



ANDREAS RUTHEMANN DESIGN

INTROVERT SWEATER „INSIDE OUT“

ABOUT

Introvert Sweater is a cozy pullover that will make you want to lounge all day. The relaxed fit, the rolled edges and the shaped hem create a comfortable garment that gives you freedom of movement and a super comfy personal space.

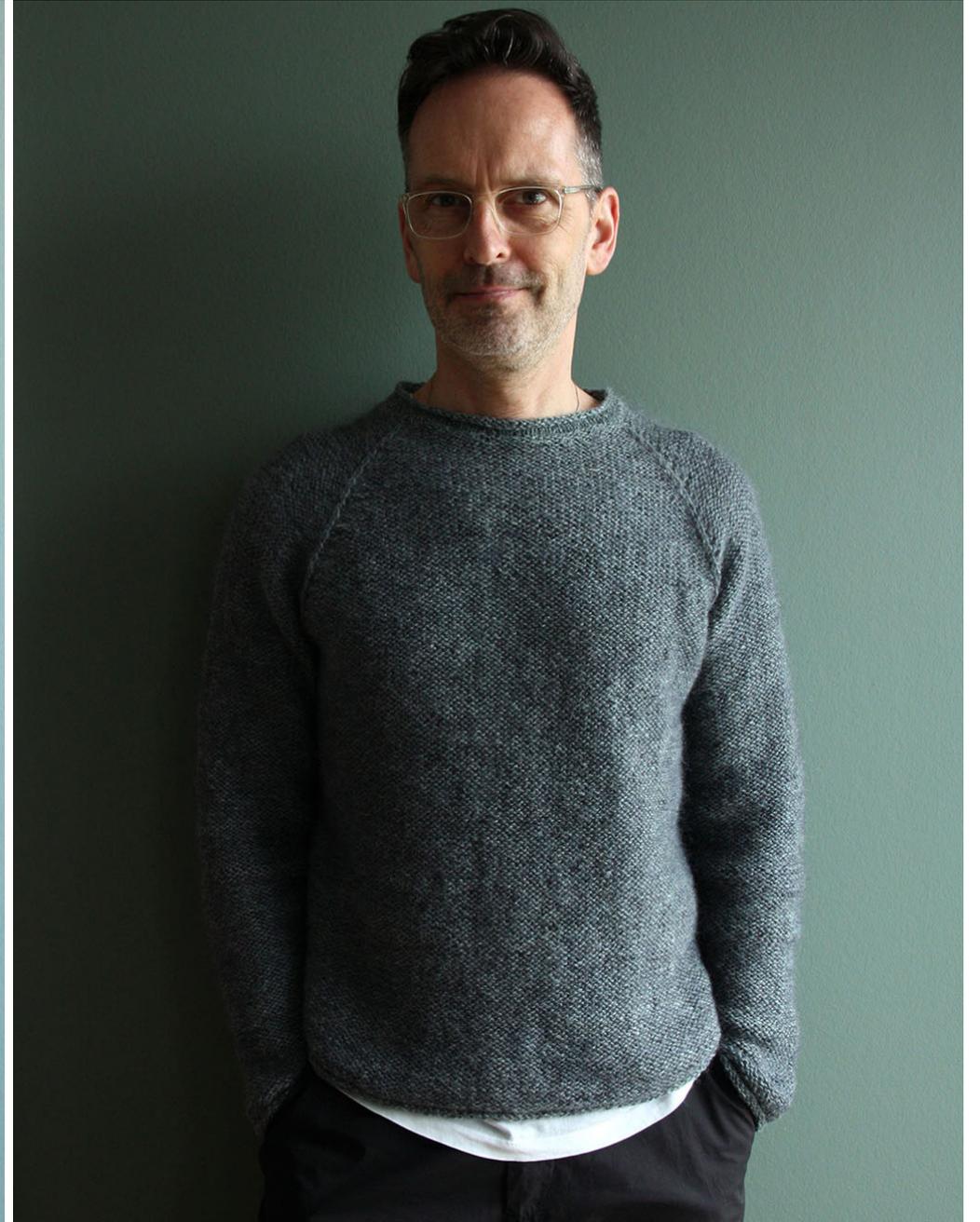
Even though this sweater is a purl stitch design, it is worked in knit stitches only (except for the rolled edges and short rows). The trick is to knit it from the wrong side and then, in the very end, turn the finished sweater inside out.

Whether you are an introvert or not – this will be the perfect outfit for enjoying some precious hours of me-time. Time for selfcare, withdrawal and recharging – in order to come back even stronger.

ENGLISH | DEUTSCH | DANSK



DK sample shown in CaMaRose Høst (Aften Himmel) and Økologisk Hverdagsuld (Marineblå).



Fingering/Lace sample shown in Knudegarn (Jeansblå) with Garngalleriet Silk-Mohair (Malurt)



Fit

Introvert Sweater has a relaxed fit to be worn with about 8 cm / 3.1" of positive ease. The length of body and sleeves can be adjusted individually (keep in mind that the amount of yarn will change).

Techniques

The sweater is worked top down from the inside using stockinette stitch, raglan increases and German short rows. The garment will be turned inside out at the very end so the purled "introvert" version stays a secret until it's finished. The side referred to as WS in the pattern will be your purled RS in the end.

Skill level

Beginner-friendly

Abbreviations

* ... *	repeat from * to *
BOR	beginning of round
CC	contrast colour
CO	cast on
dpns	double-pointed needles
DS	double stitch, see description on page 5.
GSR	German short rows, instructions on page 5.
k	knit
k2tog	knit 2 sts together
m	marker
m1l	(make one left) lift the bar between the sts in the row below on the left needle, knit it tbl
m1r	(make one right) lift the bar between the sts in the row below on the left needle, twist it to the right and knit it through the front loop
MC	main colour
p	purl
p2tog	purl 2 sts together
pm	place marker
rnd/s	round/s
slm	slip marker
ssk	(slip slip knit) slip first stitch knit-wise, slip second stitch knit-wise, knit them together tbl
st/s	stitch/es
tbl	through the back loop
tog	together
wyf	with yarn in front of the work

INFO | SIZES AND YARN

SIZES

Finished Measurements

Size	1 2 3 4 5 6 7
A Chest	97 102 107 114 121 128 135 cm 38 40 42 45 47.6 50 53 "
B Back length	64 65 66 67 68 69 70 cm 25 25.5 26 26.3 26.5 27 27.5 "
C Sleeve length	47 48 49 50 51 52 53 cm 18.5 19 19.3 19.6 20 20.5 21 "
D Yoke depth	26 27 28 28,5 29,5 30 31 cm 10 10.5 11 11.3 11.6 11.8 12.2 "

Needles

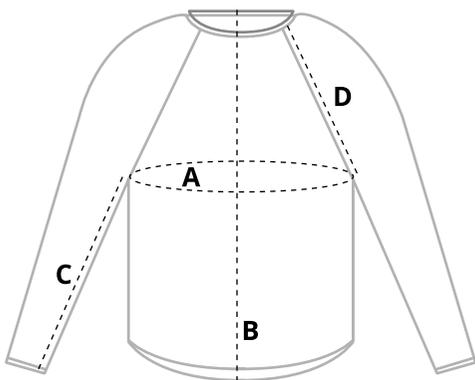
3,5 mm / US 4 and 4,5 mm / US 7 circular needles and sock needles.

Notions

Stitch markers, tapestry needle, waste yarn.

Gauge

17 st / 23 Rows = 10 cm / 4" on larger needle size in stockinette stitch after washing and blocking.



YARN

MC	840 900 950 1100 1150 1200 1300 m 920 950 985 1205 1445 1315 1425 yds
CC	50 (60, 70, 80, 90, 100, 110) m 55 66 77 88 99 110 120 yds

Basically, you can use whatever yarn you like, as long as you meet the gauge.

I would recommend either DK weight yarn (marled sample) or a non-superwash fingering/sport weight yarn held together with a lace thread in Silk-Mohair grey-blue sample).

For the rolled edges, it's nice to use a contrasting color which gives the sweater sort of a frame. You can either use 2 matching yarns, or, like I did on the greyblue sample, just leave away the lace tread for knitting the edges.

Samples shown

The marled **DK sample** is shown in Høst (Aften Himmel) and Økologisk Hverdagsuld (Marineblå), both from CaMaRose.

The **Fingering/Lace sample** is shown in Økologisk 2-trådet Knudegarn (Jeansblå) with Silk-Mohair (Malurt) from Garngalleriet.

IMPORTANT:

If you are using Høst Garn, knit body and sleeves about 7-10% longer or even go up one size since it will shrink through washing.

INSTRUCTIONS | YOKE

Neckband

Using smaller needles and CC yarn, loosely CO 77 (77, 77, 85, 85, 89, 89) sts. Join in the round by pulling the last st over the first st for an invisible transition, being careful not to twist the CO edge. There are 76 (76, 76, 84, 84, 88, 88) sts on your needles.

Place BOR m to mark right back shoulder and purl 6 rounds, while placing 3 more markers as follows: p 9 (9, 9, 11, 11, 11, 11) (right sleeve), pm, p 29 (29, 29, 31, 31, 33, 33) (front) pm, p 9 (9, 9, 11, 11, 11, 11) (left sleeve), pm, p 29 (29, 29, 31, 31, 33, 33) (back).

Neck Shaping

Switch to MC yarn and larger needles. Purl 1 rnd in new colour, then shape the neck with GSR as follows:

Row 1 (RS):

DS, m1l, k 28 (28, 28, 30, 30, 32, 32), m1r, slm, p1, m1l, k 8 (8, 8, 10, 10, 10, 10), m1r, slm, p1 m1l, k5 (5, 5, 5, 6, 6, 6), turn. 5 st increased.

Row 2 (WS):

Make DS, *p to last st before m, k1, slm* 4 times, working the DS as a k2tog, p5 (5, 5, 5, 6, 6, 6), turn.

Row 3 (RS):

Make DS, *k to m, m1r, slm, p1, m1l* 4 times, k to 3 (3, 4, 4, 4, 4, 4) st past DS, working DS tog as k2tog, turn. 8 sts increased.

Row 4 (WS):

Make DS, *p to last st before m, k1, slm* 4 times, p to 3 (3, 4, 4, 4, 4, 4) sts past last DS, working DS tog as p2tog, turn.

Row 5 (RS):

Make DS, *k to m, m1r, slm, p1, m1l* 4 times, k to 3 (3, 3, 3, 4, 4, 4) st past DS, working DS tog as k2tog,

turn. 8 sts increased.

Row 6 (WS):

Make DS, *p to last st before m, k1, slm* 4 times, p to 3 (3, 3, 3, 4, 4, 4) sts past last DS, working DS tog as p2tog, turn.

Row 7 (RS):

Make DS, k to m, m1r, slm, p1, m1l, k to m, m1r, sl BORm. 3 sts increased.

You have now 100 (100, 100, 108, 108) 112, 112) sts on your needles. Knit 1 rnd, purling the raglan sts and working the DS as k2tog. From now on, the raglan section will be worked in meditative rounds.

Raglan Increases

The raglan increases will be worked in every other rnd.

Rnd 1 (increase rnd): *p1, m1l, k to m, m1r, slm*, repeat until BOR. 8 sts increased.

Rnd 2: *p1, k to m, slm*, repeat until BOR.

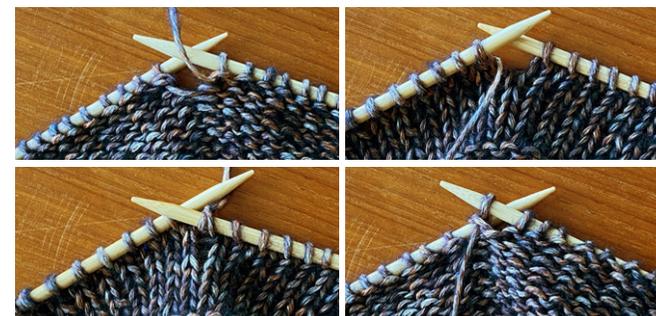
Work these 2 rnds 21 (23, 25, 26, 28, 29, 31) times in total until you have 268 (284, 300, 316, 332, 344, 360) sts on your needles. Work one more rnd as follows: *k to m, remove m, k1 (raglan st), pm, k to m, slm*, 2 times. There are now 78 (82, 86, 90, 94, 98, 102) sts for front and back and 56 (60, 64, 68, 72, 74, 78) sts for each sleeve.

HOW TO WORK GERMAN SHORT ROWS (GSR)



German short row on the RS

- 1 knit to turning point, turn work
- 2 (WS) wyf, slip most recent stitch on right needle
- 3 pull the yarn to the back to create a DS, purl on
- 4 in the next row (RS) work the DS like a k2tog



German short row on the WS

- 1 purl to turning point, turn work
- 2 (RS) wyf, slip most recent stitch on right needle
- 3 pull the yarn to the back to create a DS, knit on
- 4 in the next row (WS) work the DS like a p2tog

INSTRUCTIONS | BODY

Separating Body and Sleeves

Beginning at BOR, k to next m (back), CO 5 (5, 5, 7, 9, 11, 13) sts. Place the sts to next m (left sleeve) onto waste yarn, pm, k to next m (front), slm, CO 5 (5, 5, 7, 9, 11, 13) sts. Place the sts to next m (right sleeve) onto waste yarn, ending at BOR. You have 166 (174, 182, 194, 206, 218, 230) body sts on your needles.

Body

The body will be worked straight in rounds. Adjust the markers to mark the central 5 underarm sts on each side. These will be the beginning and end for the waves on the body hem. Knit until you reach a length of 30 (31, 32, 33, 34, 35, 36) cm / 11.8 (12.2, 12.6, 13, 13.4, 13.8, 14.2)" from armhole or about 7–8 cm / 3" less than your desired final length.



HEM SHAPING

Front and back will now be worked separately. The waves will be shaped by using GSR. In the end, the edge will be knitted in the round again.

Back Hem Shaping

- Row 1 (RS): K to m, turn.
- Row 2 (WS): Make DS, p to m, turn.
- Row 3 (RS): Make DS, k to 1 st before DS, turn.
- Row 4 (WS): Make DS, p to 1 st before DS, turn.
- Row 5 (RS): Make DS, k to 1 st before DS, turn.
- Row 6 (WS): Make DS, p to 1 st before DS, turn.
- Row 7 (RS): Make DS, k to 2 sts before DS, turn.
- Row 8 (WS): Make DS, p to 2 sts before DS, turn.
- Row 9 (RS): Make DS, k to 2 sts before DS, turn.
- Row 10 (WS): Make DS, p to 2 sts before DS, turn.
- Row 11 (RS): Make DS, k to 2 sts before DS, turn.
- Row 12 (WS): Make DS, p to 2 sts before DS, turn.
- Row 13 (RS): Make DS, k to 3 sts before DS, turn.
- Row 14 (WS): Make DS, p to 3 sts before DS, turn.
- Row 15 (RS): Make DS, k to 3 sts before DS, turn.
- Row 16 (WS): Make DS, p to 3 sts before DS, turn.
- Row 17 (RS): Make DS, k to 3 sts before DS, turn.
- Row 18 (WS): Make DS, p to 3 sts before DS, turn.
- Row 19 (RS): Make DS, k to 4 sts before DS, turn.
- Row 20 (WS): Make DS, p to 4 sts before DS, turn.
- Row 21 (RS): Make DS, k to 6 sts before DS, turn.
- Row 22 (WS): Make DS, p to 6 sts before DS, turn.

Sizes 4 and 5 only: repeat last 2 rows once more.

Sizes 6 and 7 only: repeat last 2 rows twice more.

All sizes: Make DS, k complete back, working all DS as k2tog, slm, k 5, slm, work front hem.

Front Hem Shaping

- Row 1 (RS): K to m, turn.
- Row 2 (WS): Make DS, p to m, turn.
- Row 3 (RS): Make DS, k to 1 st before DS, turn.
- Row 4 (WS): Make DS, p to 1 st before DS, turn.
- Row 5 (RS): Make DS, k to 2 sts before DS, turn.
- Row 6 (WS): Make DS, p to 2 sts before DS, turn.
- Row 7 (RS): Make DS, k to 2 sts before DS, turn.
- Row 8 (WS): Make DS, p to 2 sts before DS, turn.
- Row 9 (RS): Make DS, k to 3 sts before DS, turn.
- Row 10 (WS): Make DS, p to 3 sts before DS, turn.
- Row 11 (RS): Make DS, k to 4 sts before DS, turn.
- Row 12 (WS): Make DS, p to 4 sts before DS, turn.
- Row 13 (RS): Make DS, k to 6 sts before DS, turn.
- Row 14 (WS): Make DS, p to 6 sts before DS, turn.

Sizes 4 and 5 only: repeat last 2 rows once more.

Sizes 6 and 7 only: repeat last 2 rows twice more.

All sizes: Make DS, k complete front, working all DS as k2tog, to BOR.

Knit one complete round. Using smaller needles and CC yarn, purl 6 more rounds and bind off loosely in preferred method (e.g. with the larger sized needle).

INSTRUCTIONS | SLEEVES

Sleeves

Shift sleeve sts from waste yarn back onto large needles and start picking up sts from the armhole CO edge, starting in the middle.

Pick up and knit 2 (2, 2, 3, 4, 5, 6) sts from your CO body sts, k the 56 (60, 64, 68, 72, 74, 78) sleeve sts, pick up and knit 3 (3, 3, 4, 5, 6, 7) sts from your CO body sts, pm for BOR. You have 61 (65, 69, 75, 81, 85, 91) sts on your needles.

Knit 6 rnds in stockinette stitch.

Rnd 7 (decrease rnd): k2tog, k to 3 sts before m, ssk, k1, slm. 2 sts decreased.

Repeat the decrease rnd every 8 (7, 7, 6, 5, 5, 5) rnds, 12 (14, 16, 18, 21, 22, 24) times in total until there are 37 (37, 37, 39, 39, 41, 43) sts left on your needles. Knit on until desired sleeve length.

Switch to smaller needles and k 2 more rnds.

If you want your sleeves to be shorter, reduce the number of rnds between the decreases, like 6 instead of 7 rnds.

Cuff Edges

Switch to CC yarn and purl 6 rnds. Bind off loosely in preferred method (e.g. with the larger sized needle).



TIPS:

1 When picking up sts for the sleeves at the underarm, do it from the back leg of the CO sts. So the transition from body to sleeve will remain invisible on the WS (turning into the RS).

2 To avoid large underarm holes, pick up one st more than needed on each side of the CO sts and k them tog with the first and last sleeve st.

INSTRUCTIONS | FINISHING

Finishig

Weave in ends, gently wash and block the finished garment to dimensions.

Wear your Introvert Sweater with pride and enjoy some quality time just with yourself!

TIP: If you want to save the neck from wearing out by inserting an elastic, the line between neckband and yoke is always the best place for this. By stabilizing the base of the neckband, the sweater's weight won't be all hanging from the CO edge so the fit will be relaxed and the neckband won't be distorted.



INTROVERT SWEATER | DETAILS



THANKS AND SO | CORDIAL AND LEGAL

ACKNOWLEDGEMENTS

A big thank you to the test knitters who supported me in publishing this pattern. Thanks to Trine Bertelsen and Anita from CaMaRose for the yarn inspiration and for translating the pattern to Danish. Special thanks to my yoga teachers who helped me find peace at the most precious place within myself.

LEGALS

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THANK YOU!