



Alvar pullover

Knitting pattern by Sari Nordlund



The Alvar pullover has a boxy fit and dropped shoulders. It is knitted with an all over gansey pattern that looks intricate but is just easy knit and purl stitches. The pullover is started at the back neck and increased to the full width of the back. The increases over the gansey pattern are fully charted. Then stitches are picked up for the shoulders and worked as the front of the pullover. The front and back are joined at underarm and the body is then worked in the round. Stitches are then picked up from the body for the sleeves and the neckband. The sleeves are worked in the gansey pattern and the neckband in 1x1 ribbing. The hem and cuffs are finished with a tubular bind off, which provides a beautiful and stretchy edge that looks like the stitches roll over the edge to the other side of the ribbing.

For the stitch patterns to show best, I recommend choosing unicolor or slightly tonal colorways. The length of the body and sleeves are easily modified to suit your own body measurements. The sleeves are supposed to be long, hitting your knuckles rather than your wrists. If you want shorter sleeves, adjust the length to your own body measurements / style. I recommend trying the sweater on every now and then while working on it to make sure you get the perfect length for your style.

Sizes

- 1 (2, 3, 4, 5) (6, 7, 8, 9)
- Finished bust circumference: 97 (103, 114, 126, 137) (143, 154, 166, 177) cm / 38.25 (40.5, 45, 49.5, 54) (56.25, 60.75, 65.25, 69.75) inches including the intended positive ease of 20 cm / 8 inches
- Length from hem to underarm (adjustable): 30 (30, 31, 31, 33) (33, 35, 35, 35) cm / 11.75 (11.75, 12.25, 12.25, 13) (13, 13.75, 13.75, 13.75) inches
- Sleeve length from cuff to underarm (adjustable): 45 cm / 17.75 inches
- Upper arm circumference: 34.5 (37, 37, 37, 43) (48.5, 51.5, 54.5, 57) cm / 13.5 (14.5, 14.5, 14.5, 17) (19, 20.25, 21.5, 22.5) inches

Note: Please be aware that adjusting the lengths of the garment will also affect the amount of yarn needed to finish the project.

Yarn

870 (960, 1060, 1160, 1280) (1410, 1550, 1700, 1870) m / 960 (1050, 1160, 1270, 1400) (1540, 1690, 1860, 2050) yards of DK weight yarn.

Sample: 5 (5, 5, 6, 7) (7, 8, 9, 9) skeins of Le Chat Qui Tricote Salem (60% merino, 20% yak, 20% silk; 212 meters / 232 yards per 100 g) shown in the colorway Natural.

Needles

Always use the needle size that gets you the right gauge!

- 3 mm / US 2.5 circular needles with a cable of 40 cm / 16 inches for the neck ribbing
- 3 mm / US 2.5 DPNs or circular needles with a cable suitable for small circumference knitting for the cuffs
- 3 mm / US 2.5 circular needles with a cable of at least 80 cm / 32 inches for the hem
- 3.5 mm / US 4 DPNs or circular needles with a cable suitable for small circumference knitting for the sleeves
- 3.5 mm / US 4 circular needles with a cable of at least 80 cm / 32 inches for the body

Gauge

21 sts and 29 rows = 10 cm / 4 inches of charted pattern on larger needles, after blocking

Notions

- 1 stitch marker
- 4 locking markers
- cable needle, if using
- waste yarn
- tapestry needle
- blocking tools



Instructions

BACK INCREASES

Note: When working the charts on the WS rows, remember to read them from left to right and check the changed abbreviations for the stitches when working on the WS.

Cast on 32 (38, 38, 38, 38) (44, 44, 44, 44) sts for the back neck on the larger needles. Do not join in the round. Place locking markers into the cast on edge below the first and last stitch of the row.

Row 1 (WS): Work Row 1 of the Back Increase Chart 1 repeating the outlined 6-stitch pattern 5 (6, 6, 6, 6) (7, 7, 7, 7) times on each row.

Row 2 (RS): Work Row 2 of the Back Increase Chart 1.

Sizes 1-3 only:

Continue as established until you have finished Row 37 (37, 43, -, -) (-, -, -, -) Back Increase Chart 1. Continue to the instructions for the Back, do not work any more increases. 104 (110, 122, -, -) (-, -, -, -) sts on needles.

Sizes 4-9 only:

Continue until you reach the end of Back Increase Chart 1. Then continue as established but use Back Increase Chart 2 instead repeating the outlined 6-stitch pattern - (-, -, 20, 20) (21, 21, 21, 21) times on each row.

Continue as established until you have finished Row - (-, -, 5, 11) (11, 17, 23, 29) Back Increase Chart 2. Continue to the instructions for the Back, do not work any more increases. - (-, -, 134, 146) (152, 164, 176, 188) sts on needles.

BACK

Place a locking marker at the first and last stitch of the row.

You will now change to working from the Main Chart.

Next Row (RS): P1, work Row 38 (38, 44, 6, 12) (12, 18, 24, 30) of the Main Chart until 1 st remains, P1. The 6-stitch pattern repeats 17 (18, 20, 22, 24) (25, 27, 29, 31) times on each row.

Next Row (WS): K1, work the next row of the Main Chart until 1 st remains, K1.

Work as established until the piece measures 11 (12, 11, 10, 12) (15, 15.5, 16, 16) cm / 4.25 (4.75, 4.25, 4, 4.75) (6, 6, 6.25, 6.25) inches from the locking marker at the end of the increases, ending with a WS row.

Make a note which row of the Main Chart you ended with, as you will need this information for the front later on. Break yarn and put the sts on hold on a piece of waste yarn.

LEFT FRONT SHOULDER

With the RS facing you and starting at the locking marker at the left corner of the back neck cast on, pick up and knit 38 (38, 44, 50, 56) (56, 62, 68, 74) sts (= 1 st per row) along the left shoulder line until the locking marker at the end of increases on the left shoulder.

Row 1 (WS): Work Row 1 of the Left Front Chart repeating the outlined 6-stitch pattern 6 (6, 7, 8, 9) (9, 10, 11, 12) times on each row.

Row 2 (RS): Work Row 2 of the Left Front Chart.

Work as established until you have worked the end of the Row 39. The Row 40 will be worked only after finishing the Right Front and joining the neck. You now have 45 (45, 51, 57, 63) (63, 69, 75, 81) sts on needles. Break yarn and put the sts on hold on a piece of waste yarn.

RIGHT FRONT SHOULDER

With the RS facing you and starting at the locking marker at the end of increases on the right shoulder, pick up and knit 38 (38, 44, 50, 56) (56, 62, 68, 74) sts (= 1 st per row) along the right shoulder line until the locking marker at the right corner of the back neck cast on.

Row 1 (WS): Work Row 1 of the Right Front Chart repeating the outlined 6-stitch pattern 6 (6, 7, 8, 9) (9, 10, 11, 12) times on each row.

Row 2 (RS): Work Row 2 of the Right Front Chart.

Work as established until you have worked Row 39 of the Right Front Chart. 45 (45, 51, 57, 63) (63, 69, 75, 81) sts on needles.

Row 40 (RS): Work Row 40 of the Right Front Chart over the next 45 (45, 51, 57, 63) (63, 69, 75, 81) sts. Then cast on 14 (20, 20, 20, 20) (26, 26, 26, 26) sts using the Back Loop Cast On method or the Cable Cast On method. Take the sts held for the left front back on your needles, and work Row 40 of Left Front Chart. 104 (110, 122, 134, 146) (152, 164, 176, 188) sts on needles.

Next Row (WS): K1, work Row 41 of the Main Chart until 1 st remains, k1. The 6-stitch pattern repeats 17 (18, 20, 22, 24) (25, 27, 29, 31) times on each row.

FRONT

Next Row (RS): P1, work Row 42 of the Main Chart until 1 st remains, p1.

Next Row (WS): K1, work next row of the Main Chart until 1 st remains, k1.

Work as established until the front measures 24 (25, 26, 27, 31) (34, 36.5, 39, 41) cm / 9.5 (9.75, 10.25, 10.75, 12.25) (13.5, 14.25, 15.25, 16.25) inches from the shoulder line, and you are on the same row of the Main Chart that you ended the back with. *Note: The armhole should now measure 34.5 (37, 37, 37, 43) (48.5, 51.5, 54.5, 57) cm / 13.5 (14.5, 14.5, 14.55, 17) (19, 20.25, 21.5, 22.5) inches measured from the live stitches on the back to the live stitches on the front.*

If you haven't reached the correct length, you can add a bit more length both to the back and to the front, so that you reach the correct length and end on the same row of the Main Chart on both the front and the back.

JOINING THE FRONT AND THE BACK.

Decrease tip for the next row: When decreasing at the beginning of the chart, if the first stitch of the next row of the chart is a knit stitch do the decrease as k2tog, if it is a purl stitch, work it as p2tog. When decreasing at the end of the chart, if the last stitch of the chart is a knit stitch do the decrease as ssk, if it is a purl stitch, work it as ssp.

Next Row (RS): K2tog or p2tog to stay in pattern, work in the charted pattern as established until 2 sts remain, ssk or ssp to stay in pattern. Take the sts held for the back on your needles, and k2tog or p2tog to stay in pattern, work in the charted pattern as established until 2 sts remain, ssk or ssp to stay in pattern. Pm for BOR and continue working in the round. 204 (216, 240, 264, 288) (300, 324, 348, 372) sts on needles.

Round 1: Work the next round of the Main Chart until the end. The pattern repeats 34 (36, 40, 44, 48) (50, 54, 58, 62) times on each round.

Work as established on until the body measures 21.5 (21.5, 21.5, 23.5) (23.5, 25.5, 25.5, 25.5) cm / 8.5 (8.5, 8.5, 8.5, 9.25) (9.25, 10, 10, 10) inches from the underarm or 6.5 cm / 2.5 inches less than the desired length for the body. For the best result, end with Row 4, 16 or 35 of the Main Chart.

HEM

Change to smaller needles.

Round 1: *K1, p1; repeat from * until end.

Continue as established until the hem measures 6.5 cm / 2.5 inches or the desired length. Bind off all sts in pattern. I recommend using the Sewn Tubular Bind Off for the neatest result. *Good tutorials for the Sewn Tubular Bind Off:*

<https://shibuiknits.com/pages/tubular-bind-off>
<https://stitchesnscraps.com/tutorial-tubular-bind-off-in-the-round/>

SLEEVES

Use the larger needles. Starting at the underarm, pick up (2 sts per 3 rows) and knit 72 (78, 78, 78, 90) (102, 108, 114, 120) sts along the sleeve opening. Pm for BOR.

Round 1: Work Round 1 of the Main Chart until the end. The pattern repeats 12 (13, 13, 13, 15) (17, 18, 19, 20) times on each round.

Work as established until the sleeve measures 38.5 cm / 15.25 inches from the underarm or 6.5 cm / 2.5 inches less than the desired length of the sleeve. For the best result, end with Row 3, 15 or 34 of the Main Chart. Note: The sleeves are supposed to be long, hitting your knuckles rather than your wrists. If you want shorter sleeves, adjust the length to your own body measurements / style.

CUFF

Change to smaller needles.

Size 1 only:

Decrease Round: *K4, k2tog; repeat from * end. 60 sts on needles.

Sizes 2-4 only:

Decrease Round: *K4, k2tog, k5, k2tog; repeat from * end. 66 sts on needles.

Size 5 only:

Decrease Round: *K2, k2tog, k3, k2tog; repeat from * end. 70 sts on needles.

Size 6 only:

Decrease Round: *(K1, k2tog) x 3, (k2, k2tog) x 2; repeat from * end. 72 sts on needles.

Sizes 7-9 only:

Decrease Round: *K1, k2tog; repeat from * end. - (-, -, -, -) (-, 72, 76, 80) sts on needles.

All sizes resume:

Ribbing Round: *K1, p1; repeat from * until end.

Continue in ribbing as established until the cuff measures 6.5 cm / 2.5 inches or the desired length. Bind off all sts in pattern. I recommend using the Sewn Tubular Bind Off for the neatest result.

Work the second sleeve accordingly.

NECKBAND

Using the smaller needles and starting at the right corner of the back neck cast on edge, pick up and knit 30 (36, 36, 36, 36) (42, 42, 42, 42) sts along the back neck, then approximately 26 stitches along the left side of the neck (approximately 3 sts per 4 rows). Then pick up and knit 14 (20, 20, 20, 20) (26, 26, 26, 26) sts along the front neck and another 26 stitches along the right side of the neck. Pm for BOR and continue working in the round. *Approximately 96 (108, 108, 108, 108) (120, 120, 120, 120) sts on needles. Make sure the stitch count is even.*

Round 1: P all.

Round 2: P all.

Round 3: K all.

Ribbing Round: *K1, p1; repeat from * until end.

Work in ribbing as established until the neck measures 11.5 cm / 4.5 inches. Bind off all sts loosely in pattern. Fold the neckband double and sew loosely on the inside of the pullover using the whip stitch.

FINISHING

Weave in all remaining yarn ends. Wet block to measurements.

Abbreviations

BOR	BOR Beginning of the round
DPN(s)	Double pointed needle(s)
dec'd	dec'd Decreased
inc'd	inc'd Increased
k	k Knit
k2tog	k2tog Knit 2 sts together
m1L	m1L Make 1 knit stitch (left leaning)
m1Lp	m1Lp Make 1 purl stitch (left leaning)
m1R	m1R Make 1 knit stitch (right leaning)
m1Rp	Make 1 purl stitch (right leaning)
p	Purl
p2tog	Purl 2 sts together
pm	Place marker
RS	Right side
sm	Slip marker
ssk	(Slip knitwise) x 2, knit the slipped stitches together through the back loop
ssp	(Slip knitwise) x 2, purl the slipped stitches together through the back loop
st(s)	Stitch(es)
WS	Wrong side

 RS: Knit
WS: Purl

 RS: Purl
WS: Knit

 Pattern repeat outlined with red

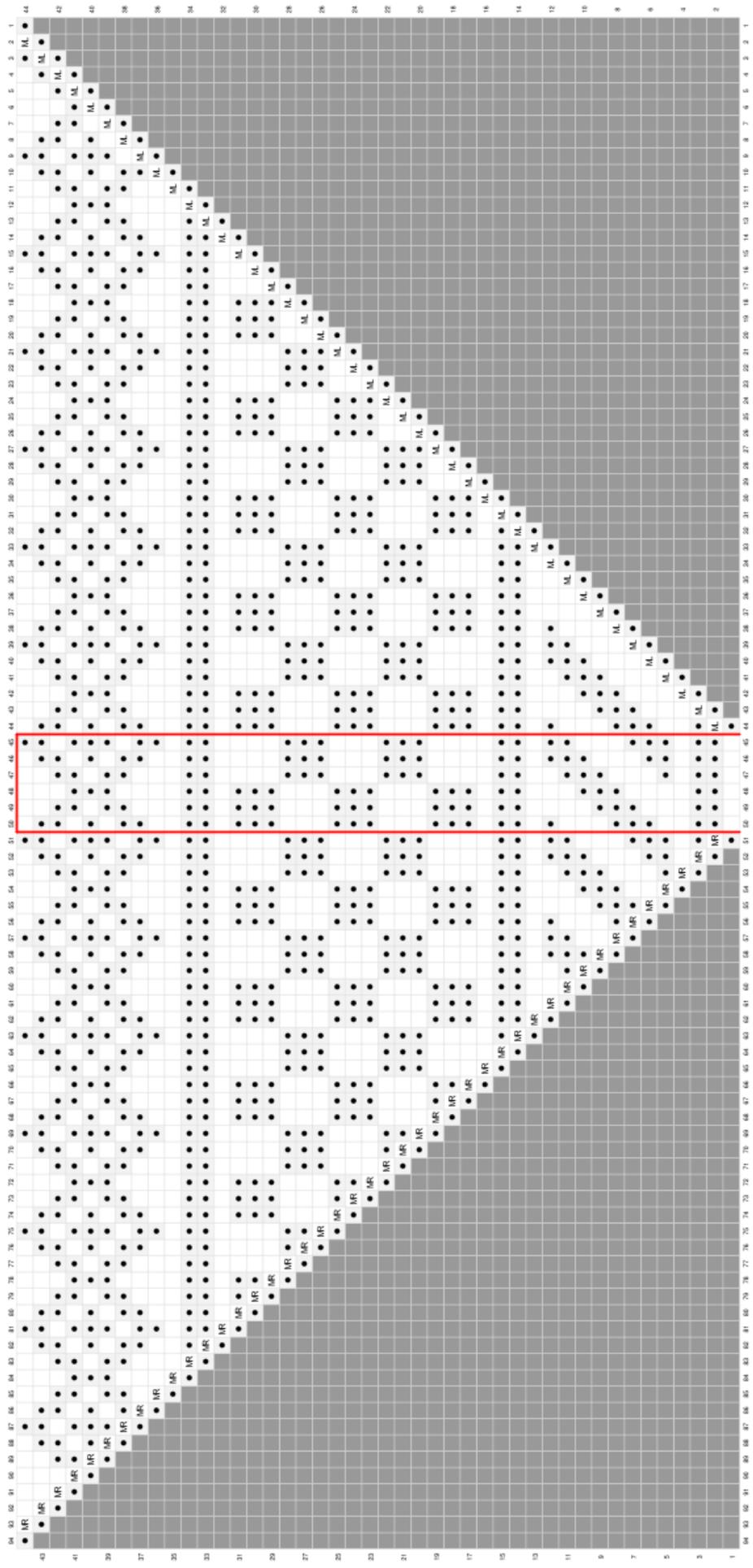
 RS: m1R
WS: m1Rp

 RS: m1L
WS: m1Lp

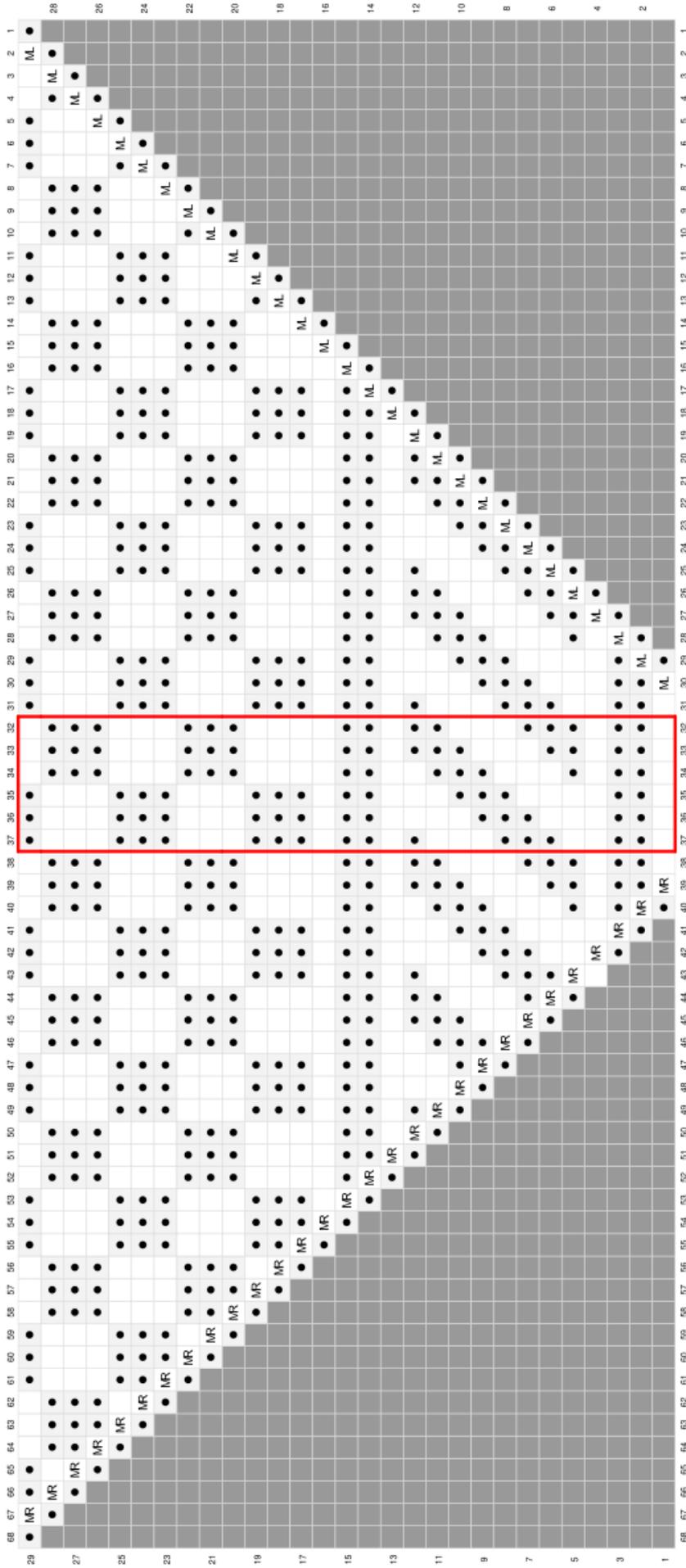
 no stitch

 Work Row 40 of the left front only after finishing the Right front and joining the neck

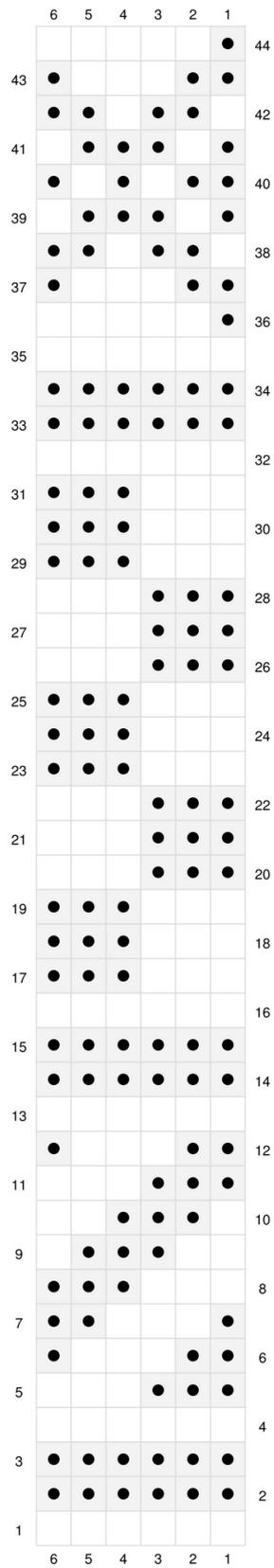
Back Increase Chart 1



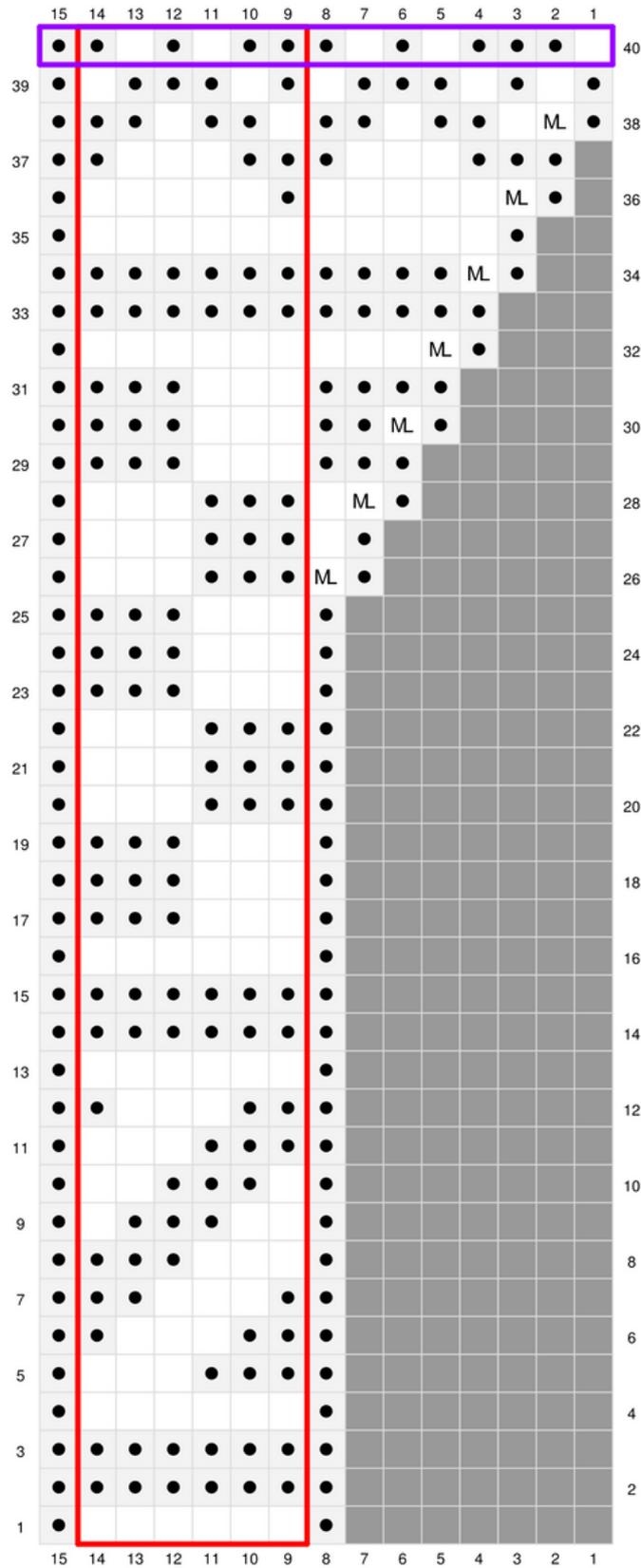
Back Increase Chart (Sizes 4-9 only)



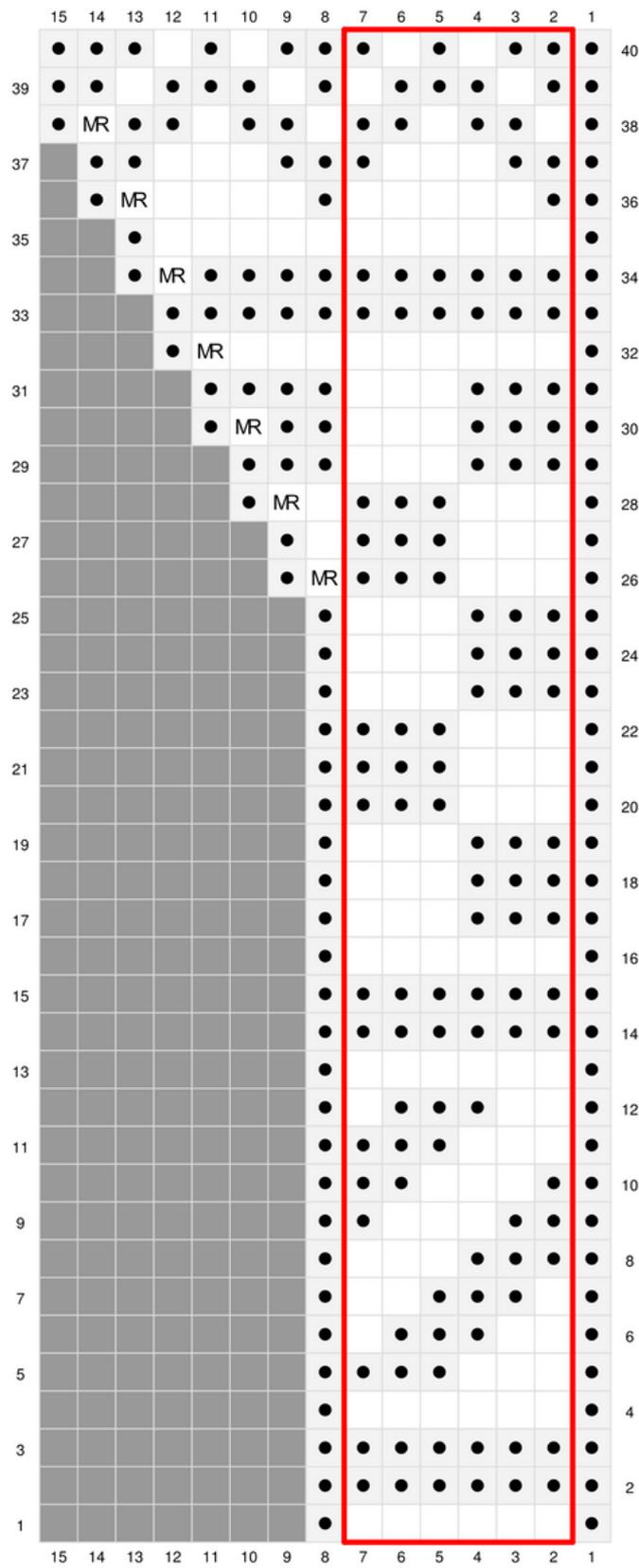
Main chart (all sizes)



Left Front Chart



Right Front Chart





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