

My Favourite Things

~knitwear~



BLOUSE NO. 1 #BLOUSENO1

ABOUT BLOUSE NO. 1

Blouse No. 1 is a simple, long-sleeved blouse with a fitted silhouette and boat neck.

The sleeves are fitted with a bit more width at the bottom.

The neckline is shaped by working short rows, which help ensure a great fit. The yoke and sleeves are worked using the contiguous method for a seamless finish.

Blouse No. 1 is worked from the top down.

SIZES

XS (S) M (L) XL (2XL) 3XL (4XL)

MEASUREMENTS

Circumference: 72 (76) 82 (86) 96 (113) 119 (125) cm [28.25 (30) 32.25 (34) 37.75 (44.5) 47 (49.25) inches]

Length (measured at the center front): 48 (49) 50 (52) 53 (55) 57 (59) cm [19 (19.25) 19.75 (20.5) 21 (21.75) 22.5 (23.25) inches]

SUGGESTED NEEDLES

5 mm [US 8] circular needles (80 or 100 cm [32 or 40 inches])

4 mm [US 6] circular needles (40 or 60 cm [16 or 24 inches])

GAUGE

In stocking stitch using 5 mm [US 8] needles.

19 sts / 27 rows = 10 x 10 cm [4 x 4 inches].

MATERIALS

Blouse No. 1 is originally marled - ie. where you hold two strands of yarn in different colours together. The two-coloured version requires more yarn than the single-coloured version. See the requirements below.

Two-coloured version

300 (400) 400 (400) 400 (500) 500 (500) gr Pure Silk, Knitting for Olive, 250 m / 50 gr.

Work your blouse holding two strands of yarn together. Here shown in colour 'Hvede / Wheat' held together with 'Kvæde / Quince'.

You need 150 (200) 200 (200) 200 (250) 250 (250) gr of each colour.

Single-coloured version

300 (350) 350 (400) 400 (450) 450 (500) gr Pure Silk, Knitting for Olive, 250 m / 50 gr.

Work your blouse holding two strands of yarn together.

BEFORE YOU BEGIN

Remember to work a gauge swatch before you begin, to ensure that you obtain the given gauge using the needle size suggested. If your gauge differs, it will result in wrong proportions of your finished blouse.

Size guide

Blouse No. 1 has a tight fit. Calculate a negative ease of approx. 10 cm [4 inches].

Sizes XS (S) M (L) XL (2XL) 3XL (4XL) are equivalent to European standard sizes and suit a bust circumference of approx. 80-85 (85-90) 90-95 (95-100) 100-110 (110-120) 120-130 (130-140) cm [31.5-33.5 (33.5-35.5) 35.5-37.5 (37.5-39.5) 39.5-43.25 (43.25-47.25) 47.25-51.25 (51.25-55) inches].

For example: You measure 88 cm [34.5 inches] at your bust - 10 cm [4 inches] = 78 cm [30.5 inches]. Meaning you would choose a size S with a circumference of 76 cm [30 inches].

Introduction to the workflow

Blouse No. 1 is worked top down.

First, the neckline is shaped by working short rows while increases are made to create the shoulders.

Then the yoke and the sleeve caps are made with the contiguous method.

When the upper part of the blouse is done, the body is finished. Finally, the sleeves are made.

Increases

The increases are worked to lean either towards the right (M1R, M1Rp) or left (M1L, M1Lp).

Right-leaning increases

M1R: With your left needle, pick up the bar (between the sts on the right and left needles) from back to front and knit.

M1Rp: With your left needle, pick up the bar from back to front and purl.

Left-leaning increases

M1L: With your left needle, pick up the bar from front to back and knit through the back loop.

M1Lp: With your left needle, pick up the bar from front to back and purl through the back loop.

Decreases

Decreases (dec) are worked as either k2tog or k2tog tbl.

K2tog: Knit 2 together.

K2tog tbl: Worked as SSK = slip, slip, knit.

Slip 2 sts knitwise, *one at a time*, and then knit the 2 sts together through the back loop.

SHORT ROWS

To help shape the back neckline, work short rows.

You can use your preferred method, but *German Short Rows* result in a beautiful and nearly invisible finish.

TIP! Are you not familiar with this method? Have a look here for how to

<https://www.youtube.com/watch?v=z-E3YSHPOYS&t=4s>

BEGIN YOUR WORK HERE

NECKLINE AND SHOULDERS

Cast on 100 (102) 104 (106) 108 (110) 114 (116) sts using 4 mm [US 6] circular needles. Make sure to cast on tightly, which results in the neatest possible neckline.

Join to work in the round, change to 5 mm [US 8] circular needles, knit 1 round and at the same time, place M1-M4 as follows:

Place M0 (beginning of round, center back), k 24 (25) 25 (26) 26 (27) 28 (28), place M1, k 1, place M2, k 49 (50) 51 (52) 53 (54) 56 (57), place M3, k 1, place M4, k 25 (25) 26 (26) 27 (27) 28 (29).

Now work short rows. Work back and forth in stocking stitch and at the same time increase at M1-M4 to shape the shoulders. Make your turns on the RS of your work.

1st step (RS row): K to M1, **M1R**, slip M1, k 1, slip M2, **M1L**, k 2, turn.

2nd step (WS row): P to M0, slip M0, p to M4, **M1Lp**, slip M4, p 1, slip M3, **M1Rp**, p 2, turn.

3rd step (RS row): K to M0.

You have now increased once on both shoulders and increased by 4 sts in total.

Continue working short rows as follows:

1st row (RS row): K to M1, **M1R**, slip M1, k 1, slip M2, **M1L**, k to 2 sts after your last turn, turn.

2nd row (WS row): P to M0, slip M0, p to M4, **M1Lp**, slip M4, p 1, slip M3, **M1Rp**, p to 2 sts after your last turn, turn.

3rd row (RS row): K to M0.

Work **1st – 3rd row** a total of 2 (2) 2 (2) 3 (3) 4 (4) times.

You have now turned 3 (3) 3 (3) 4 (4) 5 (5) times in each side, and increased by 12 (12) 12 (12) 16 (16) 20 (20) sts.

You now have 112 (114) 116 (118) 124 (126) 134 (136) sts on your needles.

Continue working in the round and increase at M1-M4.

Work as follows:

1st rnd: K to M1, **M1R**, slip M1, k 1, slip M2, **M1L**, k to M3, **M1R**, slip M3, k 1, slip M4, **M1L**, k to M0.

2nd rnd: K all sts.

Work **1st – 2nd rnd** a total of 2 (3) 4 (5) 5 (5) 5 (5) times.

You have increased by a further 8 (12) 16 (20) 20 (20) 20 (20) sts.

You now have 120 (126) 132 (138) 144 (146) 154 (156) sts on your needles.

YOKE AND SLEEVE CAP

Now begin working the yoke and top part of the sleeves - the sleeve cap.

This part is shaped using the contiguous method, where the stitch counts of the front and back remain constant while increasing for the sleeve cap.

Now work your increases *on the opposite side of the marker* to where you previously increased. For every increase rnd, you increase by 4 sts.

Work as follows:

1st rnd: K to M1, slip M1, **M1L**, k to M2, **M1R**, slip M2, k to M3, slip M3, **M1L**, k to M4, **M1R**, slip M4, k to M0.

Repeat, and work **1st rnd** a total of 7 (7) 7 (7) 7 (7) 7 (7) times.

The stitches are now divided as follows: 15 (15) 15 (15) 15 (15) 15 (15) sts for each sleeve, 59 (62) 65 (68) 71 (72) 76 (77) sts for the front and back sections.

Now increase every other/2nd rnd.

1st rnd: K to M1, slip M1, **M1L**, k to M2, **M1R**, slip M2, k to M3, slip M3, **M1L**, k to M4, **M1R**, slip M4, k to M0.

2nd rnd: K all sts.

Work **1st - 2nd rnd** a total of 17 (18) 19 (20) 18 (15) 15 (15) times.

You now have 216 (226) 236 (246) 244 (234) 242 (244) sts on your needles.

Now increase on the bodies and sleeves to shape the armhole. On every increase rnd, you increase by 8 sts divided between the sleeves, the front and the back section.

Work as follows:

1st rnd: K to 2 sts before M1, **M1R**, k 2, slip M1, **M1L**, k to M2, **M1R**, slip M2, k 2, **M1L**, k to 2 sts before M3, **M1R**, k 2, slip M3, **M1L**, k to M4, **M1R**, slip M4, k 2, **M1L**, k to M0.

2nd rnd: K all sts.

Work **1st - 2nd rnd** a total of 4 (4) 5 (5) 7 (9) 9 (9) times.

You now have 248 (258) 276 (286) 300 (306) 314 (316) sts on your needles.

In **sizes XL-4XL**, continue increasing for the body alone. The stitch count for the sleeves remains constant.

NOTE! In the remaining sizes, skip this section and proceed straight to where you place the sleeves on hold.

Work as follows:

1st rnd: K to 2 sts before M1, **M1R**, k 2, slip M1, k to M2, slip M2, k 2, **M1L**, k to 2 sts before M3, **M1R**, k 2, slip M3, k to M4, slip M4, k 2, **M1L**, k to M0.

2nd rnd: K all sts.

Work **1st - 2nd rnd** a total of - (-) - (-) 2 (3) 4 (5) times.

You now have - (-) - (-) 308 (318) 330 (336) sts on your needles.

All sizes: Now place the sleeve stitches on hold and finish working the body.

Remove M0 that marks your beginning of rnd. The new beginning of rnd is right underneath the right sleeve. K across the back sts to M1. Remove M1. Cast on 1 (2) 2 (3) 4 (5) 6 (7) st(s) using the backwards loop method, place a marker M0 (beginning of rnd), cast on another 1 (2) 2 (3) 4 (5) 6 (7) st(s) using the backwards loop method. The newly cast on stitches are the right armhole.

Place the following 57 (59) 63 (65) 65 (63) 63 (63) sts on hold using waste yarn. Remove M2.

K across the front sts to M3. Remove M3. Cast on 2 (4) 4 (6) 8 (10) 12 (14) sts in extension of the front sts, using the backwards loop method. The newly cast on stitches are the left armhole. Place the following 57 (59) 63 (65) 65 (63) 63 (63) sts on hold using waste yarn, k to M0.

You now have 138 (148) 158 (168) 186 (212) 228 (238) sts on your needles.

Continue working stocking stitch in the round using circular needles until your work measures approx. 48 (49) 50 (52) 53 (55) 57 (59) cm [19 (19.25) 19.75 (20.5) 21 (21.75) 22.5 (23.25) inches], measured at the center front.

Bind off loosely.

SLEEVES

Now work the sleeves. Transfer the 57 (59) 63 (65) 65 (63) 63 (63) sleeve sts to 5 mm [US 8] circular needles. You can either use 40 cm [16 inches] circular needles or 80 cm [32 inches] circular needles and in combination with the magic loop technique.

Begin in the middle underneath the armhole and pick up and knit 1 (2) 2 (3) 4 (5) 6 (7) st(s), k across the 57 (59) 63 (65) 65 (63) 63 (63) sleeve sts, pick up and knit 1 (2) 2 (3) 4 (5) 6 (7) st(s). Place a marker in the middle underneath the armhole to mark the beginning of rnd. Join to work in the round.

You now have 59 (63) 67 (71) 73 (73) 75 (77) sts on your needles.

Work 10 rnds in stocking stitch.

Continue working stocking stitch in the round **and at the same time** decrease every 6th rnd *a total of* 5 times.

Work as follows:

1st rnd: K 2, **k2tog**, k to 4 sts remaining, **k2tog tbl**, k 2.

2nd – 6th rnd: K all sts.

On every decrease round, the total number of stitches is reduced by 2 sts. Once you have completed decreasing, you have 49 (53) 57 (61) 63 (63) 65 (67) sts on your needle.

Continue working stocking stitch in the round until the sleeve measures approx. 30 (30) 30 (30) 30 (30) 30 (30) cm [11.75 (11.75) 11.75 (11.75) 11.75 (11.75) 11.75 (11.75) inches] underneath the armhole.

Now work a single rnd of increases to widen the sleeve edge a bit.

K 2, **M1L**, k to 2 sts remaining, **M1R**, k 2.

You now have 51 (55) 59 (63) 65 (65) 67 (69) sts on your needles

Continue to work stocking stitch in the round for another 12 (13) 13 (14) 15 (15) 13 (13) cm [4.75 (5) 5 (5.5) 6 (6) 5 (5) inches].

The sleeve now measures 42 (43) 43 (44) 45 (45) 43 (43) cm [16.5 (16.75) 16.75 (17.25) 17.75 (17.75) 16.75 (16.75) inches].

Bind off loosely.

FINISHING

Now weave in all loose ends. Wash and block the blouse before use for an even neater result.

If you would like a more defined neckline, you can work an i-cord edge around the 100 (102) 104 (106) 108 (110) 114 (116) neckline sts.

TIP! Have a look here for how to work an i-cord edge:

<https://www.youtube.com/watch?v=loKN36HcYIY>

Begin at the one shoulder seam and pick up and knit 100 (102) 104 (106) 108 (110) 114 (116) sts using 3.5 mm [US 4] needles. Then cast on 3 sts on your left needle using the knit cast on method.

Work as follows:

k 2, k2tog tbl, slip the 3 just knitted sts back to your left needle.

Repeat from * - * until all sts around the neckline are incorporated. You now have 3 sts remaining. Sew together the i-cord edge using duplicate/kitchener stitches.

TIP! Have a look here for how to sew together an i-cord edge:

<https://www.youtube.com/watch?v=JGpr03uSw3w>

You can use this method to finish the sleeves and the bottom edge as well, if desired. Here, it is recommended to work the i-cord using the same needle size as used for the blouse.

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