



**WHW Plain Wrap** *by Ruth Garcia 2005, 2007*

**Materials:**

1 3.5 oz skein worsted weight 100% wool yarn.  
 US #4 and #6 needles—or size to get gauge.  
 Aplix (like Velcro, but softer) or buttons

Gauge: in stockinette st, using sz 6 needle:  
 20 sts = 4 in. 28 rows = 4 in.

**Pattern notes:**

This example is made with Cascade 220 wool in the small size.

There are 5 sts of garter st at each side of the wrap below the ribbing. The wrap is made to

accommodate a variety of leg sizes, so no leg measurements are given.

The twisted rib is used at the top for extra stretch, but another ribbing technique may be substituted. K1, P1 ribbing, or K2, P2 ribbing will both work well.

**Abbreviations used:**

- K – Knit
- P – Purl
- RS – Right Side
- WS – Wrong Side
- SSK – Slip as if to knit, Slip as if to knit, Knit those 2 together
- K2tog – Knit 2 stitches together

M1F: From the *front*, lift loop between stitches with left needle, knit into back of loop. This twists the stitch and prevents a hole.

M1B: From the *back*, lift loop between stitches with left needle, knit into front of loop. This twists the stitch and prevents a hole.

**Twisted Rib:**

Row 1 (RS): \*P1, k1 through back loop (tbl); rep from \*.

Row 2: \*P1, K1, rep from \*.

**Measurements:**

	Newborn (NB)	Small (S)	Medium (M)	Large (L)	XLarge (XL)
Waist	12-18"	13-19"	14-20"	15-21"	16-23"
Rise	14.5"	15"	16"	18"	20"

Directions are for NB[S, M, L, XL]

**Wrap front:**

Loosely cast on 32[36, 40, 44, 48] sts.

Using smaller needles, knit 8 rows in twisted rib.

Switching to larger needles, K 1 row, increasing 4 sts evenly across row. 36[40, 44, 48, 52] sts.

K5, P until last 5 sts, K5.

Row 1: Knit.

Row 2: K5, P until last 5 sts, K5.

Repeat rows 1 and 2 until piece measures 4 [4.5, 4.5, 5, 5] inches from beginning. End with Row 2.

**Decreasing legholes (front of wrap):**

Row 1 (right side): K5, SSK, K across until 7 from end, K2tog, K5.

Row 2: K5, P across to last 5, K5.

Repeat rows 1 and 2 until 26[30, 30, 32, 32] stitches are left on needle.

End with Row 2.

**Crotch:**

Row A (right side): Knit.

Row B : K5, P across to last 5, K5.

Repeat rows A and B for 6[8, 8, 10, 12] rows.

End with Row B.

**Increasing legholes and back of wrap:**

Row 1: K6, M1F, K across until 6 from end, M1B, K6.

Row 2: K5, P across to last 5, K5.

Repeat rows 1 and 2 until 64[68, 72, 76, 80] stitches on needle.

Work rows A and B for 6[8, 8, 12, 14] rows. (Optional: add more rows here for a longer rise.)

**Waistband with Aplx:**

(RS facing): Using smaller needles, work 8 rows of twisted rib. Bind off loosely.

Sew a strip of aplx (fuzzy side) onto the front of the soaker. Sew a square of aplx (grippy side) onto the inside of the back, with a square of fuzzy aplx sewn next to it. (this will enable the aplx to be folded together to allow for washing without attaching to the yarn.)



**Waistband with Buttons:**

(RS facing): Using smaller needles, work 2 rows of twisted rib.

(Note: When it says “work sts” that means to follow the twisted rib pattern, doing the purls when the purls are facing you, and the knits when the knits are facing you.)

Row 3: Work 2 sts, Bind off 2 sts, work sts until 4 from the end, bind off 2 sts, work 2 sts.

Row 4: Work 2 sts, cast on 2 sts, work sts until end of live sts, cast on 2 sts, work 2 sts.

Work 4 more rows of twisted rib for a total of 8 rows.

Bind off loosely.

Sew on buttons.



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