

The Netherlands

Pullover with Single Motif



from
Ethnic Knitting Discovery

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This is a very basic sweater. Knitted in stockinette stitch with a single motif on the front, it is a perfect project for you to try if you've never designed your own sweater or knitted in the round. For the ultimate in simplicity, skip the motif and knit this sweater in plain stockinette stitch using a gorgeous multicolored or textured yarn.

- ✓ Texture stitches: optional single motif on stockinette background, with ribbing at lower edge
- ✓ Lower body worked in the round and upper body sections worked back and forth
- ✓ Shallow square neckline, finished with picked-up ribbing
- ✓ Sleeves picked up at armholes and knitted down to ribbed cuffs

The illustration above shows a sweater with a 40-inch (101.6-cm) body circumference and 24-inch (61-cm) body length (including 2 inches [5 cm] of ribbing) in chunky-weight yarn with 3½ stitches and 5 rows to the inch (14 stitches and 20 rows to 10 cm). The illustration on the next page shows a sweater of the same size in worsted-weight yarn with 5 stitches and 7 rows to the inch (20 stitches and 28 rows to 10 cm). The size of the motif will vary, depending on the gauge of your yarn. Remember that this is YOUR sweater, worked to your specifications and reflecting your ideas.

Yarn

A smooth yarn will show off the purl-stitch texture of the motif featured on the front of this sweater. If you are including the motif, don't use a thick-and-thin or fuzzy yarn, which will obscure the pattern.

Any weight of yarn will work, but for practice I suggest a medium-weight yarn and U.S. size 7 or 8 (4.5 or 5 mm) knitting needles.

See the yarn estimate table on page 9 for yardages.

Knitting needles

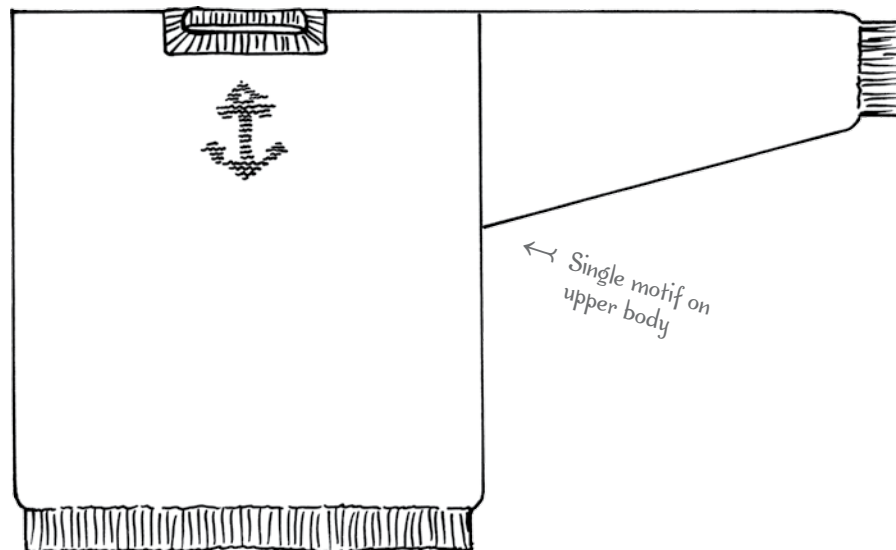
In a size appropriate for the yarn you've chosen:

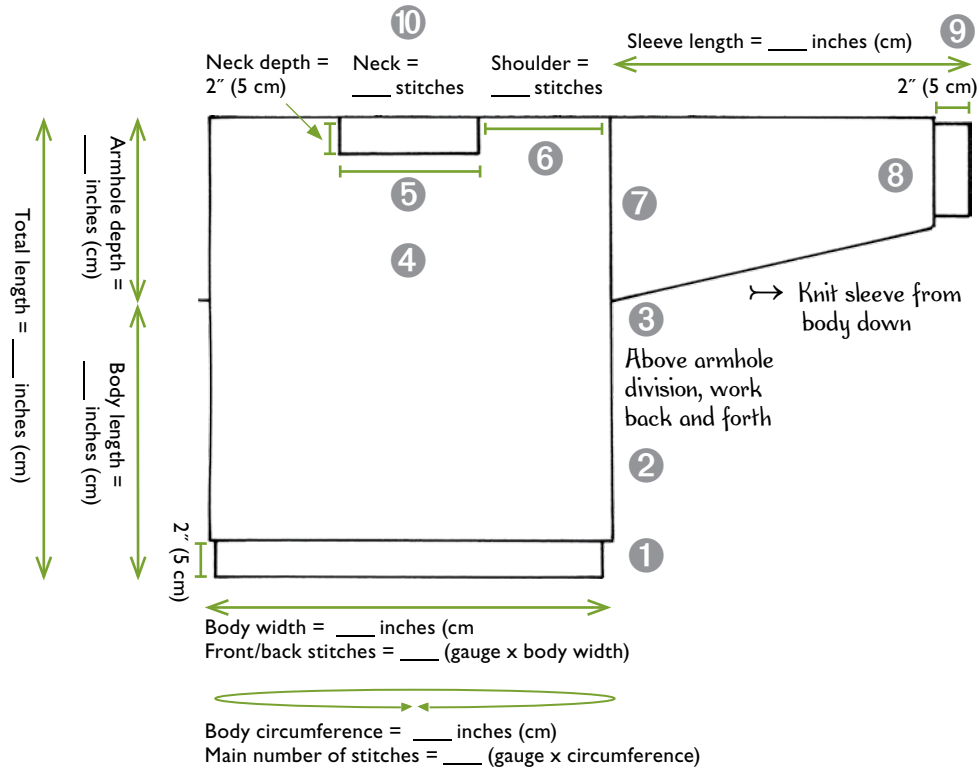
- ✦ Circular needle for body: for most adult sweaters, you will want a needle at least 29 inches (74 cm) long
- ✦ Circular needle for sleeves and neckband: 16 inches (40 cm) long
- ✦ Double-pointed needles for lower sleeves: set of 4 or 5

Optional for ribbings: Two sizes smaller than primary needles:

- ✦ Circular needle for body ribbing: for most adult sweaters, you will want a needle at least 29 inches (74 cm) long
- ✦ Double-pointed needles for cuff ribbing: set of 4 or 5

If you decide to use smaller needles for the ribbings, I'll count on you to know when to switch between needle sizes. Everyone else: Work on same-size needles with me. You'll do fine.





BODY

- 1 Cast on ___ stitches (90% of main number of stitches) and knit ribbing
- 2 Increase to ___ stitches (main number of stitches), change to stockinette stitch, and work lower body
- 3 Separate for upper back and upper front
- 4 Work motif
- 5 Bind off center ___ neck stitches
- 6 Join shoulders: ___ stitches

SLEEVES

- 7 Pick up ___ sleeve stitches at armhole
- 8 Decrease to ___ cuff stitches
- 9 Work cuff ribbing and bind off

FINISH

- 10 Work neckband








Measurements

	Calculation	Example	Description
<i>Stitch gauge</i>	___ stitches = 1 inch or 1 cm	5 stitches = 1 inch	Stitch gauge is critical for knitting a sweater that fits properly.
<i>Row gauge</i>	___ rows = 1 inch or 1 cm	7 rows = 1 inch	Row gauge is not critical for this sweater.
<i>Body width</i>	___ inches (cm)	20 inches	Measure the width of the sweater body, using a favorite sweater or a standard measurement chart (www.yarnstandards.com/sizing.html).
<i>Body circumference</i>	___ x 2 = ___	20 x 2 = 40 inches	Double the body width for the circumference of the sweater .
<i>Total length</i>	___ inches (cm)	24 inches	Measure the length of the sweater body.
<i>Sleeve length</i>	___ inches (cm)	18 inches	Measure the sleeve length from wrist to underarm.
<i>Armhole depth</i>	___ ÷ 4 = ___	40 ÷ 4 = 10 inches	Divide the body circumference by 4 to calculate the armhole depth .
<i>Body length</i>	___ - ___ = ___	24 - 10 = 14 inches	Subtract the armhole depth from the total body length to calculate the length of the body from the cast-on edge to the armhole .
<i>Sleeve circumference</i>	___ x 2 = ___	10 x 2 = 20 inches	Double the armhole depth for the circumference of the sleeve .



This example has been set up with numbers that clearly demonstrate the simple calculations. Those numbers happen to result in an adult's sweater with a finished chest measurement of 40" (102 cm) that falls to a generous hip length. If you're not that size, and only a few of us will be, use measurements you gather for yourself to make a sweater that is customized for its wearer. Standardized measurements are available online at <http://www.yarnstandards.com/sizing.html>

Stitch counts

	Calculation	Example	Description
 a	___ × ___ = ___	40 × 5 = 200	Multiply the body circumference by your stitch gauge to calculate the main number of stitches .
 b	___ × 0.9 = ___	200 × 0.9 = 180	Take 90 percent of the main number of stitches to calculate the number of stitches to cast on . If this is an odd number, add 1 so you have an even number of stitches for working the k1, p1 ribbing.
 c	___ ÷ 2 = ___	200 ÷ 2 = 100	Divide the main number of stitches in half to determine the number of stitches in the upper front and upper back .
 d	___ ÷ 3 = ___	100 ÷ 3 = 33 33 stitches for each shoulder, 34 stitches for neck	Divide the number of stitches in the upper front in thirds to calculate the number of stitches in the neck and shoulders . If your number of stitches is not a multiple of 3, include the extra stitch(es) with the neck. Make sure you have the same number of stitches in each shoulder.
	___	19	The number of stitches in the motif you have chosen.
 e	___ - ___ = ___ ___ ÷ 2 = ___	100 - 19 = 81 80 ÷ 2 = 40	Subtract the number of stitches in your motif from the number of stitches for the front. <i>Note:</i> If this is not an even number, decrease 1 stitch before beginning motif. Divide the result in half to calculate how to center the motif .
 f	___ × ___ = ___	20 × 5 = 100	Multiply the sleeve circumference by your stitch gauge to calculate the number of sleeve stitches to pick up at the armhole.
 g	___	40	After you knit the body of your sweater, wrap the ribbing around your wrist and count the number of stitches for the cuff . For a rough estimate of this number, divide the main number of stitches by 5.

Need a slightly different stitch count? Increase or decrease by a few.

Use this project sheet if you are not yet comfortable working directly from the sweater-planning diagram. With time, you'll find that you no longer need to refer to these instructions.

Do the calculations on the planning worksheets on pages 5 and 6 so you have the numbers to fill in here.

1 Cast on and knit ribbing



With a 29-inch (74 cm) circular needle, cast on ___ stitches (**90% of main number of stitches**). Join, being careful not to twist, and knit in the round.

Work in k1, p1 ribbing until the body measures 2 inches (5 cm), or until the ribbing is the desired length.

2 Work lower body



Change to stockinette stitch (knit every round). Increase to ___ stitches (**main number of stitches**) on the first round as follows: *K9, increase 1, repeat from * to end of round.



On the next round, knit ___ **back stitches**, place a second marker, knit to the end of the round. You now have a marker at the beginning of the round and a second marker halfway around, marking the side "seams" of the sweater.



Work even in stockinette stitch until the body measures ___ inches (cm) (**body length**) from the cast-on edge.

3 Separate for upper back and upper front

You will work the upper back and upper front back and forth on your circular needle, with half the stitches on hold as you work each section. (Place the stitches that are on hold on a piece of scrap yarn or a large stitch holder.)

Starting at the beginning of the round, knit across ___ **back stitches** to the first marker for the upper back. Place the remaining ___ **front stitches** on hold.



Upper back

On the back stitches, work back and forth in stockinette stitch (knit right-side rows; purl wrong-side rows) until the back of the sweater measures ___ inches (cm) (**total length**) from the cast-on edge.



Divide the back stitches into thirds. Work one more row on the back, and as you do so bind off the center ___ **neck stitches**.



You will have two sets of back shoulder stitches remaining active. Put these two sets of stitches on hold.

Upper front

Return the upper front stitches to active status on the needle. Join the yarn to the front so that the next row will be a right-side row. Work back and forth on the front stitches in stockinette stitch for 4 rows.

4 Work the motif

Knit ___ **motif side stitches**, place marker, work the motif chart, place marker, knit ___ **motif side stitches**.



Work the patterns as established, slipping markers when you come to them, until you have knitted all the rows of the motif chart.

Work even in stockinette stitch until the front is 2 inches (5 cm) shorter than the back.

5 Shape neckline on upper front



Divide the front stitches into thirds. As you work across the front stitches, bind off the center ___ **neck stitches**. Then work each of the two front shoulders separately in stockinette stitch until the front is as long as the back.

6 Join shoulders

Join the front and back at each shoulder using the three-needle bind-off.

7 Pick up stitches for sleeves



Beginning at the underarm and using the 16-inch (40-cm) circular needle, pick up ___ **sleeve stitches** around the armhole opening on one side of the sweater. Place a marker, join, and begin knitting stockinette stitch in the round.

8 Work sleeve decreases

AT THE SAME TIME, begin decreasing for the sleeve as follows: On every 4th round, k1, k2tog, knit to 3 stitches before the marker, ssk, k1.

When the stitches no longer fit comfortably on the circular needle, change to double-pointed needles.

Keep an eye on the shape of your sleeve and measure it against your model sweater or try your sweater on after every few inches (cm) to make sure the sleeve is decreasing at a comfortable rate. If your sleeve is becoming narrow too quickly, start decreasing every 6th round. If it is not narrowing quickly enough, start decreasing every 3rd round.



Continue decreasing until you have ___ **cuff stitches** and then work even.



When your sleeve measures 2 inches (5 cm) less than **sleeve length** (___ inches [cm]), or ___ inches (cm), try on the sweater to test the sleeve length. The bottom of the sleeve should fall just above your wrist bone, to leave enough space to knit the cuffs.

If you have not decreased to ___ **cuff stitches** and your sleeve is the desired length to the start of the cuff, make the remaining number of decreases on the next round, spreading them evenly as you work the round.



9 Work cuff ribbing and bind off

Change to k1, p1 ribbing. Work in ribbing for 2 inches (5 cm).

Bind off loosely in pattern.

Make second sleeve the same way as the first, steps 7 through 9.

10 Finishing

Neckband

Starting at the left shoulder with the right side facing and using the 16-inch (40-cm) circular needle, pick up stitches down the left side of the neck front, across the bound-off stitches at the front neck, up the right side of the neck front, and across the bound-off stitches at the back neck.

If you have picked up an odd number of stitches, increase 1 stitch on the first round of the neckband so you have an even number of stitches for working the ribbing.

Work in k1, p1 ribbing for 1 inch (2.5 cm), or desired height of neckband. Bind off loosely in pattern.

Weave in the ends.



Tip for neckline edge: I bind off stitches at the neckline to give a firmer edge. Some knitters prefer to leave these stitches “live” and to incorporate them directly into the neck finish. On the next sweater, Project 3, which is finished with eyelets and a drawstring at the neckline, the stitches are left “live” so you can learn that technique as well.

Tip for picking up stitches: The basic guideline for picking up stitches comes from your gauge. For each inch (cm) of edge, pick up approximately the number of stitches in an inch (cm) of your gauge swatch, fudging, if necessary, on the “slightly less than” side.

Approximate yarn quantities

Child's sweater Chest 26–34" (66–86 cm)		
<i>Lightweight yarn</i>	1000–1800 yards	900–1700 meters
<i>Medium-weight yarn</i>	900–1200 yards	850–1100 meters
<i>Heavy-weight yarn</i>	700–1000 yards	650–900 meters
Woman's hip-length sweater Bust 32–44" (81–112 cm)		
<i>Lightweight yarn</i>	1500–2600 yards	1400–2400 meters
<i>Medium-weight yarn</i>	1100–1700 yards	1000–1600 meters
<i>Heavy-weight yarn</i>	1000–1100 yards	900–1000 meters
Man's hip-length sweater Chest 36–50" (91–127 cm)		
<i>Lightweight yarn</i>	1800–3000 yards	1700–2750 meters
<i>Medium-weight yarn</i>	1500–2000 yards	1400–1850 meters
<i>Heavy-weight yarn</i>	1300–1500 yards	1200–1400 meters

These yarn estimates are for sweaters knitted in one color in stockinette stitch or a lightly textured pattern.

Sources: Modified from Vicki Square, *The Knitter's Companion*, and Ann Budd, *The Knitter's Handy Guide to Yarn Requirements*.