



KNIT FOR  
NATURE



PENGUIN VEST

# KNIT FOR NATURE



In 1989, renowned knitwear designer Ruth Herring co-released the book **Knitting Wildlife**. Complete with original knitting patterns and celebrity photoshoots, it helped raise vital funds for WWF at the time.

This year, the patterns have been lovingly re-imagined by Ruth in this limited-edition collection. Offering us a modern take on vintage knitwear, Ruth blends retro charm with contemporary fashion.

Whether your knit is a personal project or a gift that's made to last, craft for a cause and help us raise awareness of endangered wildlife.



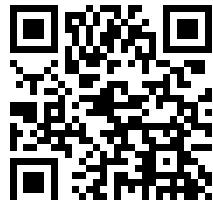
# ABOUT WWF

At WWF, we're bringing our world back to life. Nature is in freefall, and we're urgently tackling the underlying causes that are driving the decline. We're finding solutions so future generations inherit a world with thriving habitats and wildlife.

It's a huge challenge, but if we all act together, there is hope.

We hope you enjoy this free pattern inspired by the penguins we're working to protect from the devastating impacts of a changing climate in Antarctica. If you can, please consider making a donation so we can continue this vital work and protect the places they call home.

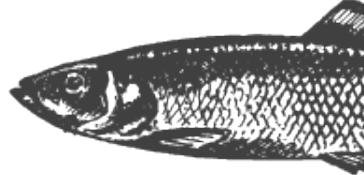
Visit [wwf.org.uk/donate](http://wwf.org.uk/donate), or scan the QR code below.



## Top tip

Opt for 100% British wool for the most sustainable option, and avoid synthetic fibres like acrylic and nylon, as well as cashmere, mulberry silk and mohair

# Emperor Penguin Vest



To Fit (slightly oversized)	81/86 32/34	91/97 36/38	102/107 40/42	112/117 44/46	122/127 48/50	cm ins
Actual Size	97 38	106 41.75	117 46	126 49.75	137 54	cm ins
Full Length	50 19.75	54 21.25	58 22.75	61 24	65 25.5	cm ins

## Materials

**West Yorkshire Spinners**

**ColourLab 100% British Wool DK**

**Main Colour:** Sky Blue (1136) x 3 (3, 3, 3, 4)  
100g balls

Phantom Black (099) x 1 100g ball

Natural Cream (010) x 1 100g ball

Stormy Grey (373) x 1 100g ball

Silver Grey (137) x 1 100g ball

Citrus Yellow (229) x 1 100g ball

3.25mm (circular for neckband) and  
4.00mm knitting needles

## Tension

22sts and 28 rows to 10cm over pattern on  
4.00mm needles.

## Abbreviations

K – Knit

P – Purl

Stst – Stocking Stitch (1 row k; 1 row p)

Dec – Decrease

Beg – Beginning

Rem – Remain(ing)

St(s) – Stitch(es)

WS – Wrong side

RS – Right side

RH – Right hand

Foll – following

Skpo – Slip 1 stitch, k1, pass slipped stitch over  
the knit stitch

Tbl – Through back loop of stitch

K2tog – Knit 2sts together

P2tog – Purl 2sts together

## Notes

Instructions for larger sizes are given in brackets ( )

### Intarsia Technique

When working Intarsia, use separate, small balls  
of yarn. When joining in a new colour, leave an end  
of about 5cm for darning in later. When changing  
colour, twist yarns together to avoid making a hole.

### YouTube demos by Ruth Herring k1p1 TV

How to Knit Intarsia knitting Part 1 – k1p1 TV

<https://youtu.be/lyusrCZzftY?si=iek6sCpfeChyIP-7>

How to Knit Intarsia knitting Part 2 Darning Ends  
– k1p1 TV

<https://youtu.be/Rae4dJTxJuA?si=YDcltONMFvKViFnc>

### Armhole Shaping

To give a clean armhole edge, work decreases  
2sts in from the edge, as follows:

**Dec knit rows:** K2, skpo, k to last 4sts, k2tog, k2.

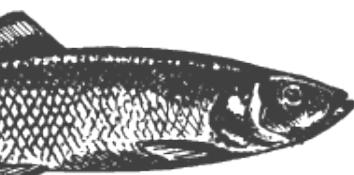
**Dec purl rows:** P2, p2tog, p to last 4sts,  
p2tog tbl, p2.

### Neck Shaping

To allow for easier stitch pick up for neckband,  
work decreases 2sts in from edge:

**Left front (K rows):** K to last 4sts, k2tog, k2:  
(P rows) P2, p2tog, p to end.

**Right front (P rows):** P to last 4sts, p2tog tbl, p2:  
(K rows) K2, skpo, k to end.



# Front

Using 3.25mm needles and **MAIN**, cast on **107 (117, 129, 139, 151)** sts.

Starting with a k row, work 5 rows stst.

**Row 6 (WS):** Knit.

Change to 4.00mm needles and starting with a k row, work from row **17 (17, 11, 7, 1)** of chart, shaping armholes 2sts in from the edge, as given in **Notes**:

**81 (89, 95, 101, 109)** sts rem.

**Size 1:** Go to **Shape Neckline**.

**All other sizes:** Starting with a k row, work **(6, 12, 16, 22)** rows stst, then go to **Shape Neckline**.

## **Shape Neckline and Shoulders (All sizes)**

### **Left Neck Shaping**

**Next row:** K30 (34, 37, 39, 43) sts. **TURN** and work on these sts only. Leave rem sts on a holder.

Working decs 2sts in from the edge, as given in **Notes**, dec 1 st at neck edge in every row until **17 (21, 24, 26, 30)** sts remain.

Work **4 (4, 4, 6, 6)** rows without shaping.

### **Shape Left Shoulder**

Cast off **6 (7, 8, 9, 10)** sts at beg of next and foll alternate row:  
**5 (7, 8, 8, 10)** sts rem.

P1 row.

Cast off rem **5 (7, 8, 8, 10)** sts.

Return to sts on holder.

### **Right Neck Shaping**

With RS facing, slip centre **21 (21, 21, 23, 23)** sts on a holder for front neck.

Rejoin yarn to next st and k to end.

Working decs 2sts in from the edge, as given in **Notes**, dec 1 st at neck edge in every row until **17 (21, 24, 26, 30)** sts remain.

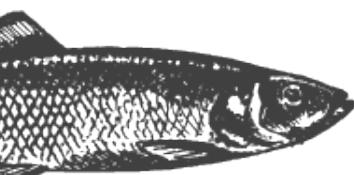
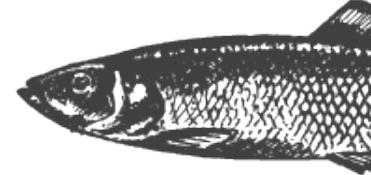
Work **5 (5, 5, 7, 7)** rows without shaping.

### **Shape Right Shoulder**

Cast off **6 (7, 8, 9, 10)** sts at beg of next and foll alternate row:  
**5 (7, 8, 8, 10)** sts rem.

K1 row.

Cast off rem **5 (7, 8, 8, 10)** sts.



# Back

Using 3.25mm needles and **MAIN**, cast on **107 (117, 129, 139, 151)** sts.

Starting with a k row, work 5 rows stst.

**Row 6 (WS):** Knit.

Change to 4.00mm needles and starting with a k row, work from row 17 (17, 11, 7, 1) of chart, **ignoring Intarsia pattern** and shaping armholes 2sts in from the edge, as given in Notes: **81 (89, 95, 101, 109)** sts rem.

Now continue without shaping for **18 (24, 30, 36, 42)** rows more.

Cast off **5 (7, 8, 8, 10)** sts.

With **RS** facing, return to sts on needle.

Slip first **39 (39, 39, 41, 41)** sts onto a holder for **Back Neck**.

Rejoin yarn to next st and k to end.

**Left Shoulder**

**Next row (WS):** Cast off **6 (7, 8, 9, 10)** sts and p to end.

**Next row:** Cast off **4** sts and k to end.

Cast off **5 (7, 8, 8, 10)** sts.

## Shape shoulders

### Right Shoulder

**Next row:** Cast off **6 (7, 8, 9, 10)** sts at beg of next 2 rows: **69 (75, 79, 83, 89)** sts.

**Next row:** Cast off **6 (7, 8, 9, 10)** sts at beg of next row, k until there are **9 (11, 12, 12, 14)** sts on **RH** needle, **TURN** and leave rem sts on the needle.

Work on these sts to complete Right Shoulder.

**Next row:** Cast off **4** sts, p to end: **5 (7, 8, 8, 10)** sts rem.

# Neckband

## Join both shoulders.

With RS facing, using a 3.25mm circular needle and **MAIN**, starting at **Right Shoulder**, pick up and k5 sts down **Right Back Neck**, k39 (39, 39, 41, 41) sts from holder, then pick up and k5 sts up **Left Back Neck** to **Left Shoulder**. Now pick up and k22 (22, 22, 23, 23) sts down **Left Front Neck**, k21 (21, 21, 23, 23) sts from holder for **Front Neck**, then pick up and k22 (22, 22, 23, 23) sts up **Right Front Neck**: 114 (114, 114, 120, 120) sts.

Using **MAIN**, knit 1 row.

Now work in **2-colour rib in the round** as follows:

**Round 1:** \* K2 **Stormy Grey**, p1 **MAIN**, rep from \* to end.

**Rounds 2-4:** \* K2 **Stormy Grey**, p1 **Citrus Yellow**, rep from \* to end.

**Rounds 5-7:** \* K2 **Phantom Black**, p1 **Citrus Yellow**, rep from \* to end.

**Rounds 8-10:** \* K2 **Phantom Black**, p1 **Natural Cream**, rep from \* to end.

**Round 11:** \* K2 **Phantom Black**, p1 **Silver Grey**, rep from \* to end.

**Round 12:** Using **Phantom Black** \* K2, p1, rep from \* to end.

Using **Phantom Black**, cast off in rib.

## To make up

Darn in ends and block according to yarn instructions.

Join side seams.

See ball band for further care instructions.

## Chart Printing instructions

The chart is scalable on your **Computer**, **Tablet**, or preferred digital device using the zoom function.

## To Print

To scale up and tile a print on A4 paper (i.e., print a large image across multiple smaller sheets that can be assembled into a poster), the most common and effective method is using the “**Poster**” or “**Tiling**” feature in a PDF viewer like Adobe Acrobat Reader. Printer instructions may vary for scaling up and tiling. Please refer to your manual.

## KEEPING THE SKILLS ALIVE!

Design and pattern – Ruth Herring

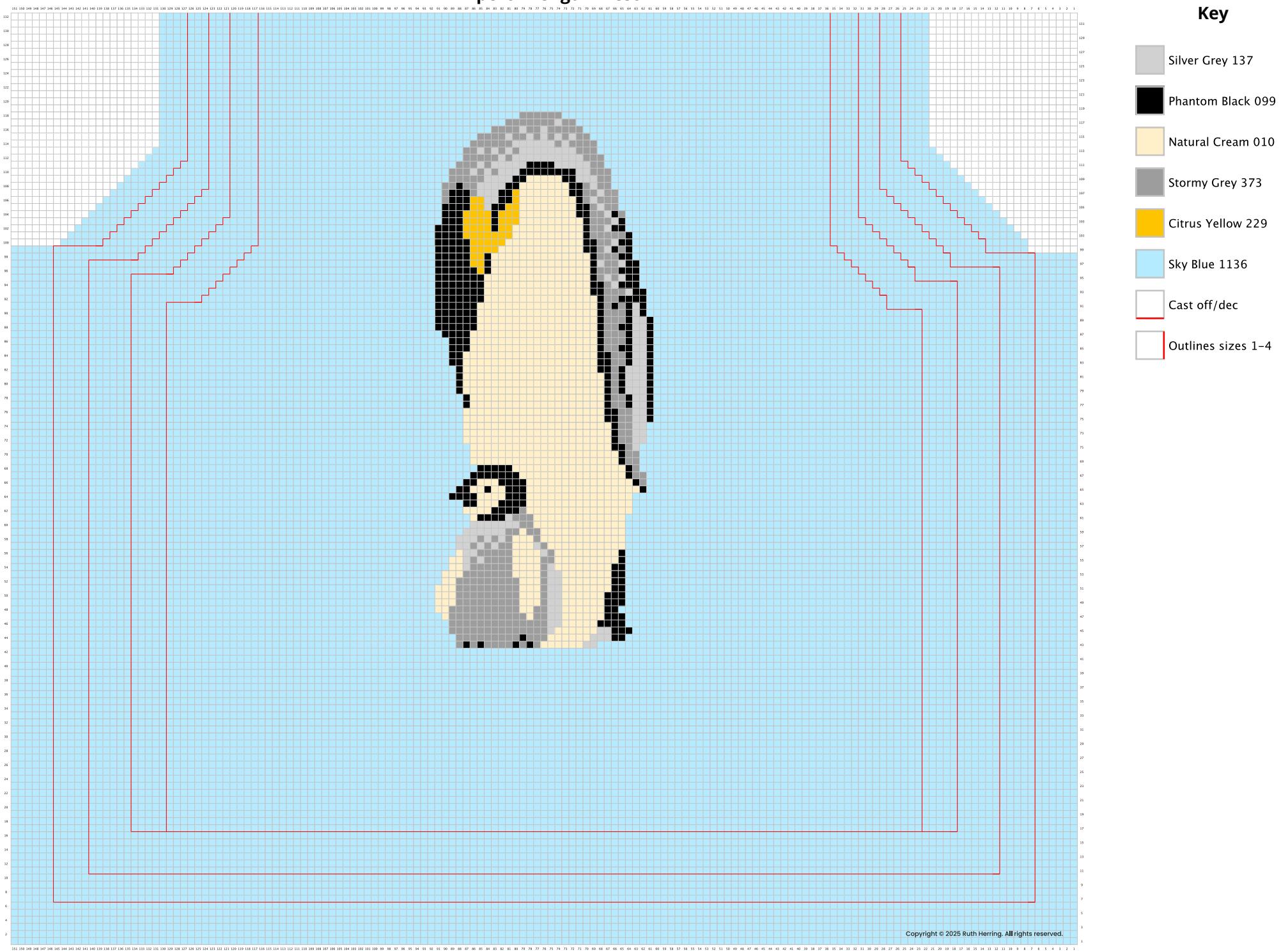


@confessions\_of\_a\_yarnaholic



youtube.com/@k1p1TV

# Emperor Penguin Vest





Photography of sample knits © Heather Bull. With thanks to West Yorkshire Spinners who gifted yarn for the pictured samples.  
Ruth would like to thank the knitters, Flic, Kamla, Alison and Maureen. Also Rhiannon at WYS.

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