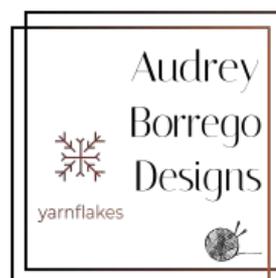


Apopenia



Notes

Apopenia is an oversized top-down yoke sweater with a graphic colourwork motif. Knitted entirely in the round, it starts with the ribbed neckline and incorporates short-rows on the back neck. The colourwork yoke features simple geometric motifs with few floats to catch. It continues shortly after the armhole before the straight comfortable stockinette body and sleeves. The long cuffs are gathered before the ribbing and can be rolled for a $\frac{3}{4}$ length look.

Apopenia's modern shape and drawings will work with a variety of yarns : from tweedy textures or speckles to natural rustic wools.

Use the hashtag #apopeniasweater to share your project.

Pattern, pictures and notes © Audrey Borrego. This pattern is for personal use only.

Yarn :

You will need two colours of fingering weight yarn in the following amounts :

MC : 1000 (1100 / 1300 / 1400 / 1500 / 1700) meters

1094 (1203 / 1422 / 1535 / 1640 / 1860) yards

CC : 160 (160 / 200 / 240 / 300 / 350) meters

175 (175 / 219 / 262 / 328 / 383) yards

Sample was knit with Hedgerow Yarns Tweedy Sock in Natural (MC) and Mahoodly Base 1. 4ply in Fermin (CC).

Needles :

Main Fabric : 3.25 mm (US 3) circular needles with appropriate length to knit in the round and magic loop or DPNs.

Ribbing : 2.75 mm (US 2) circular needles with appropriate length to knit in the round or sizes required to get gauge

Gauge :

28 st x 36 rnds per 10 cm – 4" with larger needles in stockinette stitch after blocking

Notions :

Stitch markers, tapestry needle and scissors

Stitch holder or scrap yarn to put sleeves stitches on hold

Row counter recommended

Techniques used :

Top down in the round yoke with simple increases

German short-rows on the back neck

Straight body and straight sleeves slightly gathered at the cuffs

Stranded knitting with two colours and floats to catch

Pattern includes written instructions and charts

Abbreviations :

- CO : cast-on / st : stitch / rnd : round / BOR : beginning of round
- RS : right side / WS : wrong side
- MC : main colour / CC : contrast colour
- m : marker / pm : place marker / sm : slip marker
- dec : decrease / inc : increase
- k : knit stitch / p : purl stitch
- m1L : make 1 left, lift the bar between the stitches onto the left needle from front to back, knit through the back loop (1 inc)
- k2tog (k3tog) : knit the next two (three) st together (1 (2) dec)
- DS : double stitch for German short rows
- *-* : repeat instructions between asterisks

Sizes :

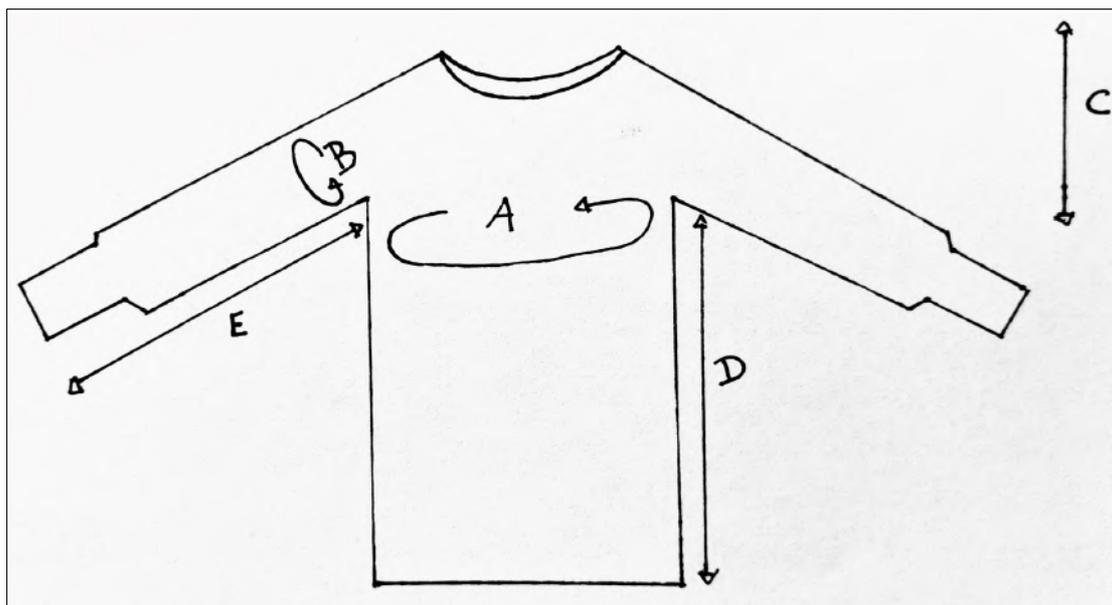
1 (2 / 3 / 4 / 5 / 6)

Finished bust circumference :

103 (111.5 / 128.5 / 141.5 / 154 / 167) cm

40 1/2 (44 / 50 1/2 / 55 3/4 / 60 1/2 / 65 3/4)"

Choose a size with 20 to 30 cm – 7 3/4 to 11 3/4" positive ease. Shown in size 2 on an 84 cm – 33" bust. If you're in between sizes, I suggest you go up for more positive ease and to accomodate for the fitted sleeves.



Size	1	2	3	4	5	6
A Bust circ.	103 cm 40 1/2"	111.5 cm 44"	128.5 cm 50 1/2"	141.5 cm 55 3/4"	154 cm 60 1/2"	167 cm 65 3/4"
B Upper arm circ.	25.5 cm 10"	25.5 cm 10"	30 cm 11 3/4"	34 cm 13 1/2"	38.5 cm 15 1/4"	43 cm 17"
C Armhole depth	20 cm 7 3/4"	21 cm 8 1/4"	22 cm 8 3/4"	23 cm 9"	24 cm 9 1/2"	25 cm 9 3/4"
D Body length (adjustable)	29 cm 11 1/2"	29 cm 11 1/2"	29 cm 11 1/2"	29 cm 11 1/2"	29 cm 11 1/2"	29 cm 11 1/2"
E Sleeve length (adjustable)	40 cm 15 3/4"	40 cm 15 3/4"	40 cm 15 3/4"	40 cm 15 3/4"	40 cm 15 3/4"	40 cm 15 3/4"

Colourwork :

Catching floats : in fingering weight, you can catch floats when skipping more than 6 stitches. You may do it more often if you prefer, just make sure not to catch a float in the same place in two consecutive rounds.

Colour dominance : CC will form the motifs while MC will be the background colour. To have consistent colour dominance : hold CC to the left and always carry it under MC without twisting the strands.

Neckline :

With smaller needles and MC CO 104 (108 / 112 / 112 / 120 / 120) st using a stretchy cast-on method like the [German Twisted Cast-on](#).

(German Twisted Cast-on tutorial by Very Pink Knits)

Being careful not to twist the st, join to work in the rnd and pm for BOR (center back).

rnd 1 : *k2, p2* to end

Work rnd 1 for 2 cm – ¾" (8 rnds).

Change to larger needles.

next rnd (INC 1) : k1 (0 / 2 / 1 / 0 / 0), *k17 (18 / 18 / 11 / 10 / 5), m1L* to last 1 (0 / 2 / 1 / 0 / 0) st, knit to end

110 (114 / 118 / 122 / 132 / 144) st

Short rows :

If you have never knit German short rows, here is a [helpful tutorial](#) on how to make Double Stitches.

(German short-rows tutorial by Very Pink Knits)

rnd 1 (RS): k10, turn

rnd 2 (WS): DS, purl to BOR m, sm, p10, turn

rnd 3: DS, knit to BOR m, sm, knit to DS, knit DS, k3, turn

rnd 4: DS, purl to BOR m, sm, purl to DS, purl DS, p3, turn

Work rnds 3-4 four more times.

rnd 13 (RS): DS, knit to BOR m.

Resume working in the round.

rnd 14 (RS) : knit all st

Yoke :

next rnd (INC 2) : k8 (4 / 8 / 4 / 3 / 0), *m1L, k2* to last 6 (2 / 6 / 2 / 1 / 0) st, knit to end

158 (168 / 170 / 180 / 196 / 216) st

Knit 5 rnds.

next rnd (INC 3) : *k7 (7 / 5 / 5 / 6 / 9), m1L* to last 4 (0 / 0 / 0 / 4 / 0) st, knit to end

180 (192 / 204 / 216 / 228 / 240) st

Knit 2 rnds.

Start working the colourwork Chart A on pages 7-8. You have two Charts to choose from depending on your chosen contrast colour.

You will make 15 (16 / 17 / 18 / 19 / 20) repeats across the round. You can place markers every 12 st to help keep track of them.

Once the yoke Chart is completed, you have :

360 (384 / 408 / 432 / 456 / 480) st

You can cut CC and remove the markers for now.

Knit 2 rnds.

next rnd (INC 4) : *k15 (16 / 17 / 12 / 12 / 8), m1L* to end

384 (408 / 432 / 468 / 494 / 540) st

Size 4 only :

Knit 4 rnds.

next rnd (INC 5) : k12, *m1L, k19* to end

- (- / - / 492 / - / -) st

Size 5 only :

Knit 4 rnds.

next rnd (INC 5) : k16, *m1L, k14* to last 2 st, k2

- (- / - / - / 528 / -) st

Size 6 only :

Knit 4 rnds.

next rnd (INC 5) : k11, *m1L, k11* to last st, k1

- (- / - / - / - / - / 588) st

ALL SIZES

Continue in stockinette with MC until yoke measures 20 (21 / 22 / 23 / 24 / 25) cm – 7 ¾ (8 ¼ / 8 ¾ / 9 / 9 ½ / 9 ¾)" from center back.

Separate body and sleeves :

You will place the sleeve st on hold and cast-on new st at each underarm. To do so, you can use a simple [backwards loop cast-on](#).

(Backwards Loop Cast-on tutorial by Very Pink Knits)

k66 (72 / 78 / 87 / 93 / 102), place next 60 (60 / 60 / 72 / 78 / 90) st on hold, CO 12 (12 / 24 / 24 / 30 / 30) st, k132 (144 / 156 / 174 / 186 / 204), place next 60 (60 / 60 / 72 / 78 / 90) st on hold, CO 12 (12 / 24 / 24 / 30 / 30) st, knit to end

288 (312 / 360 / 396 / 432 / 468) body st

Body :

Knit 2 rnds.

Work the colourwork Chart B on page 9 once. You will make 24 (26 / 30 / 33 / 36 / 39) repeats across the round. You can again place markers every 12 st to help keep track of them.

Continue in stockinette with MC until body measures 25 cm – 9 ¾" from the underarm or 4 cm – 1 ½" less than desired length.

Hem :

Change to smaller needles.

rnd 1 : *k2, p2* to end

Work rnd 1 for 4 cm – 1 ½" (16 rnds).

Loosely bind-off all st in pattern.

Sleeves :

With larger needles and MC, starting at the center of the underarm :

pick up and knit 6 (6 / 12 / 12 / 15 / 15) st from underarm CO + 1 or 2 extra st in the gap, knit all 60 (60 / 60 / 72 / 78 / 90) sleeve st, pick up and knit again 1 or 2 extra st in the gap + 6 (6 / 12 / 12 / 15 / 15) st from underarm CO, **pm (BOR)**

Decrease the extra stitches on the following round as follows :

k1, k2tog (k3tog), knit to last 3 (4) st, k2tog (k3tog), k1

72 (72 / 84 / 96 / 108 / 120) st

Knit 1 rnd.

Work colourwork Chart B once. You will make 6 (6 / 7 / 8 / 9 / 10) repeats across the round. You can again place markers every 12 st to help keep track of them.

Continue in stockinette with MC until sleeve measures 30 cm – 11 ¾" from the armhole or 10 cm – 4" less than desired length. It should reach a bit past the elbow.

Cuff :**Sizes 1, 2, 3, 4 only :**

next rnd (DEC) : k3 (3 / 5 / 0 / - / -), *k2 (2 / 1 / 1 / - / -), k2tog* to last 5 (5 / 7 / 0 / - / -) st, knit to end

56 (56 / 60 / 64 / - / -) st

Sizes 5 and 6 only :

next rnd (DEC 1) : k - (- / - / - / 7 / 6), *k2tog, k - (- / - / - / 2 / 1)* to last - (- / - / - / 5 / 6) st, knit to end
- (- / - / - / 84 / 84) st

Knit 1 rnd.
next rnd (DEC 2) : k2, *k2tog, k2* to last 2
st, k2
- (- / - / - / 64 / 64) st

ALL SIZES

Change to smaller needles.

rnd 1 : *k2, p2* to end

Work rnd 1 for 10 cm – 4" (40 rnds).

Bind-off all st in pattern using a stretchy
bind-off method like this [simple stretchy
bind-off](#).

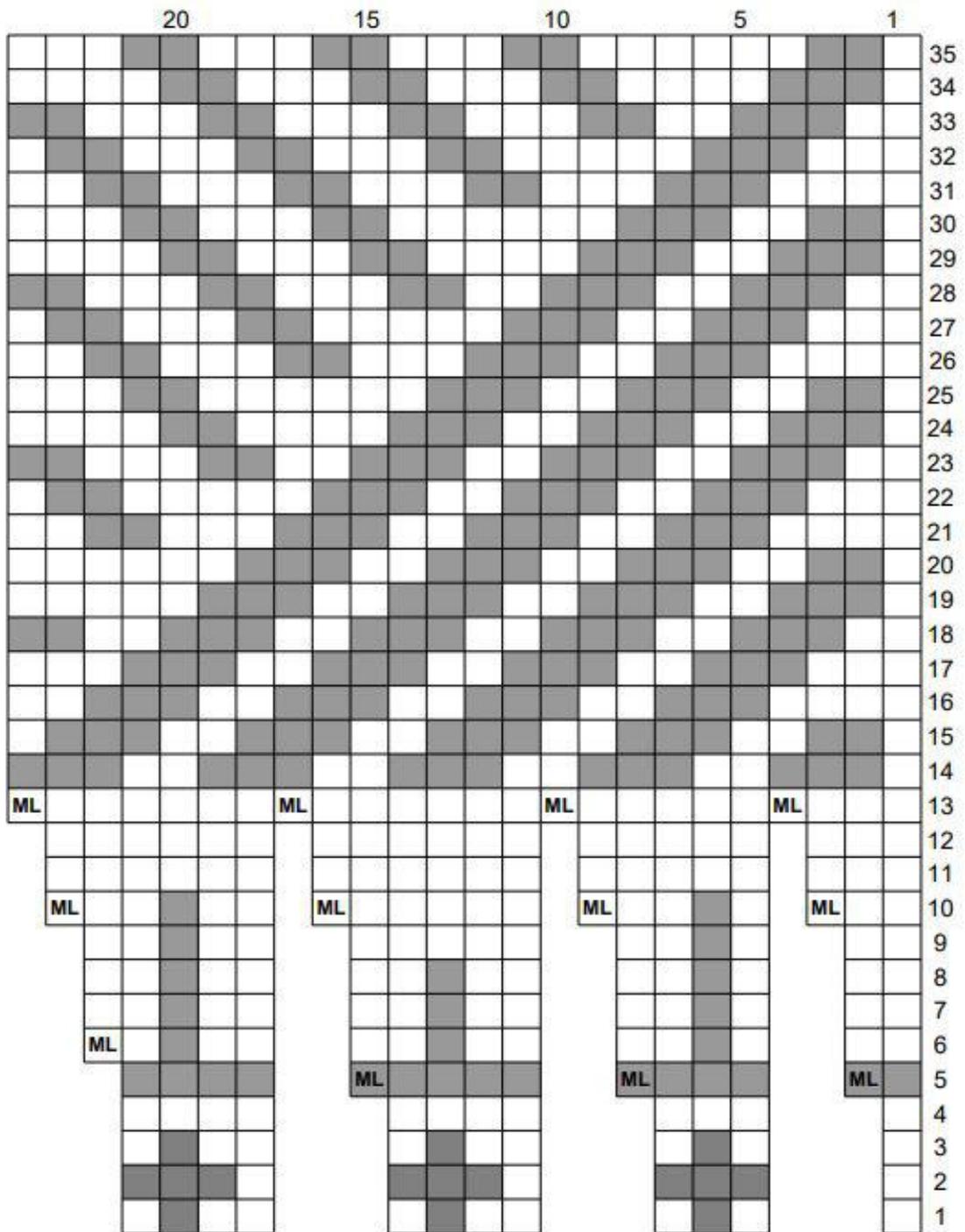
*(simple stretchy bind-off tutorial by Very Pink
Knits)*

Repeat for second sleeve.

Finishing :

Weave in all ends and gently block the
sweater.

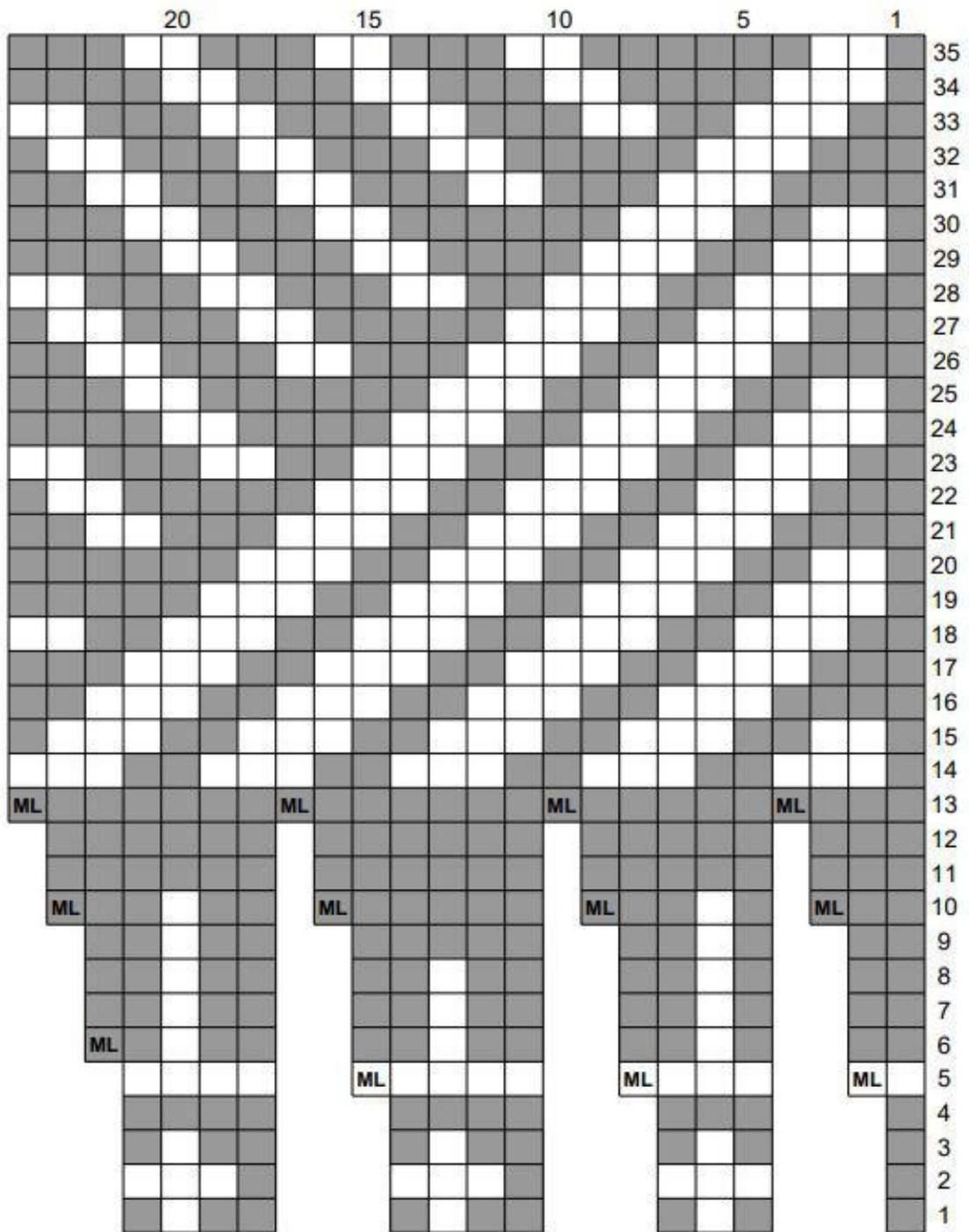
CHART A – Dark contrast



MC m1L
 CC

note : knitting in the round, always read the Chart from right to left.

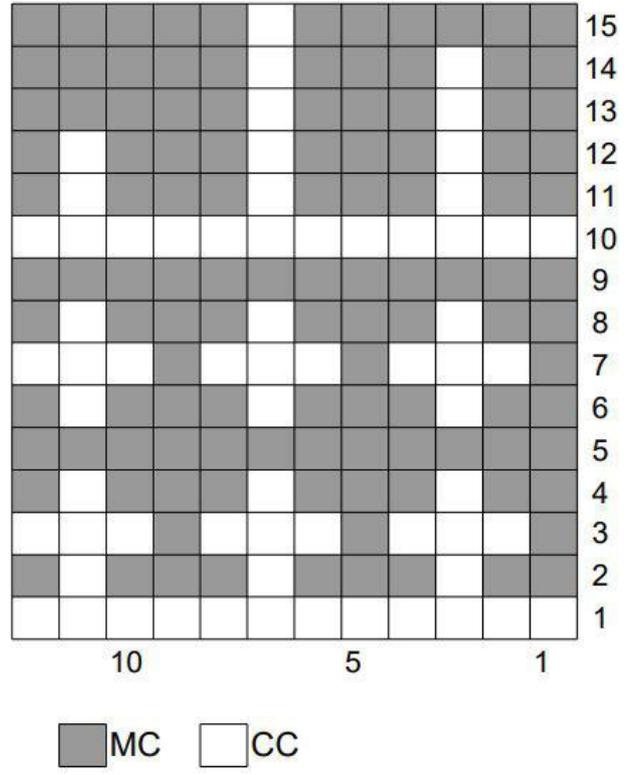
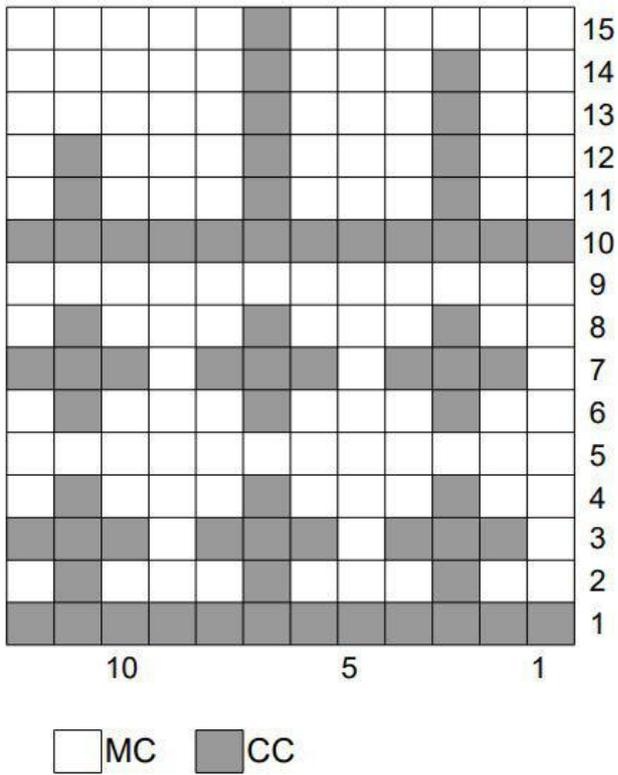
CHART A – Light contrast



MC
 m1L
 CC

CHART B – Dark contrast

Chart B – Light contrast



note : knitting in the round, always read the Chart from right to left.

Thank you

for choosing a Yarnflakes pattern !

I hope you enjoyed your project and will love the finished piece. If you have any questions or suggestions, please contact me on Ravelry (Yarnflakes).

I love to see you knit my designs. If you want to share pictures of your progress you can join me on my Ravelry group : www.ravelry.com/discuss/yarnflakes and tag me on Instagram @yarnflakes.



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