

# | MIST SLEEVES |

## Garn og Slikt



Mist Sleeves is worked sideways in light and fluffy mohair. The sweater has a twist detail in the front and back, and wide balloon sleeves. Perfect to wear over dresses and tops, but also over turtlenecks and shirts.

**Size:** 1 (2) 3

**Circumference:** 100 (120) 140 cm [40 (47) 55 inches]

**Sleeve length:** 50 (50) 50 cm [20 (20) 20 inches]

**Suggested needles:**

*Soft Silk Mohair:* Circular needle 7.0 mm [-] 40 and 80 cm [16 and 32 inches]

*Ballerina Chunky Mohair:* Circular needle 6.0 mm [US 10] 40 and 80 cm [16 and 32 inches]

**Gauge:**

*Soft Silk Mohair:* 14 sts and 18 rows in stockinette on ndl 7.0 mm equals 10 x 10 cm [4 x 4 inches]

*Ballerina Chunky Mohair:* 14 sts and 18 rows in stockinette on ndl 6.0 mm equals 10 x 10 cm [4 x 4 inches]

**Materials:** 175 (200) 200-225 g Soft Silk Mohair from Knitting for Olive (25 g = 225 m). *You work with 3 strands held together.*

**Or** 200 (200) 250 g Ballerina Chunky Mohair from Sandnes Garn (50 g = 135 m). *You work with 1 strand.*

**Difficulty:** 2 out 5

The white Mist Sleeves is worked in Soft Silk Mohair (Cream) from Knitting for Olive.

## BEFORE YOU START

It is recommended that you knit and wash a swatch before knitting the garment to ensure that the gauge is correct. An incorrect gauge can affect the proportions of the garment. Adjust the needle size to achieve the correct gauge if needed. Use a larger needle if you have too many stitches on 10 cm, and a smaller needle if you have too few stitches on 10 cm.

## SIZE GUIDE

Mist Sleeves are designed to have a positive ease of minimum 10 cm [4 inches] to your high bust circumference, depending on how far down your arm you want the armhole to start. To find your high bust circumference, measure yourself just below your armpits, above where you are the widest over your bust. Your high bust circumference is often smaller than your full bust circumference.

The sizes 1 (2) 3 correspond to a high bust circumference of 70-90 (90-110) 110-130 cm [27.5-35.5 (35.5-43.5) 43.5-51 inches]

The model in the photo is 190 cm tall with a high bust circumference of 92 cm and is wearing a size 2.

## INTRODUCTION TO THE KNITTING PROCESS

Mist Sleeves is worked sideways in stockinette stitch in light and fluffy mohair. Firstly, stitches are cast on with Judy's Magic Cast On before the right shoulder is worked back and forth in stockinette stitch. The stitches are divided in half, and the front and back pieces are worked separately with a twist detail. The front and back pieces are joined together before knitting the left shoulder. The left sleeve is worked in the round before finishing with an i-cord edge. The right sleeve is worked the same way.

## ABBREVIATIONS

k = knit

p = purl

ndl (s) = needle (s)

st (s) = stitch (es)

RS = right side

WS = wrong side

\* - \* = repeat after the given instructions

## DECREASES

**SSK – “Slip, slip, knit”:** Slip the first stitch knitwise. Slip the second stitch knitwise. Knit the two stitches together through the back loop.

**BEGIN WORKING THE SLEEVES HERE:****RIGHT SHOULDER**

Cast on 64 (68) 72 sts with Judy's Magic Cast On on 2 circular ndls, 64 (68) 72 sts on each ndl. (*NOTE! You use a 7.0 mm ndl when knitting with 3 strands of mohair and 6.0 mm when knitting with Ballerina Chunky Mohair*). Let the one set of sts rest on a stitch wire for the right sleeve, while you start knitting the other set of sts.

*How to cast on using Judy's Magic Cast On: <https://www.youtube.com/watch?v=rAEDPfEpwv8>*

Work back and forth in stockinette stitch until the right shoulder measures (16) 20 (24) cm from the cast on edge. The first row is knitted from the RS, and the last row is purled from the WS.

The right shoulder is finished.

**FRONT PIECE**

The front piece is worked back and forth in stockinette stitch with a twist detail in front.

The sts are divided into two and the front piece and back piece are worked separately. The first 32 (34) 36 sts belong to the front piece, and the last 32 (34) 36 sts the back piece. Let the sts for the back piece rest on a stitch wire while you work the front piece.

Work 6 (8) 10 rows back and forth in stockinette stitch over the front piece, this is equivalent to approx. 3.5 (4.5) 5.5 cm. The first row is knitted from the RS and the last row is purled from the WS.

Divide the stitches in two once again to make the twist in the middle of the front piece: the right part and the left part. The two parts are 16 (17) 18 sts each. Start working the right part, while the sts to the left part rest on the ndl.

Work stockinette stitch back and forth over the right part until it measures 11 cm. This is equivalent to approx. 20 rows. Break the thread. Move the sts to the right part to another ndl while you work the left part.

With new yarn, work stockinette stitch back and forth over the left part until it measures 11 cm. This is equivalent to approx. 20 rows. Make sure to work as many rows over the left part as the right part.

To create the twist in the middle of the front piece, the left part is folded above the right part. Move the ndl with the sts for the left part **above** the ndl with the sts for the right part. Make sure the two parts lay flat and are not twisted around themselves. From the RS, knit over the left part, then knit over the right part. You have 32 (34) 36 sts on your ndl.

Work 5 (7) 9 rows of stockinette stitch back and forth over the front piece. You start and end with a WS row.

The front piece is finished. Break the thread and let the sts rest on a stitch wire while you work the back piece.

## BACK PIECE

The back piece is worked back and forth in stockinette stitch in the same way as the front piece.

Place the 32 (34) 36 sts resting on a stitch wire for the back piece back on the ndl. Work 6 (8) 10 rows back and forth in stockinette stitch, this is equivalent to approx. 3.5 (4.5) 5.5 cm. The first row is knitted from the RS and the last row is purled from the WS.

Divide the stitches in two once again to make the twist in the middle of the back piece: the right part and the left part. Each part is 16 (17) 18 sts. Start working the right part, while the sts to the left part rest on the ndl.

Work stockinette stitch back and forth over the right part until it measures 11 cm. This is equivalent to approx. 20 rows. Break the thread. Move the sts to the right part to another ndl while you work the left part.

With new yarn, work stockinette stitch back and forth over the left part until it measures 11 cm. This is equivalent to approx. 20 rows. Make sure to work as many rows over the left part as the right part.

To create the twist in the middle of the back piece, the left part is folded underneath the right part. Move the ndl with the sts for the left part **underneath** the right part. Make sure the two parts lay flat and are not twisted around themselves. From the RS, knit over the left part, then knit over the right part. You have 32 (34) 36 sts on your ndl.

Work 5 (7) 9 rows of stockinette stitch back and forth over the back piece. You start and end with a WS row.

Break the thread.

## LEFT SHOULDER

Join the front piece and the back piece before the left shoulder is worked back and forth in stockinette stitch.

Continue knitting with new yarn. From the RS, knit over the front piece, then knit over the back piece. You have 64 (68) 72 sts on your ndl. Work stockinette stitch back and forth until the left shoulder measures 16 (20) 24 cm from the joining of the front piece and back piece. To make sure the sweater is symmetrical, work the same number of rows over the left shoulder as the right shoulder. End with a WS row.

## LEFT SLEEVE

The left sleeve is worked in the round in stockinette stitch on a circular ndl 40 cm [16 inches], or a circular ndl 80 cm [32 inches] if using the Magic Loop technique.

K over the 64 (68) 72 sts and place a marker on the ndl. This is the beginning of the round and is placed on the underside of the sleeve. Join the sts and work stockinette stitch in the round until the sleeve measures 50 cm or the desired length. Try the sweater on before deciding on the final length. The sleeve is designed to be long, hitting the middle of the palm.

Change to a circular ndl 80 cm [32 inches], the rest of the sleeve is worked using the Magic Loop technique. Work one round of decreases to create the balloon sleeve as follows:

\***k 2 together**\*, repeat from \* to \* to end of round.

You have 32 (34) 36 sts on your ndl.

The sleeve is finished with an i-cord edge.

Cast on 2 sts using the knit cast on method on the left ndl from RS.

\*k1, **SSK**, slip the 2 sts on the right ndl back to the left ndl\*, repeat from \* to \* until all the sts have been incorporated.

Sew together the beginning and the end of the i-cord edge using grafting/Kitchener stitch.

(How to work i-cord edge: <https://www.youtube.com/watch?v=loKN36HcYIY&t=26s> )

## RIGHT SLEEVE

Transfer the 64 (68) 72 sts from the Judy's Magic Cast On to a circular ndl 40 cm [16 inches] or a circular ndl 80 cm [32 inches] if using the Magic Loop technique.

With new yarn, k over the 64 (68) 72 sts before placing a marker on the ndl. This is the beginning of the round and is placed on the underside of the sleeve. Join the sts and work stockinette stitch in the round until the sleeve measures 50 cm or the desired length. Make sure the right sleeve is the same length as the left sleeve.

Change to a circular ndl 80 cm [32 inches], the rest of the sleeve is worked using the Magic Loop technique. Work one round of decreases to create the balloon sleeve as follows:

\***k 2 together**\*, repeat from \* to \* to end of round.

You have 32 (34) 36 sts on your ndl.

The sleeve is finished with an i-cord edge.

Cast on 2 sts using the knit cast on method on the left ndl from RS.

\*k1, **SSK**, slip the 2 sts on the right ndl back to the left ndl\*, repeat from \* to \* until all the sts have been incorporated.

Sew together the beginning and the end of the i-cord edge using grafting/Kitchener stitch.

(How to work i-cord edge: <https://www.youtube.com/watch?v=loKN36HcYIY&t=26s> )

## FINISHING

Weave in all ends. If working the 3 strands of mohair, weave in each strand separately for a less visible result.

Wash and block the sweater to the given gauge.



Pattern by Helene Beba | Garn og Slikt  
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Feel free to share pictures of your version of Mist Sweater on  
Instagram with #mistsweater and #garnogslikt  
Contact me on [garnogslikt@gmail.com](mailto:garnogslikt@gmail.com)  
This pattern is for private use only  
Happy knitting!