

# Knit Sontag

Designer: Jamie Quick



## Materials:

- Sport Weight Wool 4 oz or more in main color
- Sport Weight Wool 1.75 oz for white
- Black Wool or floss for embroidery
- 2 large embroidery needles
- Size 7 knitting needles
- Button or corded tassel for closure

**Gauge:** 1" 5 stitches wide X 7.4 rows tall

## Personalized Sizing:

**Measure the desired width at the very top of your back/neckline.**

*Subtract two inches from desired width (for the border) multiply measurement by 5 (5 stitches/inch) = So mine was 18 inches + 2 inch border. 18 inches wide by 5 stitches/inch = 90 stitches.*

**Measure the desired length from neckline to waist area.**

*Subtract two inches from desired length (for the border) multiple measurement by 7 (7.4 rows/inch). Mine was 11.5 inches long X 7.4 = 85 rows. Add 5 stitches to the 85 (the amount of stitches casted on = 90 stitches.*

*It is okay, if the waist is a bit short or long! However, if you find your build is broader at the shoulders, and you have a s short waist, add the extra stitches required to the cast on location. You will loose the point, but this is a period appropriate look. Some sontags have pointed backs, I've seen other period patterns skip the point and start with 30 stitches or so.*



## **Start Knitting**

Cast on 5 stitches.

**Row 1:** Slip first stitch, purl till end

**Row 2:** Slip first stitch, k1, increase 1, knit till end

**Row 3:** Slip first stitch, p1, increase 1, purl till end

Repeat rows 2-3 until you reach desired back width.

*Mine was 90 stitches, but go with whatever you need. Keep in mind the border will add, about 2 inches.*

**Row 85:** Slip first stitch, purl 31, bind off 26, purl 32

Set aside other 32 stitches, in preferred method, we are going to work sides one at a time.

**(Size Note Neckline** take number of stitches and divide it by 3.5. That is the approximate number for your neckline bind off. You naturally, need an even number of stitches on both sides

*of the neckline)*

**Row 86:** Slip first stitch, knit, increase, knit till end

**Row 87:** Slip first stitch, p2tog, purl to end

Work in this pattern, for 70+ rows. You will be able to count 35 slip stitches up the inner side of the sontag. (I recommend trying on the sontag, if you are are larger chested, or tall, you may want to work more rows)

**Row 156:** Slip first stitch, knit, increase, knit till end

**Row 157:** Slip first stitch, purl, purl3tog, purl till end

*If you like the look and prefer this... you can stop increasing and decrease 1 stitch on both sides.*

*Note: You are going to see bunching and twisting. Don't worry, blocking will fix this!*

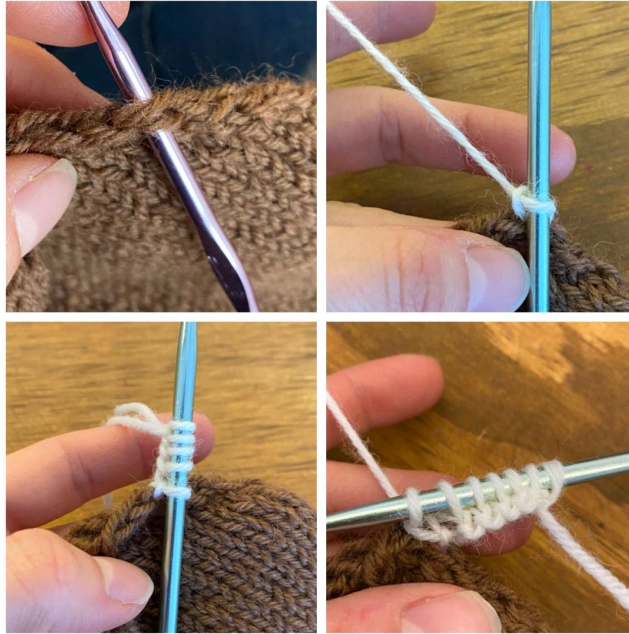
Work in pattern until you have 5 stitches left.

Slip 1, work 3tog, purl or knit the last stitch.

**Tie on yarn onto the other side. You are going to mirror what you just did. You will find the rows are reversed. You will be increasing on the purl side, and decreasing on the knit side.**

## **Border**

Look at the edge of the sontag, you will see these loops, that was where you slip stitched. Tie your white yarn onto one of these slipped stitches (two loops make sure you get both of them) along the back. Cast on 5 or 7 stitches, or more/less depending on how wide you want your border.



*My stitch count is off on some of these pictures, but the application applies. I ended up deciding on a 5 stitch border. Which was one inch.*

**Row 1:** Knit till end of the row, pick up another stitch along the edge of the sontag.

**Row 2:** Knit first two stitches together, knit the rest.

Repeat these two rows, until you work into the very tip of one of the front points. Here you are going to do short rows, to get a nice turned corner.

#### **Short rows for Points**

Knit 1 stitch, turn

Knit 1 stitch, turn

Knit 2 stitches, turn

Knit 2 stitches, turn

Knit 3 stitches, turn

Knit 3 stitches, turn

Knit 4 stitches, turn

Knit 4 stitches, turn

Knit 5 stitches, pick up stitch on other side of the point.

Knit 2 together, knit across

Start to work up the other side, to the neckline. You are going to probably noticed some puckering as the trim goes onto the other side. Don't worry, you are going to need to block this, and that will make it lay nicely.

**Short Rows for Neckline:**

Knit 1 stitch, turn

Knit 1 stitch, turn

Knit 2 stitches, turn

Knit 2 stitches, turn

Knit 3 stitches, turn

Knit 3 stitches, turn

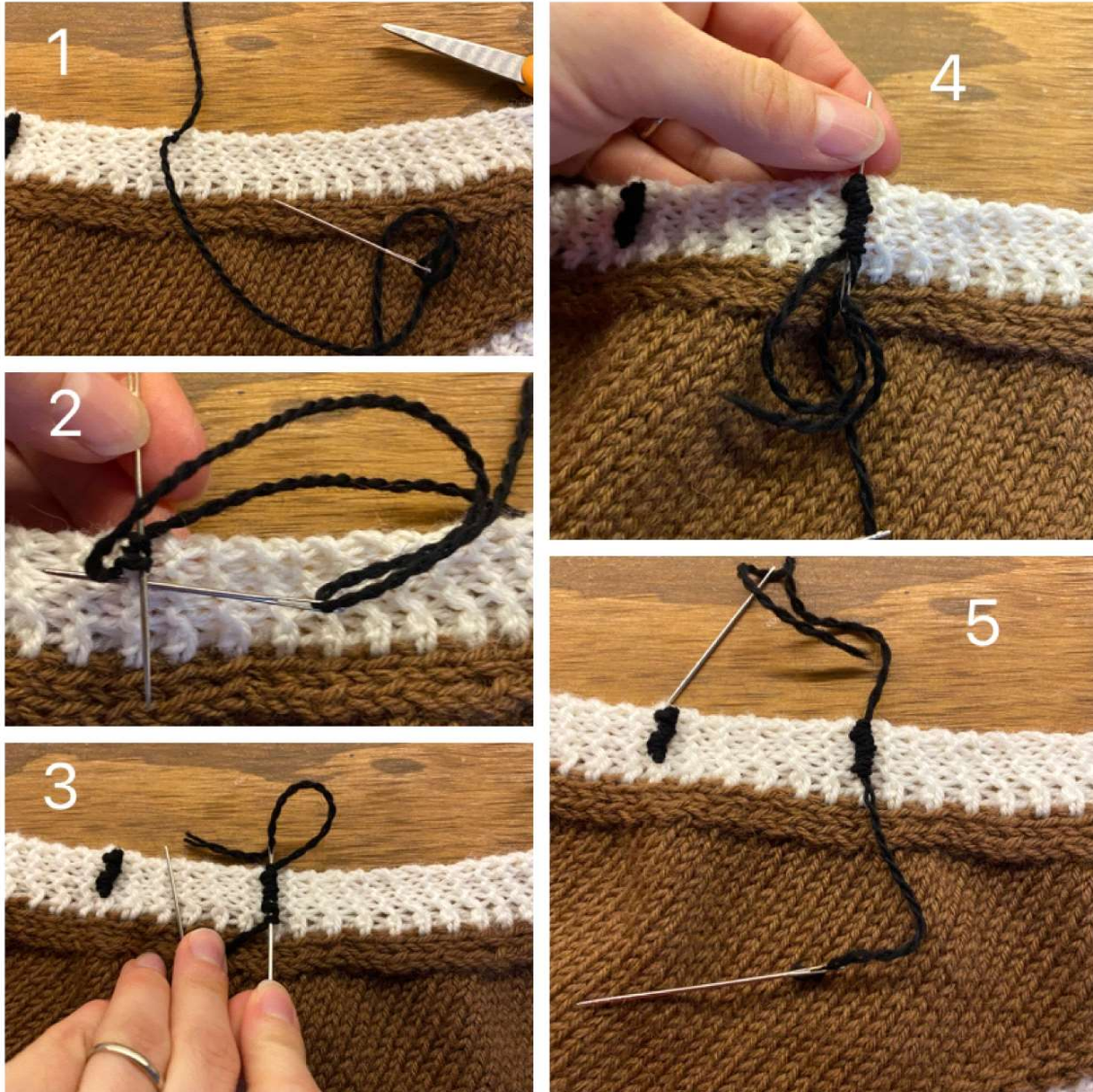
Work as normal. But, along the neckline you are going to pick up every other stitch. Do another short row when you get to the turn of the neckline.

Then work down to the other point. Do the short rows required. Work to the back.

**Embroidery**

I did my ermine stitch every 6th ridge in my border. I used a thinner weight black wool.





1. Thread one needle. Tie on, with a decently long tail.
2. Take a needle and lay it down. Wrap threads around the needle.
3. Thread the tail onto a needle, and pull through
4. Take the other needle, the one that did the loops. Thread through in the opposite direction. Pull through.
5. Both threads have pulled through in opposite directions. Cut threads.

### **Block**

Wet item with cool water. Roll gently in a towel to remove excess moisture. Pin, and stretch so

that it lays flat. If you don't have a blocking mat, you can use a bed or a carpet.

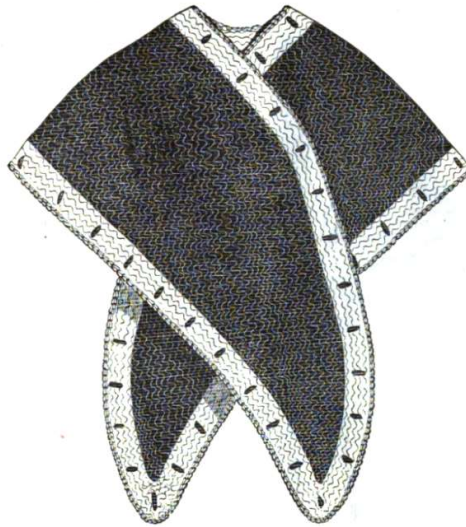
**Fasten:**

You can attach a button to the back. Button points to the back for closure. Or, you can make corded tassels and sew them onto the front points, wrap them around (adding a loop to slide the cords through at the back helps) and tie them around the front. This is more forgiving on fit vs. button.

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**The Original Pattern, Godey's 1861**

SONTAG, OR WOOLLEN HABIT-SHIRT.



*Materials.*—Two ounces of double Berlin wool, of any dark color, and one ounce of white ditto. Knitting needles, No. 10.

This very pretty and comfortable habit-shirt is intended to be worn under a mantle or cloak ; and as it gives great additional warmth, without making the figure at all clumsy, it has many advantages over shawls and other wraps.

With the dark wool cast on five stitches, and knit, increasing one stitch at the end of every row, until eighty stitches are on the needles. This is the back. Then knit only half the

stitches, the others being left on the needle (which will be found much more convenient than slipping them on a separate one). Still increase one at the *outer* edge, in every alternate row, but decrease one at the inner edge, in the intermediate rows, so that forty remain on the needle, until you have done seventy rows, when cast off loosely. Do the other half the same. Then take up on one needle the stitches round the neck, and along these cast off ends. Knit, with white wool, ten rows, increasing one at the end of every row. Cast off

loosely. Take up the stitches along the outer edge, and do the same, increasing, and joining to the inner border at the ends, and increasing also at each side of the five original stitches, that it may set square. Cast off loosely, and work small spots at intervals with the dark wool. The ends cross over the bosom.

