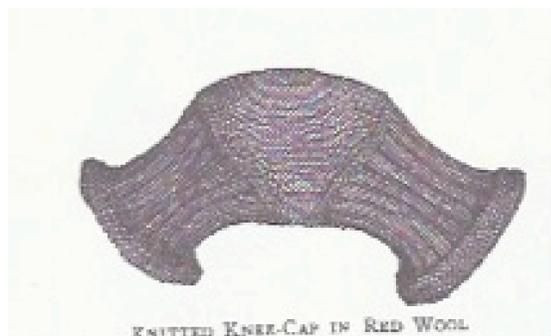


VINTAGE KNITS

Knitted Knee-caps

From "Weldon's Practical Knitter, First Series " (published c. 1888)

Project #2 from "[My Year of Weldon's](#)"



Knitted knee caps are ideal for keeping achy knees warm!

The original pattern calls for 4 ozs. of "crimson 3 thread superfine fleecy wool", and Bone needles No. 12.

Yarn: I chose [Morehouse Farm Merino 3 Strand](#), a soft merino wool which comes in an excellent range of colors. 2 skeins (145 yds each)

Needles: US #4.

Gauge: 5 sts/6 rows=1" (blocked measurement) in stockinette stitch

Size: Adult Small. The knee-caps measure approximately 11 ½" around, with stretch due to the ribbing. I have pretty chunky legs, and I couldn't get them over my calves. With a worsted weight yarn, you could use a larger needle (say a US #8 or 9) and size these up.

Instructions:

Shape center piece of knee cap: Cast on 6 stitches and work 8 rows in stockinette stitch (knit on right side, purl on wrong side)

Work 20 rows in stockinette stitch, increasing 1 st at beginning of each row (work 1st stitch, M1 by either picking up the thread between the 1st and 2nd sts and knitting or purling into the back of the st, or by making a backwards loop with yarn, which I found a bit easier to do). You will have 26 sts on the needle. Work 40 rows in stockinette, then dec 1 st at the end of each row (work to last 3 sts, knit or purl 2 tog, work last st). You will have 6 sts left; work 8 rows in stockinette and bind off.

Top ribbing: pick up and knit 60 sts along one side of the center piece (the "curved" long side) and work 3 rows in garter stitch (NOTE: I made a mistake when I was knitting my knee-caps and worked these rows in stockinette, but the illustration appears to have garter stitch bands) Work 28 rows in k2, p2 ribbing. Work 4 rows in garter stitch.

Next Row: *k2, yo, k2tog; repeat from * to end of row (this row is intended to allow you to run a piece of elastic or ribbon through the eyelets)

Work 4 rows in garter stitch. Bind off all stitches.

Bottom Ribbing: pick up and knit 60 sts along the other side of the center piece (the "curved" long side) and work 3 rows in garter stitch (NOTE: I made a mistake when I was knitting my knee-caps and worked these rows in stockinette, but the illustration appears to have garter stitch bands) Work 28 rows in k2, p2 ribbing. Work 4 rows in garter stitch. Bind off all stitches.

Finishing: Weave in ends, sew back seam using mattress stitch. Make 2nd knee-cap to match the first

Copyright © Laurie Sundstrom 2012. All Rights Reserved. No part of this document may be reproduced without written consent from the author.