

NOTES

CUT & SEW V-NECK

In my opinion, this V-Neck is the best in the knitting business. The crochet cast-on edge is found on the upper side of the neck band and is finished using the sewing machine. The precision with which you are able to Cut & Sew an accurate angle for the depth of the V-Neck band virtually assures success for the knitter. Keep in mind that the degree of the angle for the depth of the V changes every time a change in width or length is made to the neckline. It is important to determine the right angle of the V-Neck band and make an appropriate paper pattern. For more information, review the planning and preparation section of the V-Neck band in our book (pgs. 21/25) or see it on the video!

**●SAMPLE #1**

Yarn used: Jocker by Frizelle

CMSHW tension: 7

CMSHW gauge: 3 sts/cm (7.5 sts/in)  
4 rows/cm (10 rows/in)

Stitch Pattern: Stockinet

**●SAMPLE #1** - is demonstrated via

- Swatch A - application of Cut & Sew Technique
- Swatch B - preparation of the V-Neck band
- Swatch C - pressing of the V point/centre back seam
- Swatch D - application of the V-Neck band onto the knit bodice

Preparation for **●SAMPLE #1**

(X = Main Tension)

Mini Bodices

- Prepare 2 knit rectangles for front and back.  
22cm (8 ¾") wide by 25cm long (10")

NOTES

RC-000

RC-100

- Crochet cast-on or e-wrap the required number of stitches using the main colour. CMSHW (66 sts)
- Knit the necessary number of rows. CMSHW (100 rows) in a striped pattern
- Mark centre, using a contrast coloured yarn.
- Cast off.
- Block mini bodices carefully, according to dimensions.
- Prepare front and back necklines for Cut & Sew, using the V-Neck template and following the instructions on the Application of the Cut & Sew Technique in the general information section at the front of the binder. Swatch A

**Note:** I recommend using the straight stitch and zig zag method to avoid disaster when Cutting & Sewing into the point of the V.

The V-Neck Band

- Prepare a separate neck band for a neck entrance of 49cm (19.6") minus a reduction of 10% to 20%. CMSHW used 15%  
i.e. 49cm (19.6") X 3 sts/cm (7.5 st/in) = 147 sts - 15% (22 sts) = 125 sts
- For more details, you may review Calculations for Neck Bands in the general information section at the front of the binder or consult our book (pgs. 38/39).

Starting with the **upper side** of the neck band

- Crochet cast-on the required number of stitches using the main yarn. CMSHW (125 sts)
- Knit 4 rows at tension (X+1). CMSHW (t.8)
- Knit 4 rows at tension (X). CMSHW (t.7)
- Knit 4 rows at tension (X-1). CMSHW (t.6)
- Knit 1 row at tension 10 (for the foldline)

Continuing with the **under side** of the neck band

- RC-013 • Knit 4 rows at tension (X-1).
- RC-017 • Knit 3 rows at (X) - one row less for the **under side** of the band.
- RC-020 • Knit 4 rows at (X+1).
- Using a contrast coloured yarn, mark the centre and the halfway points of the neck band. CMSHW (31-0-32)
- RC-024 • Cast off loosely, wrapping around the sinker posts.
- Block carefully, following the instructions in our book (pg. 53).

5<sup>A</sup>  
2<sup>nd</sup> row, tan  
2<sup>nd</sup> row, blue  
2<sup>nd</sup> row, variegated  
5<sup>A</sup>  
7<sup>A</sup>

## NOTES

## Preparing the V-Neck Band

Prepare the V-Neck band prior to attaching it to the mini bodice. The centre front of the V-Neck band requires some Cut & Sew preparation. For more details, refer to our book (pgs. 71/73) or see the video.

- Baste the centre front of the neck band.
- Open the neck band and fold along the centre front, basting right sides against right sides. Overlap the built-in foldline (the row at tension 10), and baste carefully into the crease. *Swatch B*
- Take the V-Neck band template and pin to the knit neck band. Carefully match the centre crease line. The tips of the upside down V must be within the crochet cast-on and cast-off edges. Make sure not to interfere with those edges. Leave a minimum of 0.3cm (1/8") on either side. *Swatch B*

This is the secret for the success of this band - the cast-on and cast-off edges are continuous!

- With a contrast coloured yarn, baste the outline of the upside down V.
- Prepare the sewing machine for a medium length straight stitch (3 - 3.5) in a thread of the same colour. *CMSHW (red thread)*
- Leave some tails, make sure that the sewing needle is 0.3cm (1/8") away from the cast-on edge. Start sewing, backstitch, and pull on those tails. When you come to the crease line (the row at tension 10), lift the presser foot, pivot and continue. Make sure to stitch at least 0.3cm (1/8") away from the cast-off edge.
- Backstitch, cut the threads and remove the basting.
- Check the stitching from the right side of the band to be sure that everything matches. The seam line of the V-point is completed. A seam allowance must now be created.
- Right beside the seam line, on the inside of the upside down V, straight stitch again. At the tips of the cast-on and cast-off edges, stitch as close as possible [within 0.3cm (1/8")] to the seam line without touching it. Again, leave some tails, pull, backstitch, follow the seam line, pivot and continue, backstitch and cut the threads. *Swatch B (green thread)*
- To complete the seam allowance, use a small zig zag stitch (width 2, length 1).
- Zig zag right on top of the second seam line. *CMSHW (yellow thread on top of the green)* Backstitch at both ends and cut the threads.

## NOTES

- Remove the excess fabric within the upside down V, using a good pair of scissors. Cut right along the zig zag edge without cutting any of the threads. *Swatch C*
- Press the seam allowances of the **upper** and **under** bands in opposite directions to avoid bulk. Don't hesitate to press a little harder in the V area so it lays nice and flat.
- The centre front V of the neck band is now completed.
- Mattress stitch the centre back seam of the neck band, starting from the right side and going into the 2<sup>nd</sup> stitch. The mattress stitch technique can be found in our book (pg.110) *Swatch C*
- To apply the **under side** of the V-Neck band to the mini bodice, follow the instructions on the Application of a Separate Neck Band in the general information section at the front of the binder.  
*Swatch D*

## Finishing of the Upper V-Neck Band

- Once the under side of the V-Neck band has been applied to the mini bodice, turn the garment to the right side and pin the upper side of the band into place.
- Carefully baste the **upper** band, especially the V-point, it is crucial!
- Enlarge the stitch length to 4 on your sewing machine, many layers are involved and this will facilitate the operation.
- Leave some tails, no backstitching.
- Start at centre back and work your way to the centre front V-point. Feed the knit as much as you can, and to flatten the crochet edge, use a popsicle stick or a corner poker .
- Stitch on the inside of the crochet edge. CMSHW (light blue thread) *Swatch D*
- When you get to the tip of the V, lift the presser foot and insert a hatpin or any kind of a large pin into the tip of the cast-on edge. Pivot, put the presser foot down and push on the hatpin as you start sewing. This trick will prevent the sewing machine from stalling and distorting the V. Continue sewing until you reach centre back. Don't backstitch, leave some tails.
- Pull tails to the wrong side, knot and sink them within the band.
- Steam gently. With the tip of the iron, curl the crochet cast-on towards the machine stitching to hide it.

**Tip:** Some may prefer to use the zipper foot as a better guide to stitch along the crochet cast-on edge, since it rests against the cast-on ridge and facilitates the top stitching.

NOTES

MITERED CORNER

Mitering corners is one of those tricky finishing techniques which has always intimidated me because of the level of difficulty in sewing. Mitering corners in sewing requires a lot of skill and patience since the fabric trim requires 3 folds and 4 layers, but in knitting...well, as always the task is much simpler since only 1 fold and 2 layers are required in using a double stockinet band.

The most important factor is to have an accurate full-scale paper pattern of the pieces which will require the mitered edge trim. Not all corners are a true 45° angle (i.e. collars, pocket flaps, etc...), so it is necessary to find the degree of the angle and the easiest way is by using the paper pattern. Once the angle(s) has/have been determined (just as with the V-Neck), the information can be transferred onto the knit band. The shape of the angle is sewn with the sewing machine and the band can then be applied to the knit garment.

**●SAMPLE #2**

Yarn used: For backing - Merino Lamb's Wool 2/16 in rust  
For weaving - 1 strand of a fine mohair and  
1 strand of Merino 2/8 in rust (the strands were  
used together)

CMSHW tension: 5

CMSHW gauge: 2.38 sts/cm (6 sts/in)  
4.44 rows/cm (11 rows/in)

Stitch Pattern: Knit-Weaving  
Card #1 - blocked

**●SAMPLE #2** is demonstrated via

- Sample #2 - finished sample
- Sample #2 - steps on the application of the edge band
- Swatch A - preparation of the miter

## NOTES

## Preparation for ●SAMPLE #2

(X = Main Tension)

## Mini Bodice

- Prepare a knit rectangle.  
20cm (8") wide X 25cm (10") long
- Cast on the required number of stitches using the backing yarn.  
CMSHW (48 sts)
- RC-000 • Knit 2 rows in stockinet at main tension.
- RC-002 • Prepare machine for the Weaving Technique and Knit-Weave the  
necessary number of rows. CMSHW (107 rows)
- RC-109 • Re-set carriage to stockinet knitting.
- Knit 1 row at main tension using the backing yarn.
- RC-110 • Cast off, wrapping around the sinker posts.
- Block mini bodice carefully according to dimensions.

## Stockinet Edge Band

- CMSHW Edge Band was knit using one strand of the heavier Merino wool for more body. A mini band version was knit over 40 stitches to determine its proper gauge. The gauge of the main garment (mini bodice), which was Knit-Woven, would not have been accurate for the calculation of the edge band.
- Edge bands are narrow and will require a reduction of 10% to 20%. For more information on edge bands, consult page 8 of the General Information section.

Yarn used: Merino 2/8 in rust

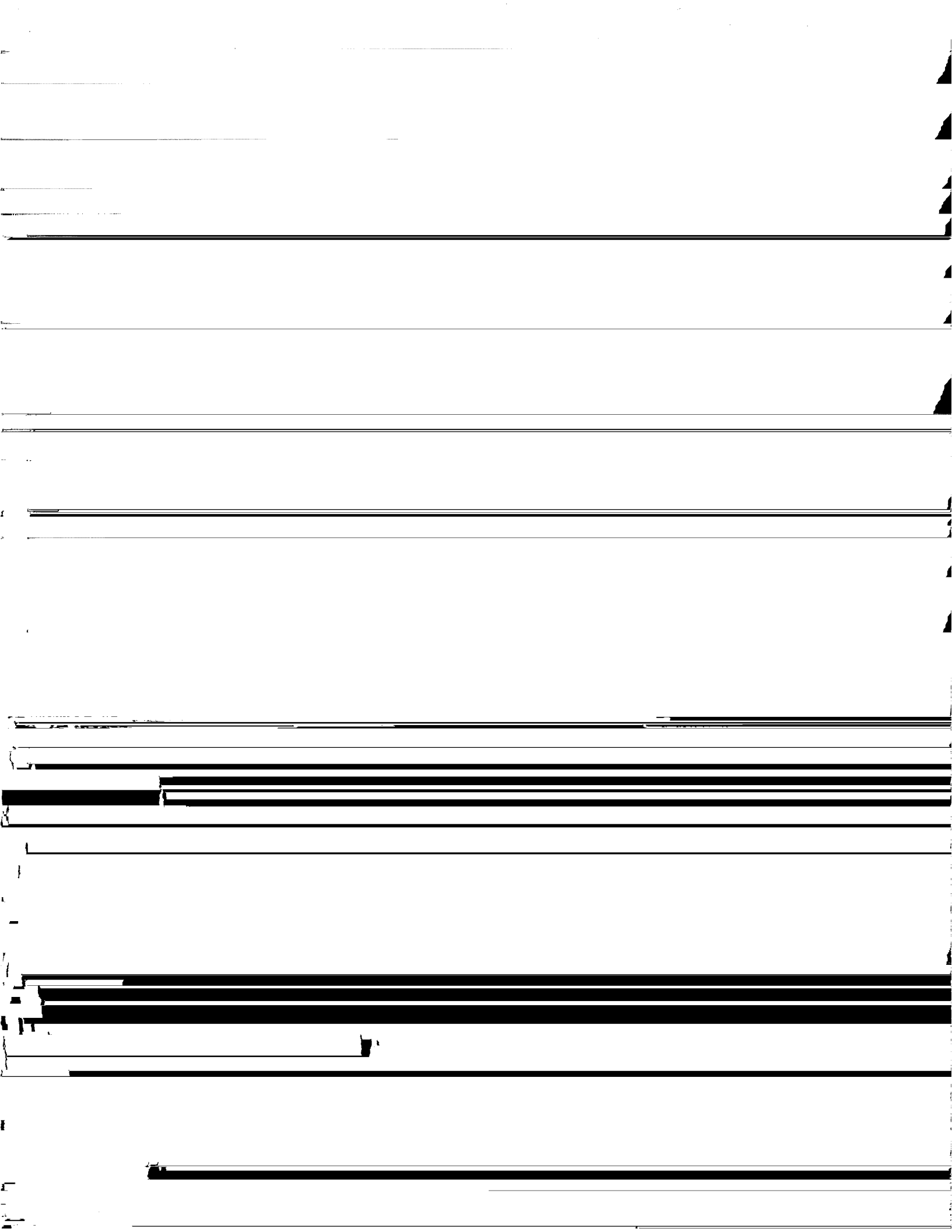
CMSHW tension: 7

CMSHW gauge: 3.07 sts/cm (7.67 sts/in)  
4 rows/cm (10 rows/in)

Stitch Pattern: Stockinet

## The Band

- Calculate and prepare for a knit band of 65cm (25.5") long X 2.5cm (1") in height, minus the reduction. CMSHW used a 10% reduction, i.e.  
 $65\text{cm (26")} \times 3.07\text{ sts/cm (7.67")} = 199\text{ sts} - 10\% (19\text{ sts}) = 180\text{ sts}$



## NOTES

remove any of the excess seam allowances. Turn the band to the right side and, using the corner poker, gently push the corner outward. Steam press again. Make sure that the corner area lays nice and flat.

- To apply the edge band to the mini bodice, follow the instructions on Edge Bands and their Application in the general information section at the front of the binder.
- CMSHW guideline (done in a purple thread) was sewn at 2cm (3/4") from the edge of the mini bodice, since the height of the edge band for ●SAMPLE #2 is 2.5cm (1"). The guideline rule can be found in the instructions at the front of the binder on page 8.
- Once the band has been applied to the main garment, carefully steam press and overlap the **upper side** of the knit band onto the right side of the knit garment. Pin into place and baste above the waste yarn, into the first or second row of the main band.
- Remove the waste yarn and finish by hand, using the backstitch technique.
- Several stitches will remain open within the seam allowance area, not to worry, there is no where for them to go. The machine stitching on the **under side** will prevent them from unravelling and the hand finish on the **upper side** will prevent any pulling, so simply leave them and forget about them.
- Over the years, knitters and customers have admired and enjoyed the precision of this mitered corner, and now that you know the secret of its simple application, you too can experience the self-satisfaction of mitering them!

