

Knitting for Olive



Astrid Sweater

Sizes: XS (S, M, L, XL, 2XL, 3XL, 4XL, 5XL)

Finished measurements: Chest circumference: approx. 104 (108, 116, 120, 124, 132, 136, 144, 152) cm [41 (42½, 45¾, 47¼, 48¾, 52, 53½, 56¾, 59¾)]" to fit chest circumference: approx. 76-83 (84-91, 92-99, 100-107, 108-117, 118-127, 128-138, 139-149, 150-160) cm [30-32¾ (33-35¾, 36¼-39, 39¼-42¼, 42½-46, 46½-50, 50½-54¼, 54¾-58¾, 59-63)]"; Front length from shoulder to edge: approx. 51 (53, 55, 58, 60, 62, 64, 68, 70) cm [20 (20¾, 21¾, 22¾, 23½, 24½, 25¼, 26¾, 27½)]"; Sleeve length from underarm to edge: approx. 46 (46, 47, 47, 48, 47, 47, 46, 46) cm [18 (18, 18½, 18½, 19, 18½, 18½, 18, 18)]"

Yarn: 1 strand of Knitting for Olive Merino (250 m [273 yd] / 50 g [1.8 oz]), fingering-weight yarn, 5 (5, 5, 6, 6, 6, 7, 7, 7) balls + 1 strand of Knitting for Olive Soft Silk Mohair (225 m [246 yd] / 25 g [0.9 oz]), lace-weight yarn, 5 (5, 5, 6, 7, 7, 7, 7, 8) balls. Sample is in Merino in Dusty Artichoke colorway + Soft Silk Mohair in Dusty Sea Green colorway

Needles: 3.5 mm / US4 and 4.5 mm / US7 circular needles, or in size to obtain gauge

Gauge (after blocking): 20 sts and 29 rows = 10 cm [4"] in st st with 4.5 mm / US7 needles

Notions: Stitch markers, waste yarn, stitch holders or spare cable, tapestry needle

Special Techniques

Our Knitting for Olive video tutorials clearly demonstrate the special techniques used in Astrid Sweater (in Danish):

- German short rows:

<https://www.youtube.com/watch?v=9encEthft8E&t=135s>

Construction Notes

Astrid Sweater is worked in stockinette stitch from the bottom up, both flat and in the round. The bottom hem is curved with splits in each side. The sweater is worked using 1 strand of Merino + 1 strand of Soft Silk Mohair held together throughout.

You start by working the two bottom edges of the body back and forth, before joining work on one needle and continuing in the round up to the underarms. Here, work is divided and front and back are finished separately working back and forth. Stitches are picked up for the sleeves which are then worked in the round from the top down. Ribbed edges that mirror the bottom hem finish both the neckline and sleeves.

Please note that whenever only one number is given in the instructions, this number refers to all sizes.

Bottom Edge

Note: The curved hem is worked flat in two pieces before work is joined in the round later on.

With 3.5 mm / US4 circular needle and 1 strand of Merino + 1 strand of Soft Silk Mohair held together, cast on 134 (139, 149, 154, 159, 169, 174, 184, 194) sts using long-tail cast-on method

Set-up Row (WS): P3, (k3, p2) to last st, p1

Work sts as they appear until ribbing measures 7 cm [2¾"], ending with a WS row

Dec Row (RS): K2, *sl1k, k1, pss0, p1, k2tog; repeat from * 5 times more, *k1, p2, k2tog; repeat from * 13 (14, 16, 17, 18, 20, 21, 23, 25) times more, *sl1k, k1, pss0, p1, k2tog; repeat from * 5 times more, k2 [38 (39, 41, 42, 43, 45, 46, 48, 50) sts decreased] = 96 (100, 108, 112, 116, 124, 128, 136, 144) sts

Change to 4.5 mm / US7 circular needles

Dec Row (WS): Bind off 1 st *purlwise*, (p2tog, p1) 6 times, p1, (k2, p2) to last 23 sts, k2, (p1, p2tog) to last 3 sts, p3 [12 sts decreased and 1 st bound off] = 83 (87, 95, 99, 103, 111, 115, 123, 131) sts

Note: You will now shape the edge with German short rows working back and forth. Work double stitches as 1 stitch throughout (see Special Techniques).

Short Row 1 (RS): Bind off 1 st *knitwise*, k to last 12 sts, tw = 82 (86, 94, 98, 102, 110, 114, 122, 130) sts

Short Row 2 (WS): Ds, p to last 12 sts, tw

Short Row 3 (RS): Ds, k to 2 sts *after* last ds, tw

Short Row 4 (WS): Ds, p to 2 sts *after* last ds, tw

Repeat Short Rows 3-4 only, 4 times more

Next row (RS): Ds, k to end of row

Next row (WS): Sl1p wyif, p to last st, sl1p wyif

Break yarn, let sts rest

Make a second edge piece the same, break yarn

Body

Note: Both edge pieces will now be joined on one circular needle while picking up extra stitches along both short sides of both edge pieces at the same time.

Joining Round: With 4.5 mm / US7 circular needle, RS of work facing and *beginning from the bottom corner of the first edge piece*, pick up and knit 12 (12, 12, 12, 12, 12, 12, 12, 12) sts (= 1 st for every 2 rows) along the first short side of the ribbed edge until you reach the held sts on needle, k2tog, k to last 2 sts of first edge piece, sl1k, k1, pss0, pick up 12 (12, 12, 12, 12, 12, 12, 12, 12) sts (= 1 st for every 2 rows) along the second short side of the ribbed edge (*note: make sure the last picked up st is picked up from the last row*), pm (= side m), then continue with second edge piece: again, pick up and knit 12 (12, 12, 12, 12, 12, 12, 12, 12) sts (= 1 st for every 2 rows) along the first short side of the ribbed edge until you reach the held sts on needle, k2tog, k to last 2 sts of second edge piece, sl1k, k1, pss0, pick up 12 (12, 12, 12, 12, 12, 12, 12, 12) sts

(= 1 st for every 2 rows) along the second short side of the ribbed edge (*note: make sure the last picked up st is picked up from the last row*), join for working in the round, pm (= side m / BOR m) = 208 (216, 232, 240, 248, 264, 272, 288, 304) sts

Note: You will now shape the back of the sweater to make it longer using German short rows while working back and forth. Work double stitches as 1 stitch throughout (see Special Techniques). Slip markers as you come to them unless otherwise noted.

Short Row 1 (RS): K to side m in the opposite side, tw

Short Row 2 (WS): Ds, p to BOR m, tw

Short Row 3 (RS): Ds, k to 5 (5, 6, 7, 7, 8, 8, 8, 8) sts *after* last ds, tw

Short Row 4 (WS): Ds, p to 5 (5, 6, 7, 7, 8, 8, 8, 8) sts *after* last ds, tw

Repeat Short Rows 3-4 only, 4 times more

Next row (RS): Ds, k to end of round

Continue in the round in st st until work at mid-front, including ribbing, measures approx. 31 (33, 34, 37, 38, 40, 41, 45, 47) cm [12¼ (13, 13½, 14½, 15, 15¾, 16¼, 17¾, 18½)]" or desired length before splitting for armholes

Armholes

Note: You will now divide work by binding off stitches for the armholes. Afterwards, front and back will be finished separately, working back and forth. Remove both markers as you come to them.

Dividing Round: *K to 5 (6, 7, 7, 8, 9, 10, 11, 12) sts before next m, bind off next 10 (12, 14, 14, 16, 18, 20, 22, 24) sts *knitwise*; repeat from * one more time [20 (24, 28, 28, 32, 36, 40, 44, 48) sts bound off]

Upon completion of this section, you will have 94 (96, 102, 106, 108, 114, 116, 122, 128) sts for each front and back with 93 (95, 101, 105, 107, 113, 115, 121, 127) back sts on left needle and 1 back st on right needle

Back

Note: You will now work across back only and shape armholes with decreases. Front stitches are resting or placed on hold. First row is from RS.

Row 1 (dec row, RS): K1, k2tog, k to last 4 sts, sl1k, k1, pss0, k2 [2 sts decreased]

Row 2 (WS): P to end of row

Row 3 (dec row, RS): K2, k2tog, k to last 4 sts, sl1k, k1, pss0, k2 [2 sts decreased]

Row 4 (WS): P to end of row

Repeat Rows 3-4 only, one more time [2 more sts decreased] = 88 (90, 96, 100, 102, 108, 110, 116, 122) sts

Continue even back and forth in st st until armholes measure approx. 15 (15, 16, 16, 17, 17, 18, 18, 18) cm [6 (6, 6¼, 6¼, 6¾, 6¾, 7, 7, 7)]", ending with a WS row

Back neckline

Note: You will now bind off stitches for the back neckline. Work will be divided into left and right shoulder and finished separately.

Dividing Row (RS): K32 (33, 35, 37, 38, 40, 41, 44, 47), bind off next 24 (24, 26, 26, 26, 28, 28, 28, 28) sts knitwise, k to end of row

Upon completion of this section, you will have 32 (33, 35, 37, 38, 40, 41, 44, 47) sts for each shoulder

Left back shoulder

Note: You will now work across left back shoulder only. Right shoulder is resting or placed on hold.

Next row (WS): P to end of row

Note: You will now shape left side of back neckline with decreases.

Row 1 (dec row, RS): K2, k2tog, k to end of row [1 st decreased]

Row 2 (WS): P to end of row

Repeat Rows 1-2, 3 times more [3 more sts decreased] = 28 (29, 31, 33, 34, 36, 37, 40, 43) sts

Continue even back and forth in st st until armhole measures approx. 20 (20, 21, 21, 22, 22, 23, 23, 23) cm [7¾ (7¾, 8¼, 8¼, 8¾, 8¾, 9, 9, 9)]"

Break yarn, let sts rest

Right back shoulder

Next row (WS): P to end of row

Note: You will now shape right side of back neckline with decreases.

Row 1 (dec row, RS): K to last 4 sts, sl1k, k1, pss0, k2 [1 st decreased]

Row 2 (WS): P to end of row

Repeat Rows 1-2, 3 times more [3 more sts decreased] = 28 (29, 31, 33, 34, 36, 37, 40, 43) sts

Continue even back and forth in st st until armhole measures approx. 20 (20, 21, 21, 22, 22, 23, 23, 23) cm [7¾ (7¾, 8¼, 8¼, 8¾, 8¾, 9, 9, 9)]"

Break yarn, let sts rest

Front

Note: You will now work across front only and shape armholes with decreases. First row is from RS.

Transfer held 94 (96, 102, 106, 108, 114, 116, 122, 128) front sts back onto a 4.5 mm / US7 circular needle

Row 1 (dec row, RS): K2, k2tog, k to last 4 sts, sl1k, k1, pss0, k2 [2 sts decreased]

Row 2 (WS): P to end of row

Repeat Rows 1-2, 2 times more [4 more sts decreased] = 88 (90, 96, 100, 102, 108, 110, 116, 122) sts

Continue even back and forth in st st until armholes measure approx. 8 (8, 9, 9, 10, 10, 11, 11, 11) cm [3¼ (3¼, 3½, 3½, 4, 4, 4¼, 4¼, 4¼)]", ending with a WS row

Front neckline

Note: You will now bind off stitches for the front neckline. Work will be divided into left and right shoulder and finished separately.

Dividing Row (RS): K34 (35, 37, 39, 40, 42, 43, 46, 49), bind off next 20 (20, 22, 22, 22, 24, 24, 24, 24) sts knitwise, k to end of row

Upon completion of this section, you will have 34 (35, 37, 39, 40, 42, 43, 46, 49) sts for each shoulder

Right front shoulder

Note: You will now work across right front shoulder only. Left shoulder is resting or placed on hold.

Next row (WS): P to end of row

Note: You will now shape shoulder and right side of front neckline with decreases.

Row 1 (dec row, RS): K2, k2tog, k to end of row [1 st decreased]

Row 2 (WS): P to end of row

Repeat Rows 1-2, 5 times more [5 more sts decreased] = 28 (29, 31, 33, 34, 36, 37, 40, 43) sts

Continue even back and forth in st st until armhole measures approx. 20 (20, 21, 21, 22, 22, 23, 23, 23) cm [7¾ (7¾, 8¼, 8¼, 8¾, 8¾, 9, 9, 9)]"

Break yarn leaving a long tail

Note: You will now close right shoulder by grafting front shoulder and back shoulder together.

Transfer held back sts from right shoulder back onto a 4.5 mm / US7 needle. With both WS towards each other and 28 (29, 31, 33, 34, 36, 37, 40, 43) sts on each needle, hold the two needles parallel and graft sts together using tapestry needle and Kitchener stitch

Left front shoulder

Next row (WS): P to end of row

Note: You will now shape shoulder and left side of front neckline with decreases.

Row 1 (dec row, RS): K to last 4 sts, sl1k, k1, pssso, k2 [1 st decreased]

Row 2 (WS): P to end of row

Repeat Rows 1-2, 5 times more [5 more sts decreased] = 28 (29, 31, 33, 34, 36, 37, 40, 43) sts

Continue even back and forth in st st until armhole measures approx. 20 (20, 21, 21, 22, 22, 23, 23, 23) cm [7¾ (7¾, 8¼, 8¼, 8¾, 8¾, 9, 9, 9)]"

Break yarn leaving a long tail

Note: You will now close left shoulder by grafting front shoulder and back shoulder together.

Transfer held back sts from left shoulder back onto a 4.5 mm / US7 needle. With both WS towards each other and 28 (29, 31, 33, 34, 36, 37, 40, 43) sts on each needle, hold the two needles parallel and graft sts together using tapestry needle and Kitchener stitch

Sleeves

With 4.5 mm / US7 circular needle, using 1 strand of Merino + 1 strand of Soft Silk Mohair held together, RS of work facing and *beginning from center of underarm*, pick up and knit 76 (78, 84, 86, 92, 94, 102, 104, 106) sts evenly around armhole, join for working in the round, place BOR m

K 1 round

Note: You will now shape sleeve with German short rows working back and forth. Work double stitches as 1 stitch throughout (see Special Techniques).

Short Row 1 (RS): K to 3 (3, 5, 5, 7, 7, 9, 9, 9) sts *before* BOR m, tw

Short Row 2 (WS): Ds, p to 3 (3, 5, 5, 7, 7, 9, 9, 9) sts *before* BOR m, tw

Short Row 3 (RS): Ds, k to 6 (6, 8, 8, 10, 10, 12, 12, 12) sts *before* BOR m, tw

Short Row 4 (WS): Ds, p to 6 (6, 8, 8, 10, 10, 12, 12, 12) sts *before* BOR m, tw

Short Row 5 (RS): Ds, k to 9 (9, 11, 11, 13, 13, 15, 15, 15) sts *before* BOR m, tw

Short Row 6 (WS): Ds, p to 9 (9, 11, 11, 13, 13, 15, 15, 15) sts *before* BOR m, tw

Next row (RS): Ds, k to end of round

Note: You will now resume working in the round.

K 1 round

Note: You will now start shaping sleeve with decreases.

Round 1 (dec round): K1, k2tog, k to last 3 sts, sl1k, k1, pssso, k1 [2 sts decreased]

Rounds 2-9 (2-8, 2-7, 2-7, 2-6, 2-6, 2-5, 2-5, 2-5): K to end of round

Repeat Rounds 1-9 (1-8, 1-7, 1-7, 1-6, 1-6, 1-5, 1-5, 1-5), 10 (11, 12, 13, 16, 15, 19, 18, 19) times more [20 (22, 26, 26, 32, 30, 38, 36, 38) more sts decreased] = 54 (54, 58, 58, 58, 62, 62, 66, 66) sts

Next, repeat Round 1 only, one more time [2 sts decreased] = 52 (52, 56, 56, 56, 60, 60, 64, 64) sts

Continue even in st st until sleeve measures approx. 39 (39, 40, 40, 41, 40, 40, 39, 39) cm [15¼ (15¼, 15¾, 15¾, 16¼, 15¾, 15¾, 15¼, 15¼)]"

Ribbed cuffs

Change to 3.5 mm / US4 circular needles

K 1 round

Set-up Round: (K2, p2) to end of round

Work in 2x2 rib as established until cuff measures approx. 7 cm [2¾"]

Bind off sts as they appear

Make second sleeve the same

Folded Ribbed Neckband

With 3.5 mm / US4 circular needle, using 1 strand of Merino + 1 strand of Soft Silk Mohair held together, RS of work facing and *beginning from the first bound-off st for back neckline*, pick up and knit 24 (24, 26, 26, 26, 28, 28, 28, 28) sts from the bound-off edge for back neckline (= 1 st into each bound-off st), pick up and knit 34 (34, 34, 34, 34, 34, 34, 34, 34) sts along left shoulder, pick up and knit 20 (20, 22, 22, 22, 24, 24, 24, 24) sts from the bound-off edge for front neckline (= 1 st into each bound-off st), pick up and knit 34 (34, 34, 34, 34, 34, 34, 34) sts along right shoulder, join for working in the round, place BOR m = 112 (112, 116, 116, 116, 120, 120, 120, 120) sts

Set-up Round: (K2, p2) to end of round

Work in 2x2 rib as established until neckband measures 9 cm [3½"]

Bind off sts as they appear

Finishing

Fold the ribbed neckband in half and sew the bind-off edge loosely to inside of work

Weave in all loose ends

Block

We hope you enjoy knitting Astrid Sweater!

We would love to see your finished projects! If you would like to share your work with us on Instagram, please use the hashtags #knittingforolive and #astridsweater, or tag us @knittingforolive

Abbreviations

Approx. – approximately

BOR – beginning of round

K – knit

P – purl

Dec – decrease

Ds – double stitch (for German short row technique)

Tw – turn work (for German short row technique)

K2tog – knit 2 stitches together [1 stitch decreased]

P2tog – purl 2 stitches together [1 stitch decreased]

M – marker

Pm – place marker

Pss0 – pass slipped stitch(es) over

RS – right side

WS – wrong side

Sl1k – slip 1 stitch knitwise

Sl1p – slip 1 stitch purlwise

St/sts – stitch/stitches

St st – stockinette stitch

Wyif – with yarn in front