 2 rows
15. Repeat step 14 until row 74
16. Dec 1 on left, cast off 2 on right, knit 2 rows
17. Cast off 2 on right, knit 2 rows
18. Repeat step 17 (total 80 rows)
19. Knit 2 rows (total 82 rows)
20. Cast off
21. Whip stitch along neckline

Time: 60 mins

Piece 1b (back top):

1. Carriage on left, cast on 66
2. Knit 35 rows
3. Dec 1 on right, knit 2 rows
4. Repeat step 3 until row 45
5. Dec 1 on right, knit 3 rows
6. Dec 1 on right, knit 2 rows, carriage on left
7. Cast off 4 on left, knit 2, repeat again
8. Cast off 4 on left, dec 1 on right, knit 2 rows (total 56 rows)
9. Cast off 3 on left, knit 2 rows
10. Cast off 3 on left, dec 1 on right, knit 2 rows



11. Repeat step 9 (total 62 rows)
12. Repeat step 10
13. Cast off 2 on left, knit 2 rows
14. Cast off 2 on left, dec 1 on right, knit 2 rows
15. Repeat step 13-14 until row 78
16. Knit 4 rows(total 82 rows)
17. Cast off
18. Whip stitch along neckline

Time: 60 mins

Piece 2:

1. Cast on 40
2. Knit 80 rows
3. Cast off

Time: 10 mins

Piece 3:

1. Cast on 50
2. Knit 20 rows
3. Dec 1 on left and right
4. Knit 5 rows
5. Repeat step 3 to 4 until row 80
6. Cast off

Time: 10 mins

Piece 4:

1. Cast on 62
2. Knit 15 rows
3. Dec 1 on left and right
4. Knit 3 rows
5. Repeat step 3 to 4 until row 30
6. Knit 10 rows
7. Dec 1 on left, knit 2 rows
8. Repeat step 7 until row 120
9. Dec 1 on left, knit 2
10. Repeat step 9 until row 128
11. Cast off

Time: 12 mins

Piece 5:

1. Cast on 80
2. Knit 70 rows
3. Cast off

Time: 15 mins

Piece 6:

1. Cast on 40
2. Knit 4 rows
3. Dec 1 on left, inc 1 on right, knit 4 rows
4. Repeat step 3 until row 124
5. Cast off

Time: 20 mins

Piece 7:

1. Cast on 80
2. Knit 50 rows
3. Dec 1 on right, knit 4 rows
4. Repeat step 3 until row 130
5. Cast off

Time: 8 mins

Piece 8:

1. Cast on 122
2. Knit 3 rows
3. Dec 1 on left and right, knit 3 rows
4. Repeat step 3 until row 126
5. Cast off

Time: 28 mins

Piece 9:

1. Cast on 55
2. Knit 4 rows
3. Inc 1 on right, knit 4 rows
4. Repeat step 3 until row 80
5. Cast off

Time: 16 mins

Piece 10:

1. Cast on 70
2. Knit 80 rows
3. Cast off

Time: 13 mins

Piece 11:

1. Cast on 80
2. Knit 100 rows
3. Cast off

Time: 14 mins

Piece 12:

1. Cast on 50
2. Knit 100 rows
3. Cast off

Time: 8 mins

Piece 13:

1. Cast on 52
2. Knit 52 rows
3. Cast off

Time: 9 mins

Piece 14:

1. Cast on 35
2. Knit 20 rows
3. Inc 1 on right, knit 3 rows
4. Repeat step 3 until row 65
5. Knit 5 rows
6. Cast off

Time: 12 mins

Piece 15:

1. Cast on 60
2. Knit 150 rows
3. Cast off

Time: 12 mins

Ruffles:

Tension: 3

Carriage Tension: 4

1. Carriage on right, cast on 15
2. Knit 2 rows
3. Push left 13 needles to D position, knit 2 rows
4. Push next right 2 needles to C position, knit 2 rows
5. Repeat step 4 until 3 needles remain in D position
6. Push last 3 needles to C position, knit 2 rows
7. Repeat steps 3 to 6 until row 1500
8. Dec 1 on right, knit 2 rows
9. Repeat step 8 until 1 needle remaining
10. Cast off
11. Repeat steps 1 to 10 to make another ruffle but reverse (switching sides of carriage and left and rights)

Time: 90mins

Sewing:

1. Mattress seam stitch all pieces
2. Whip stitch ruffle
3. Sew in loose ends

Time: 350 mins

Total Labour Time: 747 mins / 12 hrs 27 mins

Total Blocking Time: 120 mins / 2 hrs