

COCOKNITS

SWEATER WORKSHOP



Knitting Top-Down, Seamless, Tailored Sweaters

Julie Weisenberger



With gratitude to knitters worldwide, who make my career as a knitwear designer and teacher possible.

COCOKNITS

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COCOKNITS
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Introduction

I love to knit.

It's been more than 30 years since I began designing knitwear, and knitting is still my number-one favorite activity. If given a free day, I will happily spend it knitting. I hear the same thing from many other knitters—it's hard to watch television without a knitting project; or it's the only way to get through a PTA meeting, road trip, or sporting event, or I secretly knit while on conference calls. And like so many knitters, I still feel like a kid in a candy store when visiting a yarn shop, swooning over the colors, getting that itch to touch everything, and then savoring the time I spend choosing a sweater's worth of something breathtaking to take home and cast on!

I particularly love to knit sweaters. I love everything about sweaters, from sheer, summery T-shirts and tanks, to mid-weight, throw-on-over-everything cardigans, to bulky, cozy, winter pullovers. And I love sharing this passion with my students. I especially love designing sweaters that women will actually wear and streamlining the knitting process so women will actually have time to knit them. I look for inspiration all the time but especially when I am traveling. I look at the fashion on the streets and in the shop windows in places like San Francisco, New York, and Paris, then come home and translate what I have loved into elegant—and manageable—knitting patterns.

It was back in the 1990s that I crossed over from designing for ready-to-wear to designing for hand knitters, a transition that was made much easier by the emergence, a few years later, of the Internet. In 2007 I began selling knitting patterns on my website, cocoknits.com, and swore I would never write a book (because that would take away too much of my knitting time!). But I was also traveling and teaching and, at some point, it became clear that I simply could not reach everyone by teaching and I could not fit all of my design ideas and techniques into downloadable patterns. I realized it was time to write a book after all!

In *Cocoknits Sweater Workshop* I present my unique way of doing things. I cover the methods I have developed for knitting seamless, flattering, tailored sweaters from the top down, plus nine patterns. (In subsequent collections, I will present instructions for additional sweater designs, but this book will remain the main reference for all of the techniques.) I have also included the Cocoknits Sweater Worksheet, with detailed instructions on how to fill it in and use it. This worksheet can help you keep track of what you are doing on any seamless yoked sweater pattern, not just a Cocoknits design. Once filled in, the worksheet tells you at a glance where and when you need to increase, making the process of knitting even more relaxing.

While I have included illustrated instructions for my techniques, this is not a how-to-knit book. I have assumed that you already understand the basics. I don't teach you how to design your own sweaters (next book?), but I do suggest ways to tweak the patterns to get a customized fit. I've also included a basic lesson in proportion and how to use it to choose which sweaters to knit and how to wear them based on your figure type.

Most of all, I hope this book will build your confidence and nurture your enthusiasm for sweater-knitting and -wearing, whether you are new to it or a seasoned pro. I have worked hard to present the Cocoknits Method as clearly as possible on these pages—the same as I do in the classes I teach. In some ways this book is better than my in-person classes, because you can take in this information at your own pace and easily review it over and over. Of course, if you also want to take an in-person class, I'd love to meet you. Check out my schedule on my website. In the meantime, welcome! Grab your needles and yarn, and let's get started!

1. Cocoknits Method

While there are many ways to construct a sweater, in this book I focus specifically on what I call the Cocoknits Method. All of the sweaters in this book begin in the same way: casting on at the back neck, picking up to create the shoulders and sleeve caps, working fronts, sleeves, and back simultaneously while increasing to the full bust size, and then working down the body and sleeves to the bottom edges. My sweaters are constructed seamlessly from the top down with set-in sleeves and well-tailored shoulders, which makes them structurally sound, comfortable, and flattering.

I have taught the Cocoknits Method to hundreds of knitters over the last decade, and during this time I have developed both a way to write my patterns and a series of tools, including the Cocoknits Sweater Worksheet, that make the knitting especially easy and intuitive.

Cocoknits Toolkit

Good tools make the process of knitting even more joyful. Of course, tools are usually acquired over time, as they are needed and as finances allow. As such, I have listed the tools I recommend in two categories: Essential and Optional.

Essential Tools

- **Circular Needles**
At least 40" (100 cm) long, with a soft, flexible cord. (I love Addi Click interchangeable needles.)
- **Cocoknits Sweater Worksheet**
The worksheet (see page 144) provides a simple way to keep track of increases and decreases at a glance. It can be photocopied from this book for personal use or purchased separately in a Cocoknits pad.
- **Stitch Markers**
In six colors to match your Cocoknits Sweater Worksheet.
- **Pencil to Fill in Worksheet**
Choose a nice one to keep in your knitting toolkit.
- **Skinny Double-Pointed or Circular Needle**
Size US 0–2 (2–2.75 mm) for picking up stitches.
- **Yarn Snips or Scissors**
For cutting yarn.
- **Tapestry Needle**
For weaving in ends.
- **Measuring Tape**
When you find a measuring tape that you love, measuring becomes a joy.



Optional Tools

- **Knitter's Keep Magnetic Wristband**
This is a tool I designed to keep Cocoknits colored stitch markers and other metal tools, such as tapestry and cable needles, close at hand. You can wear the Knitter's Keep on your wrist or you can keep it flat and use it like a straight edge to keep track of the row you are working on your Cocoknits Sweater Worksheet.
- **Row Counter**
For keeping track of rows (especially handy while working the seamless yoke section of a sweater). The Cocoknits row counter is nice because it adheres to the magnet of the Knitter's Keep but, of course, any row counter will work (with or without the Knitter's Keep).
- **Clips**
To hold your underarm gaps closed and prevent them from stretching out before seaming. I designed the Cocoknits Claw Clips in a clear, matte plastic so that they practically disappear from view, allowing you to focus on your yarn, and in a size that works with practically any weight of yarn. Any type of clip, from hair clips to binder clips, can be used instead.
- **Stitch Stoppers**
I designed the Cocoknits Stitch Stoppers to slide all the way onto the needle so they won't slip off the tips and send your stitches flying when you try on your top-down garment. The smaller sizes can also be used to keep your stitches on the cord of interchangeable needles while you use your needles elsewhere. Any other type of point protector with which you are comfortable can also work for these tasks.
- **Cocoknits Threaded Needle and Cord**
This is an interior-threaded needle that "screws" onto any cord; it comes with two lengths of leather cord. This allows you to slide your sleeve stitches off onto the cord, unscrew the needle, knot the cord, and repeat for the other sleeve. Once you are ready to finish your sleeves, simply screw the needle onto the cord and knit right off of it. You can use waste yarn and a tapestry needle instead; you'll just have to transfer the stitches back onto a knitting needle in order to knit them. You could also use spare cord from an interchangeable kit, although I find them a bit stiff and cumbersome for this task.
- **Knitter's Block Kit and/or Sweater Care Kit**
These Cocoknits kits have everything you need to block and care for both handknit and store-bought fine hand-washables. While neither of these kits is a necessity, they transform blocking and hand-washing from dreaded chores to pleasant caretaking tasks.

The Sweater Care Kit includes Eucalan wash (my favorite); two delicate mesh bags (for garments that can be machine-washed); a super-absorbent towel to roll your sweater in; a grid towel to help you with sizing; and a pop-up dryer that significantly cuts down on drying time. This kit is best for blocking and washing seamless and store-bought sweaters. The Knitter's Block Kit contains eighteen 1-foot (30.5-cm) square waterproof tiles (to protect your bed, dining room table, floor, or whatever surface you're blocking on); a grid towel; and stainless steel T-pins for more traditional blocking. Both kits break down into compact bags for storage.

Anatomy of a Cocoknits Sweater

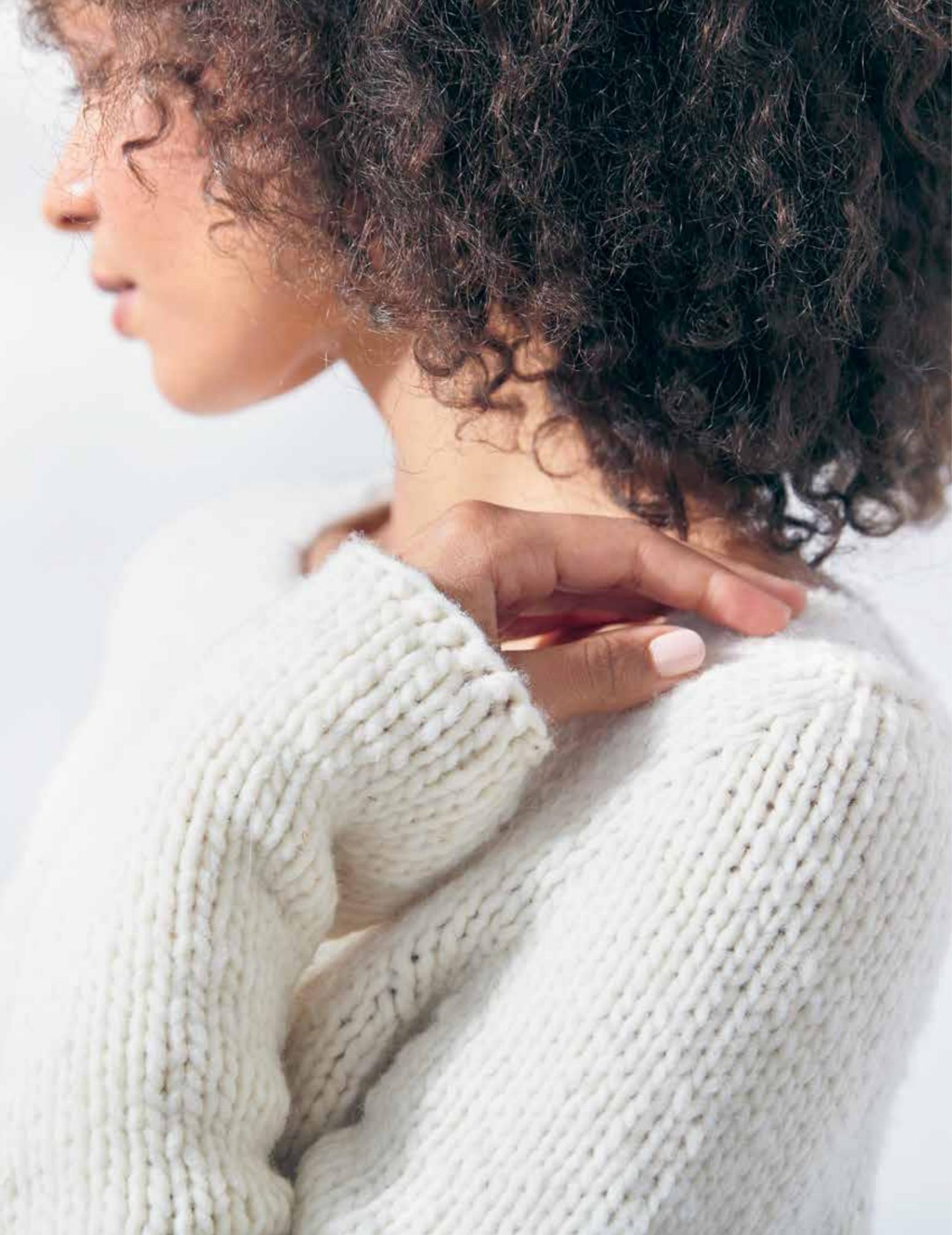
Top-Down, Seamless Knitting

Unlike sweaters knit in pieces (front, back, sleeves) and sewn together, Cocoknits Method sweaters are worked without seams using a combination of knitting flat and in the round on circular needles. Pullovers can be worked almost completely in the round, while cardigans are worked flat in one piece with the opening in front.

I favor seamless knitting because it's faster. Once you have finished the knitting, you only need to close the underarm gap and work in any yarn ends and your sweater is ready to block and wear.

Seamless sweaters can be worked from the bottom (i.e., hem) up, or from the top (i.e., neckline) down. With the Cocoknits Method, the sweater begins at the back neckline, with stitches picked up to form the tailored shoulders and sleeves, then is adjusted for the bust size once you get down to the bust area. I prefer top-down knitting because the sweater can be tried on as the work progresses and changes can be made accordingly.





Tailored Shoulders and Set-In Sleeves

The way the shoulders, sleeves, and body of a sweater come together affects the way a sweater looks and feels. In handknitting, a sweater's front and back are often joined at the top of the shoulders without any accommodation for the naturally sloping shape of the shoulders.

My tailoring method creates a nicely shaped “cup” for the shoulder, angling the shoulders slightly from the base of the neck along the back of the shoulder to the sleeve. When the top edges of the straight front shoulders are seamed to the slope of the back shoulders, a little three-dimensional pocket is formed that hugs the shoulders and makes for a great fit.

I have seen this method used in ready-to-wear clothing, and I have found a few references to it in couture sewing texts—sometimes called French or English tailoring—but in my experience it is rarely used in handknitting. Once you know what to look for, you'll find it is quite common in machine-knitted garments, from T-shirts to sweaters. Look for the seam that runs diagonally down from the neckline toward the back, rather than across the top of the shoulder.

Set-in sleeves are worked into a shaped armhole that follows the structure of the body and work harmoniously with tailored shoulders. I like the flattering lines created by the visual “seam” that runs vertically where the sleeve and body are joined, as well as the structure that set-in sleeves provide. The vertical lines of the set-in sleeve create the illusion of a longer, leaner figure by guiding the eye up and down over the upper torso. Although it is an optical illusion, I find most women are happy to use it to their advantage.

Cocoknits Tailored Seamless Yoke

This is where the Cocoknits Method is distinct. Because you get most of the fitting and shaping done at the Neck, Shoulders, and Yoke, the rest of the knitting is virtually carefree.

Every Cocoknits Method sweater begins the same way:

- Section I** Stitches are cast on for the Back neck and increases worked to create the Upper Back.
- Section II** Stitches are then picked up from the two sloped sides of the Upper Back to create the Right and Left Shoulders.
- Section III** Stitches are worked across Left Shoulder, picked up to create Left Sleeve, worked across Back, picked up to create Right Sleeve, and worked across Right Shoulder. In next WS row different color markers are placed to delineate each part of the sweater Yoke. These two rows are shown in dark brown here.
- Section IV** The remainder of the Yoke is worked following your color-coded Cocoknits Sweater Worksheet. The Worksheet tells you where the shaping happens in relation to the markers (before or after) and makes it unnecessary to count stitches as you knit.

Once the Yoke is complete, the Body and Sleeves are worked seamlessly down to the hem and cuffs.

Following is a step-by-step breakdown of the process. You may want to review it all the way through before you choose a pattern and begin a sweater, or you may want to wait until after you have chosen a pattern and are ready to cast on. Do whatever makes you feel most comfortable.



Section I

Upper Back

Cast On for Back Neck and Begin



Every sweater in this book begins with a long-tail cast-on at the Back neck, followed by one set-up row on the wrong side.

You will then increase a stitch at each end of every row (on both the right and wrong sides) until you have increased from the Back neck cast-on to the full shoulder width measurement given for your size.

To add stitches, I use 4 different increases: KLL, KRL, PLL, and PRL. See Chapter 5 (starting on page 110) for detailed step-by-step instructions for these increases.

Once you've increased as given in the pattern, break the working yarn, leaving a tail long enough to weave in, and place these stitches on hold while you work Section II—Create Shoulders (see page 20).

Tips for Working Upper Back

- If you don't want to put your Upper Back stitches on a holder while you are working the Right and Left Shoulders, work the Upper Back on a 40" (100 cm) or longer circular needle and push the stitches aside while you work on the Shoulders.
- Use your Upper Back piece as a second swatch. After you finish it, check your gauge and make any necessary adjustments in needle or pattern size.
- If your purl stitches are looser than your knit stitches (as mine are), use interchangeable needles. The cord stays in place but you can easily attach a needle one size smaller on the purl rows. I swear by Addi Clicks to make this process easy.



Section II

Create Shoulders

Prepare to Pick Up for Shoulders



Now you'll be picking up stitches for each Shoulder separately along the side edges of the Upper Back piece using the Pick Up Then Knit method. This method is a bit different than the traditional method of Pick Up and Knit, and is explained in more detail on page 120.

To begin, rotate the Upper Back piece so the initial cast-on edge is at the top and held stitches are at the bottom of your piece, as shown above.

Pick Up for Right Shoulder



To pick up stitches for the Right Shoulder, use a small double-pointed or circular needle to pick up the horizontal "ladder stitches" along the Right Shoulder edge, skipping every 4th ladder stitch as shown above and explained more fully on page 120. Then rejoin the working yarn at the bottom edge and knit through the back loop of these picked-up ladder stitches, being sure to pick up and knit every 4th skipped ladder stitch.

The number of stitches you need for each Shoulder is given in the pattern. If you need fewer stitches for the shoulder than you have bars (which is often the case), decrease on the first row by working together 2 bars at once (k2tog tbl) as many times as necessary to arrive at the correct numbers.

Completed Right Shoulder



Work back and forth on the Right Shoulder stitches as given in the pattern. When complete, cut the working yarn and place the shoulder stitches onto a holder or, if working with a long circular needle, transfer stitches from left to right needle and ignore them along with your held Back stitches (see page 19). →

Pick Up for Left Shoulder



To pick up stitches for the Left Shoulder, begin at the cast-on edge and use a small double-pointed or circular needle to pick up the horizontal ladder stitches along the Left Shoulder edge, ending when you reach the held Upper Back stitches. In the photo above, the Upper Back and Right Shoulder stitches are being held on a circular needle (as described on page 123).

Work Left Shoulder



Rejoin the working yarn at the cast-on edge and begin working the Left Shoulder as given in the pattern. Adjust for the given stitch count as for the Right Shoulder.

Completed Right & Left Shoulders



Match the Left Shoulder to the Right Shoulder as given in the pattern. Do not break yarn after last wrong-side row.

Section III

Join & Create Sleeve Tops

Knit Across Left Shoulder



This section contains only 2 rows, which I've worked in a contrasting yarn here so you can see exactly what is going on. Stitches are picked up and knit along the outside edge of the Shoulders to create the tops of the Sleeves. As you work these 2 rows, use the modified Magic Loop method (see page 123) to get around the corners.

Row 1 (RS): Work across the Left Shoulder stitches where you left off in Section II to the last 2 stitches and decrease with ssk (see page 139) to get rid of the selvage stitch on the edge. Using the Pick Up Then Knit method (see page 120), use a small double-pointed needle to pick up the ladder stitches between the first and second stitches along the outside edge of the Left Shoulder.

Pick Up Then Knit Across Left Sleeve Top



Now pull out a loop of your knitting cord to ease around the corner and knit across these Left Sleeve stitches through the back loop, decreasing if necessary as specified in your pattern.

Knit Across Upper Back



Continue onto the Upper Back stitches. Work across the Upper Back, decreasing at each end as specified in the pattern to remove the selvage stitches. —>

Pick Up Then Knit Across Right Sleeve Top



For the Right Sleeve Top, use a small double-pointed needle to pick up the ladder stitches along the edge, then pulling out a loop of cord if necessary, knit across them through the back loop as for the Left Sleeve top, decreasing if necessary as specified in your pattern. Decrease at the edge of the Right Front as specified in the pattern to remove the selvage stitch and work to the end of the row.

Completed Row 1 of Join



After completing this row, gather 6 markers in different colors to place in Row 2. If you want to match the color-coded Cocoknits Sweater Worksheet, use yellow, violet, blue, orange, green, and red markers.

Place Markers on Row 2



Row 2 (WS): Work across on the WS, placing 6 markers as specified in the pattern.

Note that after a few more rows of knitting the Yoke (Section IV), the sharp corners will become curves and you should be able to knit around the Yoke without using Magic Loop.

Section IV

Finish Yoke Using Your Cocoknits Sweater Worksheet

You have finished the Upper Back and Shoulder area and placed your stitch markers, and you are ready to move onto the seamless Yoke. This is the section where Fronts, Sleeves, and Back are all knitted together in one piece from the tops of the Sleeves down to the underarms. And this is where you start knitting from the Cocoknits Sweater Worksheet.

Note that the Worksheet can be used for any type of seamless yoke pattern, not just Cocoknits patterns. On page 144 is a Worksheet that you may photocopy for personal use. If you'd like more pages, you can purchase worksheets from cocoknits.com. I highly recommend that you use colored stitch markers that correspond to the colors of the vertical lines on the Worksheet. It makes keeping track of what you are doing easy.



The Cocoknits Sweater Worksheet

This Worksheet allows you to work the shaping of the yoke of a Cocoknits sweater (and any other seamless yoked sweater pattern) easily and without referring to written-out pattern instructions. Here and on pages 32–36, I explain how to fill in the Worksheet in detail. After you have gone through the process once, you probably won't need to refer to these instructions again.

Basic Guidelines

Each column of the Worksheet represents a section of your knitting, arranged from right to left as you would knit the Yoke on the RS: Left Front, Left Sleeve, Back, Right Sleeve, Right Front.

Each column is separated by a colored vertical line that corresponds to a colored marker in your knitting. This means that, at a glance, you can see where you are in the pattern.

Fill out the Worksheet vertically, column by column. To knit from the Worksheet, you read across it horizontally, row by row. If you're working flat, odd-numbered rows are right-side rows and are read right to left. Even-numbered rows are wrong-side rows and are read left to right. If you're working in the round, even-numbered rounds will also be read from right to left.

Markers

YELLOW

Neckline edge of Right Front

VIOLET

Separates Right Sleeve from Right Front

BLUE

Separates Back from Right Sleeve

ORANGE

Separates Left Sleeve from Back

GREEN

Separates Left Front from Left Sleeve

Cocoknits Sweater Worksheet

RED

Neckline edge of Left Front. If a collar or neckline edging is being knitted along with the sweater (rather than picked up and knit later) the red and yellow markers would separate neckline stitches from Left and Right Front stitches. If not, this marker is usually placed 2 or 3 stitches in from the edge where the increases take place, rather than on the very outside edge. This will be specified in each pattern.

Increases

Each pattern will instruct you how to work the increases represented by the check mark or +1 you have written on your Worksheet. You can write those instructions in this section for your reference. For most patterns, the increases will be worked as follows:

If you have a check mark or +1 AFTER a stitch marker, you will slip the marker, k2, KLL.

If you have a check mark or +1 BEFORE a stitch marker, 2 stitches before the marker you will KRL, k2, then slip the marker.

See pages 116–117 for Instructions for these increases.

Cocoknits Sweater Worksheet

Emma Version A

	RIGHT FRONT	RIGHT SLEEVE	BACK	LEFT SLEEVE	LEFT FRONT	
	9 sts	8 sts	38 sts	8 sts	9 sts	
1						+1 BEFORE MARKER
2						2 sts before marker, KRL, k2
3						
4						
5						
6						
7						+1 AFTER MARKER
8						k2, kLL after marker
9						
10						
11						
12						
13						PATTERN SOURCE
14						Cocoknits Sweater Workshop, page 58
15						
16						
17						
18						
19						SIZE
20						Medium
21						
22						
23						
24						
25						YARN / QUANTITY
26						Brooklyn Tweed Quarry
27						4 skeins in Flint
28						
29						
30						
31						
32						
33						
34						
35						
36						
37						
38						
39						NEEDLES
40						US 11 / 8 mm circ
41						US 7 / 4.5 mm for BO
42						US 0-3 / 2-3.25 dpn or circ

Cocoknits Sweater Worksheet

Emma Version A

	RIGHT FRONT	RIGHT SLEEVE	BACK	LEFT SLEEVE	LEFT FRONT	
	9 sts	8 sts	38 sts	8 sts	9 sts	
1						+1 BEFORE MARKER
2		+1		+1		2 sts before marker, KRL, k2
3						
4		+1		+1		
5						
6		+1		+1		
7						+1 AFTER MARKER
8		+1		+1		k2, kLL after marker
9						
10						
11						
12						
13		+1		+1		PATTERN SOURCE
14						Cocoknits Sweater Workshop, page 58
15						
16						
17		+1		+1		
18						
19						SIZE
20						Medium
21		+1		+1		
22						
23		+1		+1		
24						
25		+1		+1		YARN / QUANTITY
26						Brooklyn Tweed Quarry
27		+1		+1		4 skeins in Flint
28						
29						
30						
31			30		30	
32						
33						
34						
35						
36						
37						
38						
39						NEEDLES
40						US 11 / 8 mm circ
41						US 7 / 4.5 mm for BO
42						US 0-3 / 2-3.25 dpn or circ

Step 1 Set Up the Worksheet

If this is your first time using the Cocoknits Sweater Worksheet or you just want to refresh your memory, read the overview on page 30. At the top of the chart, fill in your starting stitch count for each section (Right Front, Right Sleeve, Back, Left Sleeve, and Left Front), as given to you in your pattern.

Using a ruler, draw a line under the last row you will work for the Yoke, as given to you in your pattern. In the example shown here, the pattern tells me that the Yoke is 28 rows long, so I've drawn a line under Row 28.

Step 2 Fill in Sleeve Shaping Increases

Fill in each section separately, as given in the pattern. To mark the increases, I use +1s, but you could use check marks—whatever makes sense to you.

Sleeve shaping takes place between the green and orange markers, and between the blue and violet markers. Add your +1s or check marks to the Worksheet at the rate given to you in the pattern.

For example, if the pattern instructs you to “increase on each edge of Sleeves every RS row 5 times, every 4th row 3 times, then every RS row 3 times,” you will fill in the Sleeve sections of your Worksheet as shown here.

Cocoknits Sweater Worksheet

Emma Version A

	RIGHT FRONT 9_sts	RIGHT SLEEVE 8_sts	BACK 38_sts	LEFT SLEEVE 8_sts	LEFT FRONT 9_sts		
1						1	*1 BEFORE MARKER
2		+1 +1		+1 +1		3	2 sts before marker, KRL, k2
4		+1 +1		+1 +1		5	
6		+1 +1		+1 +1		7	*1 AFTER MARKER
8		+1 +1		+1 +1		9	k2, KLL after marker
10						11	
12		+1 +1		+1 +1		13	PATTERN SOURCE
14						15	Cocoknits Sweater Workshop, page 58
16		+1 +1		+1 +1		17	
18						19	SIZE
20		+1 +1	+1 +1	+1 +1	+1 +1	21	Medium
22		+1 +1	+1 +1	+1 +1	+1 +1	23	
24		+1 +1	+1 +1	+1 +1	+1 +1	25	YARN / QUANTITY
26		+1 +1	+1 +1	+1 +1	+1 +1	27	Brooklyn Tweed Quarry 4 skeins in Flint
28						29	
30		30	48	30		31	
32						33	
34						35	
36						37	
38						39	NEEDLES
40						41	US 11 / 8 mm circ
42						43	US 7 / 4.5 mm for BO
						45	US 0-3 / 2-3.25 dpn or circ

Step 3

Fill in Armhole Increases for Fronts & Back

These are the increases that happen on the Fronts and Back at the armhole edges close to the bottom of the Yoke (the underarm). They are represented by marks in the Front/Back sections right next to the vertical line separating Sleeves from Body, exactly where the increases will happen in your knitting. For the Back, the increases will be marked between the orange and blue markers. The Left Front increases will be marked before the green marker, and the Right Front increases after the violet marker.

I worked from these instructions when filling in the Worksheet shown here: In the last 10 rows of Yoke, increase on Back and Fronts at armhole edges every RS row 5 times. Starting at the bottom of the Yoke (row 28), count 10 total rows or 5 right-side rows up from there and mark your increases.

Cocoknits Sweater Worksheet

Emma Version A

	RIGHT FRONT 9_sts	RIGHT SLEEVE 8_sts	BACK 38_sts	LEFT SLEEVE 8_sts	LEFT FRONT 9_sts		
1						1	*1 BEFORE MARKER
2	+1	+1 +1		+1 +1	+1	3	2 sts before marker, KRL, k2
4		+1 +1		+1 +1		5	
6	+1	+1 +1		+1 +1	+1	7	*1 AFTER MARKER
8		+1 +1		+1 +1		9	k2, KLL after marker
10						11	
12	+1	+1 +1		+1 +1	+1	13	PATTERN SOURCE
14						15	Cocoknits Sweater Workshop, page 58
16	+1	+1 +1		+1 +1	+1	17	
18						19	SIZE
20	+1	+1 +1	+1 +1	+1 +1	+1 +1	21	Medium
22	+1	+1 +1	+1 +1	+1 +1	+1 +1	23	
24	+1	+1 +1	+1 +1	+1 +1	+1 +1	25	YARN / QUANTITY
26	+1	+1 +1	+1 +1	+1 +1	+1 +1	27	Brooklyn Tweed Quarry 4 skeins in Flint
28						29	
30	24	30	48	30	24	31	
32						33	
34						35	
36						37	
38						39	NEEDLES
40						41	US 11 / 8 mm circ
42						43	US 7 / 4.5 mm for BO
						45	US 0-3 / 2-3.25 dpn or circ

Step 4

Fill in Neckline Shaping

Neckline shaping takes place just after the red marker as well as before the yellow marker.

I filled out the Worksheet shown here following these instructions: Increase at neckline edges (beginning and end of row, just after the red marker and before the yellow marker) on RS every 4th row 4 times, then every RS row 6 times.

A NOTE ABOUT CURVED NECKLINES

For a scoop or other curved neckline, you'll be instructed to fill in a few more details on your Worksheet: increases on the WS rows, casting on for the Front neck, and using short rows. This will be explained in the pattern.

Step 5

Check Your Work

One of the things I love about using the Worksheet is that it's easy to check your numbers before you go any further. Take your beginning stitch counts for each section, add up the increases in that section and make sure you end up with your ending stitch counts. If all is good, you are ready to start knitting.

If you should put your knitting down (even if you abandon it for years) and are unsure of which row you are on when you pick it up again, count the stitches in between your Sleeve markers (between green-orange markers and between blue-violet markers). Subtract your starting stitch count from your current stitch count and this will tell you which row you are on.

Step 6

Finish Body & Sleeves

After you have worked the final row of the Yoke, you can put your Worksheet aside. In the next right-side row, your pattern will guide you to work across the Left Front, slip the Sleeve stitches onto a holder (here I've used a leather cord), cast on the required number of stitches for the underarm, work across the Back and repeat for the other Sleeve and underarm, finishing with the Right Front.

Now follow the instructions in the pattern for finishing the Body, then each Sleeve of your pattern. Because you are knitting top down, you will be able to try on the sweater and easily adjust the finished length of both Sleeves and Body for a perfect fit.



This is the same yoke shown on page 17. There it is shown as it looks while you are knitting. Here I have flipped it so you can see more clearly how it will fit on the body.

2. Flattering Fit and Style

During my many years of designing knitwear I have helped women of all shapes, sizes, and ages choose sweater styles that make them look and feel their best. Although we are all unique when it comes to shape and taste, choosing the most flattering styles is actually not that complicated if we pay attention to the lines that different styles and colors create on our bodies. There are obvious lines like stripes and hemlines, and also more subtle ones like necklines, seam lines, and textural lines. It's a fact that handknit fabric adds more bulk to the body than many other fabric types, which means getting the lines right is especially important when we're handknitting our clothing.

Basically, we want to use lines and color to create the illusion of an hourglass figure, not so we look like 1940s pinup girls in our sweaters but to create balance between the upper and lower body. If the figure appears either too top-heavy or too bottom-heavy, our minds sense imbalance, even if we don't realize it consciously. If you try something on and just don't like it—without being able to put your finger on what is wrong—it may be a balance issue.

We can use both lines and color to achieve balance through optical illusion. Following are some basic drawings to illustrate how this can work as well as a cheat sheet of dos and don'ts. Although it is based on generalizations, so should be read with a critical mind and an understanding of your own body and taste, I hope it provides you with some useful concepts to consider when choosing styles to knit and when getting dressed.

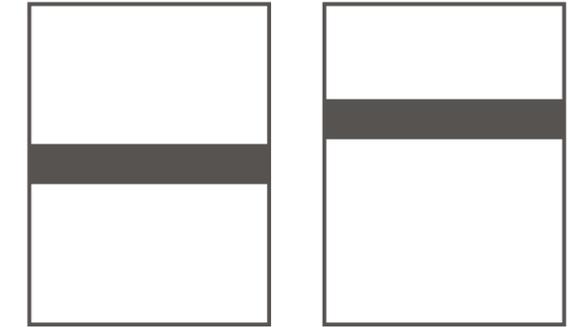
Creating the Illusion of Shape

These two rectangles are exactly the same dimensions. But by breaking up the expanse with diagonal lines and darker colors, the rectangle on the right appears a bit thinner and taller than the one on the left. Translated to a sweater: To balance the figure, try wearing a darker cardigan over a lighter color underneath and button or close the cardigan in just one place.



Placing Horizontal Lines Strategically

This is a surprising and very important optical illusion: two identical rectangles, the one on the left split in half by a horizontal line and the one on the right divided at the two-thirds line. The one on the right looks taller and slimmer. I work this trick into every sweater I design. All waist shaping happens at the high waist for this reason. If I do a color change or stripes, this is where I do it. This is also an important line to keep in mind for sleeves: Ending them at the high waist creates a horizontal line at the most flattering point. See more about sleeves on page 43.



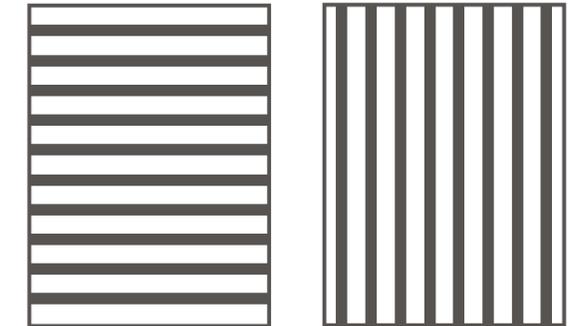
Using Strong Vertical Lines to Slim

Again, here we have identically sized rectangles. By adding strong, dark vertical stripes, the one on the right looks slimmer and taller than the one on the left. Translated to a sweater: Knit a long, dark cardigan and wear it open over a lighter-colored layer. The dark outer edges fade away and all the eye picks up on is the strong, central stripe running up the center of your torso, making you look longer and leaner. This is especially flattering for top- and middle-heavy figures.



Considering Texture and Colorwork

These two identical rectangles illustrate how lines affect the illusion of size. Horizontal lines make the rectangle on the left appear wider and shorter than the one on the right. Translated to a sweater: Lines may be created by either colorwork or texture. The left rectangle could be colored stripes, a fairisle pattern, or garter stitch. A short, horizontally striped sweater is great for bottom-heavy figures because horizontal lines on top can serve as a balance to a wider bottom half. Vertical lines might be created by colorwork or texture, such as stockinette stitch, rib, or cables. Top- and middle-heavy figures look best with vertical lines to help slim the upper half.



Using Color for Balance

The triangles at right illustrate how color can help to balance a top-heavy figure. Light colors pop forward while dark colors recede. This causes the top of the triangle on the left to appear even bigger than it already is while the triangle on the right feels more balanced. The darker top recedes, shrinking it a bit in size. Translated to sweaters: Top-heavy figures should stick to darker colors on top, keeping the lighter colors on the bottom half of the figure.



These two triangles illustrate how color can help to balance a bottom-heavy figure. The bottom of the triangle on the left looks larger than the one to the right. The lesson for bottom-heavy figures is to knit lighter and brighter sweaters for the upper portion of the body, saving the darker colors for skirts and trousers. You can also help to draw the eye up with bright and colorful scarves and wraps, which add not only color, but some horizontal lines and volume to the upper half, helping to balance your larger lower half.



Slimming Sleeves

Sleeve design can make or break how a sweater appears on the body, yet it is often overlooked. Since knitwear adds bulk—there is no way around it—your arms will look as big as the sleeves you knit for them. Fortunately, because knitted fabric is stretchy, you can knit sleeves without much ease to minimize bulk. Knitting a slender sleeve can greatly slim the look of your upper torso. I recommend no more than 1–2" (2.5–5 cm) of ease for standard, tailored sweaters. You don't have to worry as much about this if you are knitting a sheer, open knit where the arm can be seen through the fabric.

Also important to watch when considering sleeves is the line at their bottom edge. When you are standing with your arms by your sides, the ends of your sleeves add two horizontal lines to your appearance. So pay attention to the width and the placement of these lines.



Top-Heavy Cheat Sheet

Do Knit

- Wide, open necklines, such as sweetheart, V-neck, or U-neck.
- Set-in sleeves for the vertical, elongating line of the sleeve join.
- Sleeves with very little ease in the upper arm in order to reduce bulk in that area. If possible, knit the upper sleeve circumference with no more than 1" (2.5 cm) of ease.
- Cardigans with narrow or no lapels.
- Empire lines nipped in at the high waist and that skim or flare out from there.
- Dark, deep colors on top.
- A little flare or interest below the waist for those who are slim-hipped, which will help add curves.

Don't Knit

- Turtlenecks, crewnecks, boat-necks, and big collars.
- Styles that are shapeless and boxy, double-breasted, or ribbed overall.
- Sweaters in thick, bulky yarn. If knitting at a large gauge, use a strong but thinner yarn to get a more open, less bulky fabric.
- Dropped shoulder styles, the lines of which point like arrows to your broadest point, your bust!
- Horizontal stripes or any pattern stitch that travels across your upper half.

How to Wear It

- Fasten cardigan just under the bust at the high waist to impose an hourglass shape.
- Leave a cardigan open to get strong vertical lines.
- If slim-hipped, add interest to cuff area, such as a bracelet or clutch, to draw the eye down. If narrow-waisted, push your sleeves up to your narrowest point.
- Wear a fine, long scarf or necklace to create the illusion of length and height.



The dark color of the Lizzie cardigan left open over a light shirt creates a thin line up the middle of the body. The sleeve length is below the bust to draw the eye to the midsection, away from the bust.

Middle-Heavy Cheat Sheet

Do Knit

- Wide, open neckline such as sweetheart, V-neck, and U-neck.
- Set-in sleeves for the vertical, elongating line of the sleeve join.
- Cardigans with narrow or no lapels.
- Empire lines nipped in at high waist that skim or flare out from there.
- Dark, deep colors.
- Long sleeves that are slender at the top. Balance your figure with interest down at the wrist-end of the sleeve. This could be a bell-shaped cuff, slit cuffs, or straight sleeves that end just above where your wrists are smallest, thus accentuating them and your slimmer hips.
- Short sleeves that end just under your bust at the high-waist, the slimmest part of your torso and at that important two-thirds line.
- Sweaters with asymmetrical bottom edges, such as points that fall longer to elongate your figure, or a dipped, curved, or split hemline to break up any horizontal lines.

Don't Knit

- Turtlenecks, crewnecks, boat-necks, and big collars.
- Styles that are shapeless and boxy, double-breasted, or tight and ribbed.
- Sweaters using thick, bulky yarn. If knitting at a large gauge, use a strong but thinner yarn to get a more open, less bulky fabric.
- Horizontal stripes or any pattern stitch that travels across your upper half.

How to Wear It

- Fasten cardigan just under the bust at high waist to impose hourglass shape.
- Leave a cardigan open to get strong vertical lines.
- If slim-hipped, add interest to cuff area to draw the eye down.
- Wear a fine, long scarf or necklace to create the illusion of length and height.
- When layering, make sure your base layer ends at your slimmest point, whether this is a shirt at your hip level or a tunic or dress around the thinnest part of your legs.

When the long Emma cardigan is worn open, the eye is drawn to the vertical line of the underlayer, thus slimming the figure. The ribbing at the hem draws the eye down to the slender area of the legs. The dark underlayer diminishes the appearance of the mid-section.



Bottom-Heavy Cheat Sheet

Do Knit

- Horizontal necklines that will balance your lower half, such as boat necks, high crewnecks, or turtlenecks.
- Neck details and big collars that draw the eye up and balance the lower half.
- Cap sleeves or drop shoulders that add horizontal (or nearly horizontal) lines to the upper body.
- Lighter, brighter colors to draw the eye up.
- Thick, chunky knits that balance your upper and lower half.
- Stripes or stitch patterns that lend horizontal lines to the upper body.
- Structured knits with broader shoulders and nipped-in waists that finish at the top of the hip.
- Long, open cardigans (ending below your widest point) to add vertical lines to the hip area.
- Sleeves that do not end at your widest point: Short sleeves that give you a horizontal line across your bust area or at the slimmest point of your waist; or long sleeves that end with a slender cuff below the widest point of your hips.
- An A-line tunic that ends at the slimmest point of your legs.
- Sweaters with asymmetrical bottom edges to break up horizontal lines around your hips.

Don't Knit

- Tight ribbing around the bottom of a hip-length sweater.
- Anything baggy and unshaped.
- Pullovers that are long and straight.
- Long sleeves that end at your widest point with bell or flare cuff features.
- Any sweater that ends at your widest point! Either end it at the high hip or well below your widest part.

How to Wear It

- Wear a bright or light scarf around your neck, or a shrug or shawl around your shoulders to visually broaden them.
- Wear a short or cropped sweater or vest over a longer camisole or blouse to break up the torso length and balance your proportions. Layering with contrasting colors helps shorten the torso and makes your legs appear longer.
- Push your sleeves up to the narrowest part of your body to emphasize your waist and keep the eye on your slimmer top half.



The horizontal lines of the boat neck and short sleeves of this Emma pullover balance a larger bottom half. The layering breaks up the torso, accentuating a slim waist.

3. Cocoknits Sweaters

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Schematic 60
Instructions 61



Emma: Version A



Overview 58
Schematic 60
Instructions 61

Emma: Version B (Short Sleeves)



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Emma: Version C

Overview 76
Schematic 78
Instructions 78



Tilda

Overview 82
Schematic 84
Instructions 84



Tallulah



Lizzie



Molly: Version B

Emma

Overview

All three versions of Emma are quick-knits with a gauge of 3 stitches to 1" / 2.5 cm. Knitting Emma is a great way for newcomers to the Cocoknits Method to try it out. All of the versions have waist shaping for a flattering fit. For Version B, I offer a short- or long-sleeve option.



Clockwise from top left:
Version A, B, C

Sizes

Small (Medium, Large, 1X, 2X, 3X)

Finished Measurements

VERSIONS A & B

Finished Bust: 33.5 (37.5, 41.5, 45.5, 49.5, 53.5)" / 85 (95, 105, 116, 126, 136) cm

Finished Length: 17.75 (19, 20.5, 21.5, 22, 22.5)" / 45 (48, 52, 54, 55, 56) cm

VERSION C

Finished Bust: 35 (39, 43, 47, 51, 55)" / 87 (97, 107, 117, 127, 137) cm

Finished Length: 25.5 (27, 28, 28.5, 29.5, 30)" / 65 (69, 71, 72, 75, 76) cm

Yarn

VERSIONS A & B

700 (800, 950, 1100, 1250, 1400) yds / 640 (730, 870, 1005, 1145, 1280) m bulky weight yarn for long sleeves

VERSION C

720 (840, 960, 1150, 1250, 1350) yds / 660 (770, 880, 1050, 1140, 1230) m bulky-weight yarn

VERSION A

Brooklyn Tweed Quarry

100% wool. 200 yds / 183 m per 3.5 oz / 100 g skein

4 (4, 5, 6, 7, 8) skeins in Flint

VERSION B, LONG SLEEVES

A Verb For Keeping Warm Big Sky

100% wool. 160 yds / 146 m per 3.5 oz / 100 g skein

5 (5, 6, 7, 8, 9) skeins in Lighthouse

VERSION B, SHORT SLEEVES

Habu Textiles a-188 Linen Cotton Paper

56% linen, 44% cotton. 109 yds / 100 m per 1 oz / 28 g skein

4 (4, 6, 8, 10, 12) cones in Off White, Color #1

VERSION C

Classic Elite Yarns Blackthorn

50% wool, 50% superfine alpaca. 120 yds / 109 m per 3.5 oz / 100 g skein

7 (8, 9, 10, 11, 12) skeins in Wolf, Color #7006

Needles

US 11 / 8 mm (or size needed to obtain gauge) circular needle 40" / 100 cm or longer for all versions, plus 24 – 36" / 60–90 cm for Versions A and B

US 7 / 4.5 mm needles for working BO

US 0–3 / 2–3.25 mm double-pointed needle or any length circular needle (for picking up stitches)

US 0–3 / 2–3.25 mm double-pointed needle or any length circular needle (for picking up stitches)

VERSION C ONLY

US 2 / 2.75 mm circular needle, 40" / 100 cm for picking up Front band stitches

US 9 / 5.5 mm circular needle, 40" / 100 cm for working Front band stitches

Notions

6 stitch markers in different colors

2 spare circular needles or scrap yarn to hold Sleeve sts

Row counter (optional)

Cocoknits Sweater Worksheet

11 buttons (optional), Version C only; diameter: $\frac{3}{4}$ –1" / 2–3 cm

$\frac{1}{2}$ yd / $\frac{1}{2}$ m lightweight cotton fabric for pocket lining, Version C only

Gauge

12 sts and 18 rows / rnds = 4" / 10 cm square in St st on largest needles

Fit and Style Notes

BOTTOM-HEAVY

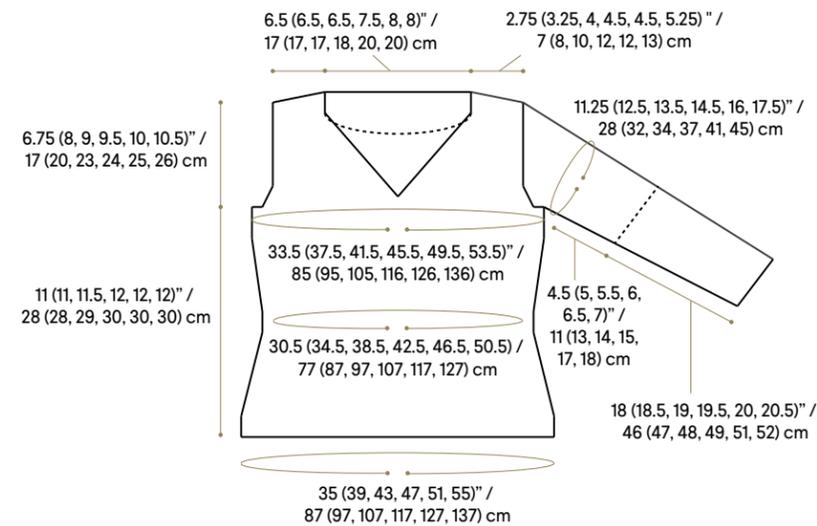
- Version B (with the boat neck) is probably going to be more flattering on you than the deep V-neck of Version A.
- Consider choosing a light, bright color to draw the eye up.
- Don't end the sweater at your widest point! Try cropping it before your widest point at the high hip or natural waist. You could also come straight down after waist decreases (rather than adding stitches and flaring back out) to keep the waist circumference slimmer.

TOP- AND MIDDLE-HEAVY

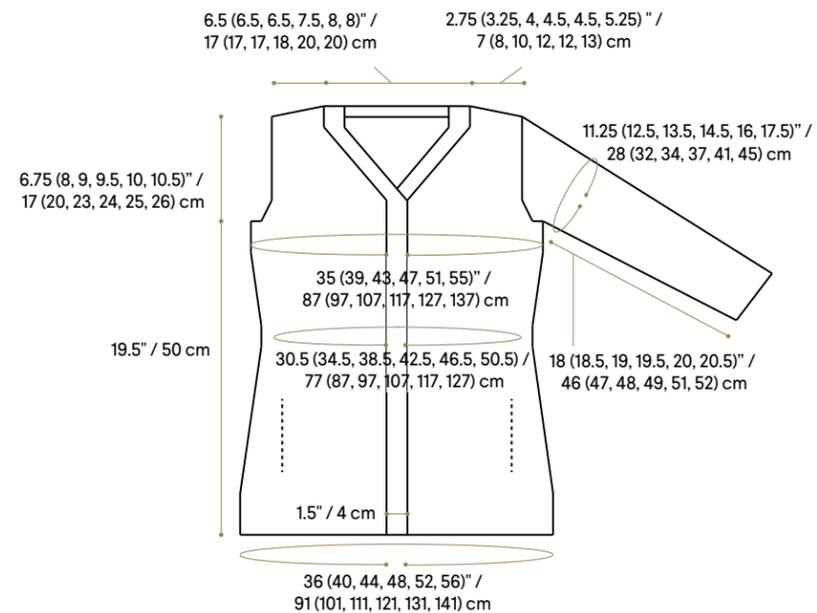
- Versions A and C (V-neck pullover and cardigan) will likely be more flattering on you than Version A (boat neck).
- Consider a dark color to minimize the upper body.
- Try using a strong, thin yarn (like a linen tape or the Habu a-188) to create a netlike fabric. Using the same size needle and same gauge, with a thinner yarn than I used in my sample on page 53 will reduce bulk. I especially recommend this for top- and middle-heavy figures because you really don't want bulk on top if that's where your body is "bulky." In the photos, the short-sleeve Version B (on page 52) is like this; it is the same gauge as the long-sleeved Version B (on page 14 and cover), but in a very open, loose fabric.

Schematics

VERSIONS A & B



VERSION C



Instructions

ALL VERSIONS

Section I

Upper Back

With largest 40" / 100 cm needle and working yarn, CO 20 (20, 20, 22, 24, 24) sts for Back neck.

Set-up Row (WS): P2, pm, p to last 2 sts, pm, p2.

Row 1 (RS): K2, sl m, k1, KLL, k to 1 st before next m, KRL, k1, sl m, k2. 2 sts inc'd.

Row 2 (WS): P2, sl m, p1, PLL, p to 1 st before next m, PRL, p1, sl m, p2. 2 sts inc'd.

Work these 2 rows 4 (5, 6, 7, 7, 8) times. 8 (10, 12, 14, 14, 16) total shaping rows. 36 (40, 44, 50, 52, 56) sts. Break yarn and place sts on hold if desired (see page 19).

Section II

Create Shoulders

RIGHT SHOULDER

Hold the Upper Back piece with RS facing you, live sts on the bottom, and the CO along the top edge (see photos on page 20). With small dpn and the Pick Up Then Knit method (see page 120), pick up the ladder sts from the outside edge to the right of the initial CO. K across these 8 (10, 12, 14, 14, 16) sts through the back loop. Work in St st for 7 (9, 11, 13, 13, 15) more rows, ending with a WS row. Break yarn, leaving tail; place sts on holder.

LEFT SHOULDER

With a small dpn and the Pick Up Then Knit method, pick up 8 (10, 12, 14, 14, 16) sts along the outside edge to the left of the initial CO. K across these sts through the back loop. Work in St st for 7 (9, 11, 13, 13, 15) more rows, ending with a WS row. Do not break yarn.

NOTE: Use modified Magic Loop method to ease knitting around corners as necessary (see page 123).

Section III

Join & Create Sleeves

Row 1 (RS): K6 (8, 10, 12, 12, 14) Left Shoulder sts, ssk. Using a small dpn, pick up ladder sts along the outside edge of Left Shoulder. K across these sts through the back loop, decreasing evenly to 8 (8, 10, 10, 10, 12) sts; these sts will form the top of the Left Sleeve. Continuing onto Back sts, k2tog, remove m, k32 (36, 40, 46, 48, 52), remove m, ssk. Using small dpn, pick up ladder sts along the outside edge of Right Shoulder and k them through back loop, decreasing evenly to 8 (8, 10, 10, 10, 12) sts as for Left Sleeve; these sts will form the top of Right Sleeve. Continuing onto Right Shoulder, k2tog, k6 (8, 10, 12, 12, 14).

PLACE MARKERS

Row 2 (WS): P2, pm (yellow) for neckline selvage, p5 (7, 9, 11, 11, 13) Right Front sts, pm (violet), p8 (8, 10, 10, 10, 12) Sleeve sts, pm (blue), p34 (38, 42, 48, 50, 54) Back sts, pm (orange), p8 (8, 10, 10, 10, 12) Sleeve sts, pm (green), p5 (7, 9, 11, 11, 13) Left Front sts, pm (red) for neckline selvage, p2. Note that the 2 neckline selvage sts on each end are included in the Front st counts.

FOLLOW VERSION A, B, OR C FOR THE REMAINDER OF SWEATER.

Emma

Version A

In bulky yarn, Emma is like a comfy knitted sweatshirt. The open neckline and waist shaping prevent it from becoming too boxy, despite its thickness. This fun, beginner project could easily be adapted to include a cable down the front or color-blocking on the sleeves or body. It's really a blank canvas for your creativity!



Section IV

Finish Yoke from Worksheet

FILL IN EACH SECTION OF THE WORKSHEET AS FOLLOWS.

Beginning st counts for each section/column:

Left and Right Sleeve: 8 (8, 10, 10, 10, 12) sts.

Back: 34 (38, 42, 48, 50, 54) sts.

Left and Right Front: 7 (9, 11, 13, 13, 15) sts.

Yoke is worked over 24 (28, 32, 34, 38, 40) rows; draw a line under this row on your Worksheet.

SLEEVES

Increase on each edge of Sleeves every RS row 3 (5, 3, 6, 8, 9) times, every 4th row 3 (3, 5, 4, 4, 4) times, then every RS row 3 (3, 3, 3, 3, 3) times. 26 (30, 32, 36, 40, 44) sts for each Sleeve.

BACK

In the last 8 (10, 12, 12, 16, 18) rows of Yoke, increase on Back at armhole edges every RS row 4 (5, 6, 6, 8, 9) times. 42 (48, 54, 60, 66, 72) sts.

FRONTS

ARMHOLE

In the last 8 (10, 12, 12, 16, 18) rows of Yoke, increase on each Front at armhole edge every RS row 4 (5, 6, 6, 8, 9) times.

NECKLINE

Increase at neckline edges (beginning and end of row, just after the red m and before the yellow m) on RS row every 4th row 2 (4, 6, 6, 7, 8) times, then every RS row 8 (6, 4, 5, 5, 4) times. 21 (24, 27, 30, 33, 36) sts for each Front.

Once Worksheet is filled in, work through the Yoke, increasing as specified: Before a m, KRL, k2; after a m, k2, KLL.

After completing Worksheet, there will be a total of 136 (156, 172, 192, 212, 232) sts.

Version A Body

Remove all previous m as you work across the next row.

Next Row (RS): Work across Left Front sts, *slip next 26 (30, 32, 36, 40, 44) Sleeve sts onto holder, Backward-Loop CO 8 sts for underarm (see Note below), work across 42 (48, 54, 60, 66, 72) Back sts, repeat from * for other Sleeve and underarm, work to end of Right Front.

NOTE: When casting on in the middle of the row, I recommend the following method: CO 2 fewer sts than called for (in this case 6 sts) using Backward-Loop CO. In the next round, m1R into the extra slack yarn at the beg and end of this CO, thus winding up with the called-for st count (8 sts) and neatening the CO (see page 115).

At end of this row, do not turn, but join work at center Front and k across 25 (28, 31, 34, 37, 40) Left Front sts. Switch to shorter circular needle. Place red m to indicate the beginning of the rnd (under the left underarm in the center of newly CO sts). You will now be working in the rnd.

Next Rnd: K50 (56, 62, 68, 74, 80) sts of Back, pm at the right underarm, k to end of rnd. Cont in St st for 3" / 8 cm from underarm CO or to desired length before waist shaping. You can either measure or try on sweater-in-progress. Begin decreasing for waist at or just below fullest part of bust.

SHAPE WAIST

Next Rnd (Waist Dec Rnd): *K2, ssk, k to 4 sts before side m, k2tog, k2; repeat from * once more. 4 sts dec'd. Work even in St st, repeating Waist Dec Rnd on following 6th rnd once more. 46 (52, 58, 64, 70, 76) sts each for Back and Front. 92 (104, 116, 128, 140, 152) sts total.

Work even in St st until Body measures 6" / 15 cm from underarm CO or desired length to hip increases, which should begin at bottom edge of rib cage at side.

Next Rnd (Hip Inc Rnd): *K2, KLL, k to 2 sts before side m, KRL, k2, sl m, repeat from * once more. 4 sts inc'd. Repeat Waist Inc Rnd every 6th rnd 2 more times. 52 (58, 64, 70, 76, 82) sts each on Back and Front. Work even in St st until Body measures 11 (11, 11.5, 12, 12, 12)" / 28 (28, 29, 30, 30, 30) cm from underarm, or desired length. BO purlwise using Jeny's Stretchy BO (see page 128) and US 7 / 4.5 mm needle.

Version A Sleeves

With working needle and long-tail method, CO 8 sts, k 26 (30, 32, 36, 40, 44) held Sleeve sts, k4 of newly CO sts. Pm to indicate the beginning of the rnd. 34 (38, 40, 44, 48, 52) sts total.

Work 12 rounds in St st.

Next Rnd (Sleeve Dec Rnd): K1, ssk, k to last 3 sts, k2tog, k1. 2 sts dec'd. Work Sleeve Dec Rnd every 6th rnd 2 more times, then every 12th rnd 3 times. 22 (26, 28, 32, 36, 40) sts.

Work even until Sleeve measures 18 (18.5, 19, 19.5, 20, 20.5)" / 46 (47, 48, 49, 51, 52) cm, or desired length from underarm.

BO purlwise using Jeny's Stretchy BO and US 7 / 4.5 mm needle.

Finishing

Close underarm with False Grafting/Horizontal Seam method (see page 130). Weave in ends and block.



Emma

Version B

Like Version A (see page 62), the boatneck version of Emma will become your go-to sweatshirt-style pullover when the temperatures drop. Once you see how the seamless yoke works, try experimenting with color-blocking, striping, and/or various sleeve lengths (it is shown here with short sleeves and on page 14 and cover with long sleeves).



Section IV

Finish Yoke from Worksheet

FILL IN EACH SECTION OF THE WORKSHEET AS FOLLOWS.

Beginning st counts for each section/column:

Left and Right Sleeve: 8 (8, 10, 10, 10, 12) sts.

Back: 34 (38, 42, 48, 50, 54) sts.

Left and Right Front: 7 (9, 11, 13, 13, 15) sts.

Yoke is worked over 24 (28, 32, 34, 38, 40) rows; draw a line under this row on your Worksheet.

SLEEVES

Increase on each edge of Sleeves every RS row 3 (5, 3, 6, 8, 9) times, every 4th row 3 (3, 5, 4, 4, 4) times, then every RS row 3 (3, 3, 3, 3, 3) times. 26 (30, 32, 36, 40, 44) sts for each Sleeve.

BACK

In the last 8 (10, 12, 12, 16, 18) rows of Yoke, increase on Back at armhole edges every RS row 4 (5, 6, 6, 8, 9) times. 42 (48, 54, 60, 66, 72) sts.

FRONTS

ARMHOLE EDGES

In the last 8 (10, 12, 12, 16, 18) rows of Yoke, increase on each Front at armhole edge every RS row 4 (5, 6, 6, 8, 9) times.

NECKLINE

To shape the boatneck, at end of Row 1, sts are CO for the center front neck. The Body will be joined for working in the rnd after Row 1 of your Worksheet. From this point on, every row of Worksheet is now a rnd and is worked from right to left.

At the end of Row 1 (to the left of the yellow line), write + 18 (18, 18, 20, 22, 22).

At both ends of Rnd 2, write +1 to the right of the red line and to the left of the yellow line.

Once Worksheet is filled in, work through the Yoke, increasing as specified: Before a m, KRL, k2; after a m, k2, KLL.

To work the neckline: At the end of Row 1, do not turn, Backward-Loop CO 18 (18, 18, 20, 22, 22) sts.

Join for working in the rnd. All even-numbered Worksheet rows will now be worked as even-numbered rnds. Switch to shorter circular needle.

Rnd 2: Begin with Left Front, k around to yellow m and remove it, k2, m1R into slack from CO sts. K18 (18, 18, 20, 22, 22) Front Neck sts, m1R into slack from CO sts, k2. Rnd begins at red marker. 42 (48, 54, 60, 66, 72) sts for Front.

After completing Worksheet, there will be a total of 136 (156, 172, 192, 212, 232) sts.

Version B Body

Remove all previous m as you work across the next row.

Next Row (RS): Work across Left Front sts, *slip next 26 (30, 32, 36, 40, 44) Sleeve sts onto holder, Backward Loop CO 8 sts for underarm (see Note below), work across 42 (48, 54, 60, 66, 72) Back sts, repeat from * for other Sleeve and underarm, work around to left underarm, pm in center of newly CO sts for beginning of rnd.

NOTE: When casting on in the middle of the row, I recommend the following method: CO 2 fewer sts than called for (in this case 6 sts) using Backward Loop CO. In the next rnd, m1R into the extra slack yarn at the beginning and end of this CO, thus winding up with the called-for st count (8 sts) and neatening the CO (see page 115).

Next Rnd: K50 (56, 62, 68, 74, 80) sts of Back, pm at the right underarm, k to end of rnd. Cont in St st for 3" / 8 cm from underarm CO or to desired length before waist shaping. You can either measure or try on your sweater-in-progress. Begin decreasing for waist at or just below the fullest part of your bust.

SHAPE WAIST

Next Rnd (Waist Dec Rnd): *K2, ssk, k to 4 sts before side m, k2tog, k2; repeat from * once more. 4 sts dec'd.

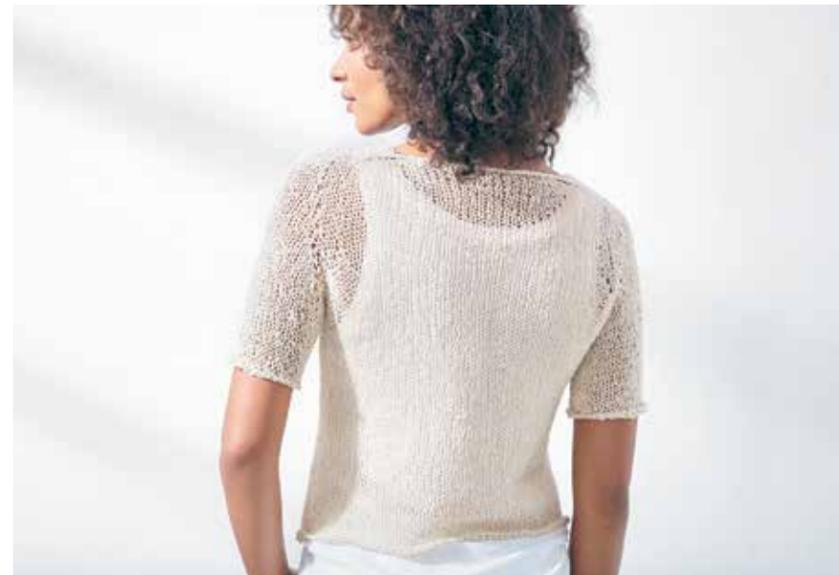
Work even in St st, repeating Waist Dec Rnd on following 6th rnd once more. 46 (52, 58, 64, 70, 76) sts each for Back and Front. 92 (104, 116, 128, 140, 152) sts total.

Work even in St st until Body measures 6" / 15 cm from underarm CO or desired length to hip increases, which should begin at the bottom edge of your rib cage at the side.

Next Rnd (Hip Inc Rnd): *K2, KLL, k to 2 sts before side m, KRL, k2, sl m, repeat from * once more. 2 sts inc'd. Repeat Hip Rnd every 6th rnd 2 more times. 52 (58, 64, 70, 76, 82) sts each on Back and Front.

Work even in St st until Body measures 11 (11, 11.5, 12, 12, 12)" / 28 (28, 29, 30, 30, 30) cm from underarm, or desired length.

BO purlwise using Jeny's Stretchy BO (see page 128) and US 7 / 4.5 mm needle.



Version B Sleeves

FOR LONG SLEEVES

Follow Sleeves from either Version A (plain) or Version C (ribbed elbow detail).

FOR SHORT SLEEVES

With working needle and long-tail method, CO 8 sts, k26 (30, 32, 36, 40, 44) held Sleeve sts, k4 newly CO sts. Pm to indicate the beginning of the rnd. 34 (38, 40, 44, 48, 52) sts total.

Work 8 rnds in St st.

Next Rnd (Sleeve Dec Rnd): K1, ssk, k to last 3 sts, k2tog, k1. 2 sts dec'd. Repeat Sleeve Dec Rnd once more on following 9th rnd if desired.

Work even in St st until Sleeve measures 4.5 (5, 5.5, 6, 6.5, 7)" / 11 (13, 14, 15, 17, 18) cm, or desired length from underarm.

BO purlwise using Jeny's Stretchy BO (see page 128) and US 7 / 4.5 mm needle.

Finishing

Close underarm with False Grafting/Horizontal Seam method (see page 130). Weave in ends and block.

Emma

Version C

The Emma cardigan is a quick-to-knit introduction to the Cocoknits Method and a great sweater to bundle up in during the winter. The long line of rib running down the sleeves works to slim the sleeve silhouette, and the fabric-lined pockets prevent bulk in the hip area. Experiment with color and the perfect length for both the sleeves and the body.



Section IV

Finish Yoke from Worksheet

FILL IN EACH SECTION OF THE WORKSHEET AS FOLLOWS.

Beginning st counts for each section/column:

Left and Right Sleeve: 8 (8, 10, 10, 10, 12) sts.

Back: 34 (38, 42, 48, 50, 54) sts.

Left and Right Front: 7 (9, 11, 13, 13, 15) sts.

Yoke is worked over 24 (28, 32, 34, 38, 40) rows; draw a line under this row on your Worksheet.

SLEEVES

Increase on each edge of Sleeves every RS row 3 (5, 3, 6, 8, 9) times, every 4th row 3 (3, 5, 4, 4, 4) times, then every RS row 3 (3, 3, 3, 3, 3) times. 26 (30, 32, 36, 40, 44) sts for each Sleeve.

BACK

In the last 8 (10, 12, 12, 16, 18) rows of Yoke, increase on Back at armhole edges every RS row 4 (5, 6, 6, 8, 9) times. 42 (48, 54, 60, 66, 72) sts.

FRONTS

ARMHOLE EDGES

In the last 8 (10, 12, 12, 16, 18) rows of Yoke, increase on each Front at armhole edge every RS row 4 (5, 6, 6, 8, 9) times.

NECKLINE

Increase at neckline edges (beginning and end of row, just after the red m and before the yellow m) on RS every 4th row 2 (4, 6, 6, 7, 8) times, then every RS row 8 (6, 4, 5, 5, 4) times. 21 (24, 27, 30, 33, 36) sts for each Front.

Once Worksheet is filled in, work through the Yoke, increasing as specified: Before a m, KRL, k2; after a m, k2, KLL.

After completing Worksheet, there will be a total of 136 (156, 172, 192, 212, 232) sts.

Version C Body

Remove all previous m as you work across the next row.

Next Row (RS): Work across Left Front sts, *slip next 26 (30, 32, 36, 40, 44) Sleeve sts onto holder, Backward-Loop CO 8 sts for underarm (see Note below), work across 42 (48, 54, 60, 66, 72) Back sts, repeat from * for other Sleeve and underarm, work to end of Right Front.

NOTE: When casting on in the middle of the row, I recommend the following method: CO 2 fewer sts than called for (in this case 6 sts) using Backward-Loop CO. In the next round, m1R into the extra slack yarn at the beginning and end of this CO, thus winding up with the called-for st count (8 sts) and neatening the CO (see page 115).

Next Row (WS): Work across, pm at the center of the 8 newly CO sts at each underarm to mark Body sides. 50 (56, 62, 68, 74, 80) Back sts, 25 (28, 31, 34, 37, 40) Front sts.

Cont in St st for 3" / 8 cm from underarm CO or to desired length before waist shaping. You can either measure or try on your sweater-in-progress. Begin decreasing for waist at or just below the fullest part of your bust.

Read ahead! Waist Shaping and Pockets are worked at the same time.

SHAPE WAIST

Next Row (Waist Dec Row): *Work to 4 sts before side m, k2tog, k2, sl marker, k2, ssk, repeat from * once, work to end. 4 sts dec'd.

Work 5 rows in St st, then work Waist Dec Row once more. 46 (52, 58, 64, 70, 76) Back sts, 23 (26, 29, 32, 35, 38) Front sts.

Work even in St st until Body measures 6" / 15 cm from underarm CO or to desired length for hip increases, which should begin at the bottom edge of your rib cage at the side.

Next Row (Hip Inc Row, RS): *Work to 2 sts before m, KLL, k2, sl m, k2, KRL, repeat from * once, work to end. 4 sts inc'd.

Repeat Hip Inc Row every following 6th row 2 more times. 52 (58, 64, 70, 76, 82) Back sts, 26 (29, 32, 35, 38, 41) Front sts.

AT THE SAME TIME

CREATE POCKETS

When Body measures 10" / 25 cm from underarm CO (or desired length to top of slit pocket), ending with WS row, divide for slit pockets.

Next Row (RS): Work to 2 sts before m, k1f&b twice, sl m, k to 1 st before next m, k1f&b, sl m, k1f&b, k to end of row. 4 sts inc'd.

Work on Right Front sts only as follows (once established, you can remove m if desired):

Row 1 (WS): P to 3 sts before m, sl 1 wyif, k1, sl 1 wyif, turn.

Row 2 (RS): K1, sl 1 wyif, k to end.

Repeat these 2 rows for 6" (15 cm), ending with a WS row; break yarn and place sts on hold.

Rejoin yarn and work on Back sts only as given below (once established, you can remove m if desired). The 2 added sts on Back serve as selvage sts to attach pocket lining to later.

Row 1 (WS): P from m to 1 st past the next m, turn.

Row 2 (RS): K across Back sts.

Repeat these 2 rows for 6" (15 cm), ending with a WS row; break yarn and place sts on hold.



Rejoin yarn and work on Left Front sts only as follows:

Row 1 (WS): Sl 1 wyif, k1, sl 1 wyif, p to end.

Row 2 (RS): K to last 2 sts, sl 1 wyif, k1.

Repeat these 2 rows for 6" (15 cm), ending with a WS row. Do not break yarn.

Join for end of pocket slits:

Next Row (RS): Work to last 2 sts of Left Front, k2tog, working across Back, k2tog, k to last 2 sts of Back, ssk, working from Right Front, ssk, k to end. (Selvage sts have been removed via the 4 decreases.)

Next Row (WS): Purl.

RIBBING

Set-up Row (RS): K1, [k1, p1] 12 (13, 15, 16, 18, 19) times, k1f&b, [k1, p1] to last 2 sts, k2.

Row 1 (WS): P2 [k1, p1] to last st, p1.

Row 2 (RS): K2, [p1, k1] to last st, k1.

Repeat these 2 rows until rib measures 3.5" / 9 cm or until Body measures 19.5" / 50 cm from underarm or to desired length.

BO in rib using Jeny's Stretchy BO (see page 128) and US 7 / 4.5 mm needle.

Version C Sleeves

With working needle and long-tail method, CO 8 sts, k26 (30, 32, 36, 40, 44) held Sleeve sts, k4 newly CO sts, pm to indicate the beginning of the rnd. 34 (38, 40, 44, 48, 52) sts total. Place an additional m after 17 (19, 20, 22, 24, 26) sts of rnd to mark halfway point.

Read ahead! Elbow detail and Sleeve shaping are worked at the same time. Work 12 rnds in St st.

Next Rnd (Sleeve Dec Rnd): K1, ssk, k to last 3 sts, k2tog, k1. 2 sts dec'd.

Work Sleeve Dec Rnd every 10 (8, 8, 8, 8, 8)th rnd 4 (5, 5, 6, 6, 7) more times; 24 (26, 28, 30, 34, 36) sts.

AT THE SAME TIME

When Sleeve measures 3" / 8 cm above the elbow point, begin elbow rib:

Right Sleeve Only: Work to 10 (12, 12, 12, 12, 12) sts before halfway-point m, [k1, p1] 5 (6, 6, 6, 6, 6) times, work to end in St st.

Left Sleeve Only: Work to halfway-point m, [p1, k1] 5 (6, 6, 6, 6, 6) times, work to end in St st.

Work these 10 (12, 12, 12, 12, 12) sts in 1×1 Rib as est (maintaining Sleeve decreases) until Sleeve measures 13 (13.5, 14, 14.5, 15, 15.5)" / 33 (34, 36, 37, 38, 39) cm or 5" / 13 cm shorter than total desired sleeve length.

Work 1×1 Rib over all sts as follows: On Right Sleeve, begin with k1 (p1, k1, p1, p1, k1); on Left Sleeve, begin with p1 (k1, p1, k1, k1, p1). Work 5" / 13 cm in rib until Sleeve measures 18 (18.5, 19, 19.5, 20, 20.5)" / 46 (47, 48, 50, 51, 52) cm or desired length.

BO in rib using Jeny's Stretchy BO and US 7 / 4.5 mm needle.

POCKET LININGS

Pre-wash and dry fabric. Cut 4 pieces of fabric 8" x 9" / 20 x 23 cm. With RS's together, sew 2 pieces together around edges, leaving ½" / 1 cm seams and a 2" / 5 cm opening to turn right-side-out. Repeat for 2nd pair of fabric pieces. Turn RS out and press. Sew the remaining opening closed.

Choose a thread color that matches your yarn color. Using sewing thread and needle, sew the shorter (7" / 18 cm finished) side to selvage st of pocket slit on Back of sweater using whipstitch. Sew the other 3 edges of pocket lining to the WS (inside) of the sweater Front.

BUTTON BAND

See page 132 for instructions on how to pick up and knit for button band. With US 2 / 2.75 mm 40" / 100 cm circular needle and beginning at lower edge of Right Front, pick up 92 (96, 100, 104, 106, 108) sts from edge of Right Front, 17 (17, 17, 19, 21, 21) sts from Back neck, 92 (96, 100, 104, 106, 108) sts from Left Front.

Row 1 (RS): Join yarn at lower Right Front and using US 9 / 5.5 mm needles, k 1 row.

Rows 2 and 4 (WS): Sl 1 p-wise, [p1, k1] to last 2 sts, p2.

Row 3 (RS): Sl 1 k-wise, [k1, p1] to last 2 sts, k2.

PLACE BUTTONHOLES (OPTIONAL)

Row 5 (RS): Sl 1 k-wise, k1, p1, *k1f&b, p1. Pass 2nd st over first on right needle (new st from k1f&b over purled st). Slide this st from right to left needle wyib and k it tog with next st. P1, k1, p1**. Repeat from * to ** 10 more times; 11 buttonholes. Work in rib as est to end of row.

Row 6 (WS): Work rib as established, casting on 1 st with Backward-Loop method above each BO st.

Rows 7–9: Work rib as for previous row.

BO loosely in est rib.

Finishing

Close underarm with False Grafting/Horizontal Seam method (see page 130).

Weave in ends and block.

Tilda

Overview

This drop-shoulder T-shirt is a great project for practicing picking up the stitches along the back shoulders to knit each front; once that is done, everything is joined at the underarm and the body is knitted around seamlessly from the armholes down. Because this T does not have real sleeves (the impression of sleeves is created by the dropped shoulders), it does not use the Cocoknits Sweater Worksheet.



Sizes

Small (Medium, Large, 1X, 2X, 3X)

Finished Measurements

Finished Bust: 41 (43.5, 45.5, 48, 50.5, 52.5)" / 104 (110, 116, 122, 128, 133) cm

Armhole Depth / ½ upper arm circumference: 7 (8, 8.5, 9, 9.5, 10)" / 18 (20, 22, 23, 24, 25) cm

Finished Length: 17.5 (18.25, 18.5, 19, 19.5, 19.75)" / 44 (46, 47, 48, 50, 50) cm

Yarn

500 (550, 600, 650, 750, 850) yds / 455 (500, 550, 595, 685, 775) m worsted- or chunky-weight yarn

Habu n-100 Wide Cotton Gima

100% cotton, 109 yds / 100 m per 1 oz / 28 g skein

5 (5, 6, 6, 7, 8) skeins in Peach, Color #12

Needles

US 10 / 6 mm (or size needed to obtain gauge) 40" / 100 cm or longer circular needle (see page 19 for information on length)

US 10 / 6 mm (or size needed to obtain gauge) 24–36" / 60–90 cm circular needle

US 9 / 5.5 mm needles for edging

US 6 / 4 mm needles for working BO

US 0–3 / 2–3.25 mm double-pointed needle or any length circular needle (for picking up stitches)

Notions

Stitch markers (any color)

Stitch holders or scrap yarn for holding 4 sets of underarm stitches

Row counter (optional)

Gauge

14 sts and 19 rows = 4" / 10 cm square in Stockinette st on largest needles

Fit and Style Notes

Tilda is oversized, but the fabric is intended to be very open, so that the body silhouette is visible underneath. Note the lines created by the bottom edges of the "sleeves." These lines are meant to draw the eye diagonally to the slimmest part of your figure, just under the bust to that important two-thirds line (see page 41).

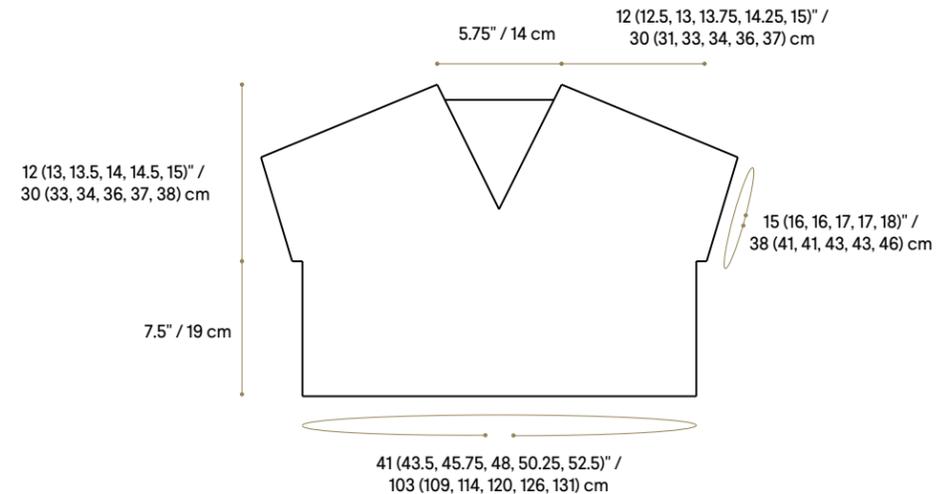
BOTTOM-HEAVY

- Make sure to end this one above your hips.
- Knit with a light, flattering color to draw the eye up.
- Raise the neckline by reducing the length specified in "Left and Right Shoulder" before "Join Neckline."

TOP- AND MIDDLE-HEAVY

- Wear over a dark tank to slim the upper body.
- End where your body is slimmest: below your midsection in the hip area.

Schematic



Notes

Because this is a sleeveless garment, you will first k the Upper Back from the neckline down to the armhole. Then you will pick up sts from the Left Shoulder to k the Left Front, and repeat for the Right Front. The Back and Front are joined at the armholes and the Body is worked seamlessly down from there. You do not need to use a Cocoknits Sweater Worksheet or colored markers.

The Upper Back section uses YOs to increase for shoulders. This will leave a ladder effect along the back shoulder increase lines (as seen on page 81). If you want to avoid this ladder, you can substitute the KLL and KRL for the YOs on RS, and the PLL, PRL for YOs on the WS (as in all other patterns in the book).

Instructions

Section I

Upper Back

With largest 40" / 100 cm needle and working yarn, CO 20 sts for Back neck.
Set-up Row (WS): Purl.
Row 1 (RS): K3, yo, k to last 3 sts, yo, k3. 2 sts inc'd.
Row 2 (WS): P3, yo, p to last 3 sts, yo, p3. 2 sts inc'd.
 Work these 2 rows 21 (22, 23, 24, 25, 26) times. 42 (44, 46, 48, 50, 52) total shaping rows. 104 (108, 112, 116, 120, 124) sts.

WORK BACK DECREASES

NOTE: Sl all sts p-wise throughout pattern.

Set-up Row 1 (RS): K2tog, [k1, p1] twice, k to last 6 sts, [p1, k1] twice, ssk. 2 sts dec'd. 102 (106, 110, 114, 118, 122) sts.

Set-up Row 2 (WS): P1tbl, sl 1 wyif, k1, p1, k1, p to last 5 sts, k1, p1, k1, sl 1 wyif, k1tbl.

Row 1 (RS): Sl 1 wyif, [k1, p1] twice, ssk, k to last 7 sts, k2tog, [p1, k1] twice, sl 1 wyif. 2 sts dec'd.

Row 2 (WS): K1, sl 1 wyif, k1, p1, k1, p to last 5 sts, k1, p1, k1, sl 1 wyif, k1. Work these 2 rows 9 times. 18 sts dec'd. 84 (88, 92, 96, 100, 104) sts. Place sts on hold, break yarn.

Section II

Create Shoulders

LEFT SHOULDER

Hold the Back piece with RS facing you, live sts on the bottom and the CO along the top edge. With a small dpn and the Pick Up Then Knit method (see page 120), pick up the ladder sts from the outside edge to left of the initial CO. With RS facing, k across these 43 (45, 47, 49, 51, 53) sts through the back loop.

Set-up Row (WS): K1, sl 1 wyif, k1, p1, k1, p to last 2 sts, k1, sl 1 wyif.

Row 1 (RS): K1, sl 1 wyif, k to last 5 sts, [p1, k1] twice, sl 1 wyif.

Row 2 (WS): K1, sl 1 wyif, k1, p1, k1, p to last 2 sts, k1, sl 1 wyif.

Work these 2 rows until piece measures 8 (9, 9, 9, 10, 10)" / 20 (23, 23, 23, 25, 25) cm from the pick-up row, or desired neckline depth, ending with a WS row. Place sts on hold.

RIGHT SHOULDER

Hold the Back with RS facing you, live sts on the bottom and the CO along the top edge. With a small dpn and the Pick Up Then Knit method, pick up the ladder sts from the outside edge to right of the initial CO. With RS facing, k across these 43 (45, 47, 49, 51, 53) sts through the back loop.

Set-up Row (WS): Sl 1 wyif, k1, p to last 5 sts, k1, p1, k1, sl 1 wyif, k1.

Row 1 (RS): Sl 1 wyif, [k1, p1] twice, k to last 2 sts, sl 1 wyif, k1.

Row 2 (WS): Sl 1 wyif, k1, p to last 5 sts, k1, p1, k1, sl 1 wyif, k1.

Work these 2 rows until piece measures 8 (9, 9, 9, 10, 10)" / 20 (23, 23, 23, 25, 25) cm from the pick-up row, to match Left Shoulder, ending with a WS row.

JOIN NECKLINE

Next Row (RS): Work as established across Right Front to last 2 sts.

Holding the Left Front behind the left needle, [insert needle into first st from Right Front then into first st from Left Front, k these 2 sts together] twice, work across Left Front. 84 (88, 92, 96, 100, 104) sts.

Row 1 (RS): Sl 1 wyif, [k1, p1] twice, k to last 5 sts, [p1, k1] twice, sl 1 wyif.
Row 2 (WS): K1, sl 1 wyif, k1, p1, k1, p to last 5 sts, k1, p1, k1, sl 1 wyif, k1.
Work these 2 rows until piece measures 9.5 (10.5, 11, 11.5, 12, 12.5)" / 24 (27, 28, 29, 30, 32) cm from pick-up row or desired length for armhole opening, ending with a WS row. To measure armhole depth, fold piece so live (held) sts of Back and Front line up (as you will wear the garment); measure the height of the outer/armhole edges. The pick-up for Left and Right Shoulders does not run across the top of shoulder, but rather to the Back. The suggested armhole opening is 7 (8, 8.5, 9, 9.5, 10)" / 18 (20, 22, 23, 24, 25) cm.

Section III

Join Front and Back

Next Row (RS): Switch to shorter circular needle. Work 6 sts as est, sl these 6 sts to a holder, k across Front to last 6 sts, sl last 6 sts of Front and first 6 sts of Back onto holder. Pm for beginning of the rnd (left side), k across Back to last 6 sts, sl last 6 sts of Back onto holder. 72 (76, 80, 84, 88, 92) sts each for Front and Back.

Work St st in the rnd for 7" / 18 cm or desired length.

EDGING

Switch to US 9 / 5.5 mm needles. Purl 2 rnds. Or to avoid purling in the rnd, work SWSR in first st. Turn and k 2 rnds, working the shadow wrap together with its st as you come to it.

BO knitwise using Jeny's Stretchy BO (see page 128) and US 6 / 4 mm needles.

Finishing

Graft underarms (work each side the same): Place 6 held sts from Front and Back onto 2 needles and close with Kitchener st (see page 136). Weave in ends and block.



Tallulah

Overview

Tallulah looks like a garter-stitch cardigan, but its construction is more like a wrap with armholes. This is a great project for practicing picking up the stitches along the back shoulders to knit each front; once that is done, everything is joined at the underarm and the body is knitted seamlessly from the armholes down. Because Tallulah does not require that you knit sleeves (the impression of sleeves is actually the dropped shoulder), it does not use the Cocoknits Sweater Worksheet. Tallulah can be worn open or pinned closed.



Sizes

Small (Medium, Large, 1X, 2X, 3X)

Finished Measurements

Finished Bust: 48 (50.5, 53.5, 56, 58.5, 61.5)" / 108 (127, 133, 140, 147, 153) cm

Armhole Depth / ½ upper arm circumference: 9.75 (10.75, 11, 11.5, 12, 12.25)" / 24 (27, 28, 29, 30, 32) cm

Finished Length: 21 (22, 22, 22, 23, 23)" / 53 (56, 56, 56, 58, 58) cm

Yarn

575 (625, 675, 725, 775, 825) yds / 525 (570, 615, 660, 710, 750) m worsted-weight yarn

Blue Sky Fibers Organic Cotton

100% organic cotton, 150 yds / 138 m per 3.5 oz / 100 g skein

4 (5, 5, 6, 6, 6) skeins in Graphite #625

Needles

Two 24" / 60 cm or longer circular needles (see page 19 for information on length)

US 6 / 4 mm needles for working BO

US 0–3 / 2–3.25 mm double-pointed needle or any length circular needle (for picking up stitches)

Notions

Stitch markers (any color)

Stitch holders or scrap yarn for holding 4 sets of underarm stitches

Row counter (optional)

Gauge

12 sts and 22 rows = 4" / 10 cm square in Garter st on largest needle, after hanging

Fit and Style Notes

Note the lines created by the bottom edge of the sleeves. These lines are meant to draw the eye diagonally to the slimmest part of your figure, just under the bust and to that important two-thirds line (see page 41).

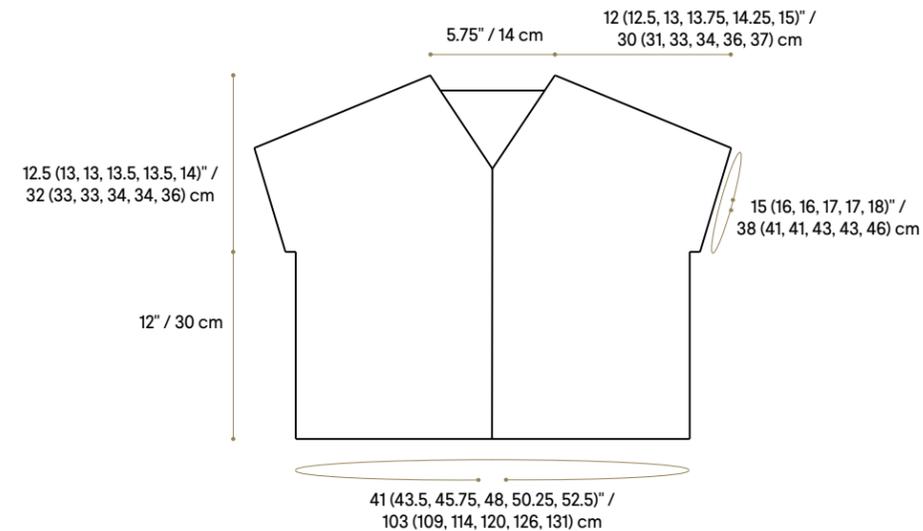
BOTTOM-HEAVY

- Make sure to crop this one above your hips or knit it long enough to cover them. If adding length, consider adding stitches at each side marker to accommodate hip measurement.
- A light, flattering color will visually balance your heavier lower half.
- You could pin Tallulah closed with a fun, eye-catching brooch.

TOP- AND MIDDLE-HEAVY

- Knit with a dark color and wear open to slim the upper body.
- End where your body is slimmest: below your midsection in the hip area.

Schematic



Notes

Because this is a sleeveless garment, you will first k the Upper Back from the neckline down to the armhole. Then you will pick up sts from the Right Shoulder to k the Right Front, and repeat for the Left Front. The Back and Front are joined at the armholes and the Body is knitted seamlessly down from there. You do not need to use a Cocoknits Sweater Worksheet or colored markers.

The Upper Back section uses YOs to increase for shoulders. This will leave a ladder effect along the back shoulder increase lines (as seen on page 87). If you would prefer to avoid this ladder, you can substitute the KLL and KRL for the YOs on RS, and the PLL, PRL for YOs on WS (as in all other patterns in the book).

Instructions

Section I

Upper Back

With largest needle and working yarn, CO 20 sts for Back neck.

Set-up Row (WS): Purl.

Row 1 (RS): K3, yo, k to last 3 sts, yo, k3. 2 sts inc'd.

Row 2 (WS): P3, yo, k to last 3 sts, yo, p3. 2 sts inc'd.

Work these 2 rows 21 (22, 23, 24, 25, 26) times. 42 (44, 46, 48, 50, 52) total shaping rows. 104 (108, 112, 116, 120, 124) sts.

WORK BACK DECREASES

NOTE: Sl sts p-wise throughout pattern.

Set-up Row 1 (RS): K2tog, [k1, p1] twice, k to last 6 sts, [p1, k1] twice, ssk. 2 sts dec'd. 102 (106, 110, 114, 118, 122).

Set-up Row 2 (WS): P1tbl, sl 1 wyif, k1, p1, k to last 4 sts, p1, k1, sl 1 wyif, k1tbl.

Row 1 (RS): Sl 1 wyif, [k1, p1] twice, ssk, k to last 7 sts, k2tog, [p1, k1] twice, sl 1 wyif. 2 sts dec'd.

Row 2 (WS): K1, sl 1 wyif, k1, p1, k to last 4 sts, p1, k1, sl 1 wyif, k1.

Work these 2 rows 9 times. 84 (88, 92, 96, 100, 104) sts.

Place sts on hold, break yarn.

Section II

Create Shoulders

RIGHT SHOULDER

Hold the Back with RS facing you, live sts on the bottom and the CO along the top edge. With a small dpn and the Pick Up Then Knit method (see page 120), pick up the ladder sts from the outside edge to right of the initial CO. With RS facing, k across these 43 (45, 47, 49, 51, 53) sts through the back loop.



Next Row (WS): K1, sl 1 wyif, k1, p1, k to last 4 sts, p1, k1, sl 1 wyif, k1.
 Row 1 (RS): Sl 1 wyif, [k1, p1] twice, k to last 5 sts, [p1, k1] twice, sl 1 wyif.
 Row 2 (WS): K1, sl 1 wyif, k1, p1, k to last 4 sts, p1, k1, sl 1 wyif, k1.
 Work these 2 rows until piece measures 9 (10, 10, 10, 11, 11)" / 23 (25, 25, 25, 27, 27) cm from shoulder join, or desired length for armhole opening, ending with WS row.

LEFT SHOULDER

With a small dpn and the Pick Up Then Knit method (see page 120), pick up the ladder sts from the outside edge to left of the initial CO. With RS facing, k across these 43 (45, 47, 49, 51, 53) sts through the back loop.
 Next Row (WS): K1, sl 1 wyif, k1, p1, k to last 4 sts, p1, k1, sl 1 wyif, k1.
 Row 1 (RS): Sl 1 wyif, [k1, p1] twice, k to last 5 sts, [p1, k1] twice, sl 1 wyif.
 Row 2 (WS): K1, sl 1 wyif, k1, p1, k to last 4 sts, p1, k1, sl 1 wyif, k1.
 Work these 2 rows until piece measures 9 (10, 10, 10, 11, 11)" / 23 (25, 25, 25, 27, 27) cm from shoulder join, to match Right Shoulder.

Section III

Join Fronts and Back

Next Row (RS): Work across Left Front as established to last 6 sts, sl these 6 sts to holder. Sl first 6 sts of Back to holder, k across Back sts to last 6 sts, sl last 6 sts of Back to holder. Sl first 6 sts of Right Front on holder and work across Right Front as established. 72 (76, 80, 84, 88, 92) Back sts, 37 (39, 41, 43, 45, 47) Front sts. 146 (154, 162, 170, 178, 186) sts total.
 Work even in Garter st with front ribbing as established, until Body measures 12" / 30 cm or desired length. If you are going to knit longer (over the hips), you may wish to add some hip increases. If so, pm for sides as follows: Work 37 (39, 41, 43, 45, 47) Front sts, pm, k 72 (76, 80, 84, 88, 92) Back sts, pm, k to end of row.

To increase, on RS, *k to 4 sts before m, kf&b, k3, sl m, k2, kf&b, repeat from * once, work to end of row. Repeat this increase on RS every 4th or 6th row until you achieve desired hip width. (For reference, garment shown on model has no side increases.)

BO using Jeny's Stretchy BO (see page 128) and US 6 / 4 mm needles.

Finishing

Graft underarms (work each side the same): Place 6 held sts from Front and Back onto 2 needles and close with Kitchener st (see page 136). Weave in ends and block.



Lizzie

Overview

The long points hanging down in the front of this light and airy throw-on-over-everything cardigan breaks up the horizontal bottom edge, making it universally flattering. Because its small collar band at the back neck is incorporated into the knitting at the beginning, you don't need to go back and pick up stitches after the body of the sweater is finished. You will simply seam the already-knitted collar to the back neck. This is the magic of the Cocoknits Method.



Sizes

Small (Medium, Large, 1X, 2X, 3X)

Finished Measurements

Finished Bust: 34.5 (38.5, 42.5, 47, 51, 55)" / 86 (96, 106, 118, 128, 138) cm

Finished Length: 17 (18, 19, 19.5, 20, 20.5)" / 43 (46, 48, 49, 51, 52) cm

Yarn

700 (800, 950, 1100, 1200, 1400) yds / 640 (730, 870, 1000, 1100, 1280) m heavy fingering-weight yarn

A Verb For Keeping Warm "Annapurna"

80% superwash merino, 10% cashmere, 10% nylon. 385 yds / 350 m per 4 oz / 113 g skein

2 (2, 3, 3, 4, 4) skeins in Mollusk

Twirl "Twirling Petals"

California red wool, alpaca, mohair. 150 yds / 137 m per 1.75 oz / 50 g skein

5 (6, 7, 8, 9, 10) skeins in Drunken Eucalyptus

Needles

US 6 / 4 mm (or size needed to obtain gauge) 40" / 100 cm or longer circular needle (see page 19 for information on length)

US 5 / 3.75 mm circular or double-pointed needles, for sleeve ribbing

US 3 / 3.25 mm needles for working BO

US 0–3 / 2–3.25 mm double-pointed needle or any length circular needle for picking up stitches

Notions

6 stitch markers in different colors

2 spare circular needles or scrap yarn to hold sleeve stitches

Scrap yarn or extra needles for PCO

Row counter (optional)

Cocoknits Sweater Worksheet

Gauge

20 sts and 28 rows = 4" / 10 cm square over St st on largest needles

Fit and Style Notes

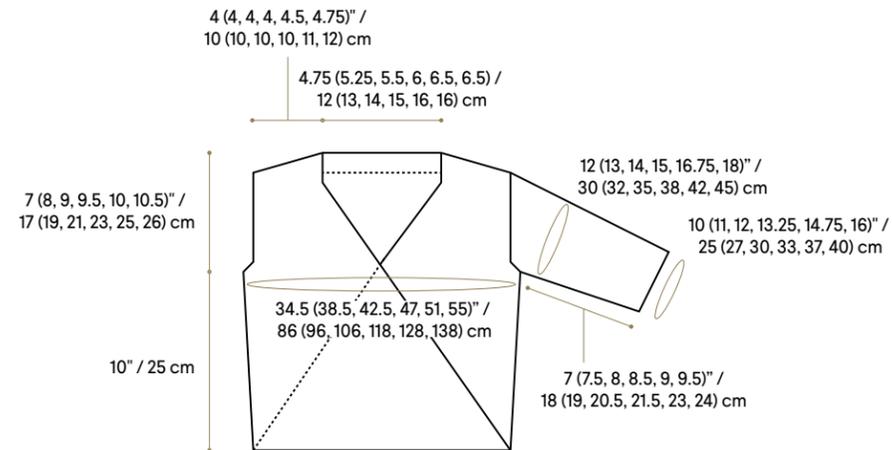
BOTTOM-HEAVY

- Try knitting with a light or bright color that flatters your face, to bring the eye up.
- Make sure you end high enough at the straight bottom edge so the Back is above your widest point!
- Try ending the sleeves at your body's narrowest point to accentuate your slim waist.

TOP- AND MIDDLE-HEAVY

- Lizzie gives a great slimming, vertical line through your upper half.
- Try knitting with a deep, flattering color.
- Knit it long enough that it ends below your middle/heaviest part.
- End the sleeves just below the bust (your slimmest part) or at hip length (a slimmer part of your body).

Schematic



Instructions

Section I

Upper Back

With largest needle and working yarn, CO 24 (26, 28, 30, 32, 32) sts for Back neck.

Set-up Row (WS): P2, pm, p to last 2 sts, pm, p2.

Row 1 (RS): K2, sl m, k1, KLL, k to 1 st before next m, KRL, k1, sl m, k2. 2 sts inc'd.

Row 2: P2, sl m, p1, PLL, p to 1 st before next m, PRL, p1, sl m, p2. 2 sts inc'd.

Work these 2 rows 10 (10, 10, 10, 11, 12) times. 20 (20, 20, 20, 22, 24) total shaping rows. 64 (66, 68, 70, 76, 80) sts. Break yarn and place sts on hold if desired (see page 19).

Section II

Create Shoulders

NOTE: The Collar pieces will be pre-knit from a Provisional Cast-On (PCO) as described below, then k along with Right and Left Front when you create Shoulders in Section II. Later, you will come back and seam the side edge of Collar to the Back neck.

PREP RIGHT COLLAR

With two US 6 / 4 mm needles, PCO 13 sts using Judy's Magic CO (see page 113). With RS facing, work on only one set of 13 sts for Right Collar (the other 13 sts will be used for Left Collar).

Row 1 (RS): K10, p3.

Row 2 (WS): Sl 1 wyib, k2, p10.

Work these 2 rows 9 (10, 11, 12, 13, 13) times, for a total of 18 (20, 22, 24, 26, 26) rows. Break yarn, place sts on hold.

RIGHT SHOULDER

Hold the Upper Back piece (from Section I) with RS facing you, live sts on the bottom, and the CO along the top edge. With a small dpn and the Pick Up Then Knit method (see page 120), pick up the ladder sts from the side edge to the right of the initial CO. K across these sts through the back loop, decreasing evenly (with k2tog tbl) to 20 (20, 20, 20, 22, 24) Shoulder sts.

Without breaking yarn, continue onto RS of 13-st Right Collar piece as follows: K2tog (this gets rid of what will be the selvage st used to seam Collar to top of Back neck), work to end of Right Collar sts in pattern. Shoulder and Right Collar joined; 32 (32, 32, 32, 34, 36) sts.

Set-up Row (WS): Sl1 wyib, k2, p to end.

Row 1 (RS): K to last 3 sts, p3.

Row 2 (WS): Sl 1 wyib, k2, p to end.

Work these 2 rows 9 (9, 9, 9, 10, 11) times for total of 20 (20, 20, 20, 22, 24) rows from pick-up. Break yarn, leaving tail; place sts on hold.

PREP LEFT COLLAR

With WS facing, rejoin yarn at PCO edge of Collar.

Row 1 (WS): P10, k3.

Row 2 (RS): Sl 1 wyif, p2, k10.

Work these 2 rows 8 (9, 10, 11, 12, 12) times, for a total of 16 (18, 20, 22, 24, 24) rows. Work Row 1 once more.

Next Row (RS): Work to last 2 sts, ssk. 1 st dec'd. Do not break yarn, place sts on hold.

LEFT SHOULDER

With a small dpn and the Pick Up Then Knit method, pick up the ladder sts from the side edge to the left of the initial CO. With working yarn and needle from Left Collar, continue where you left off, k across Left Shoulder sts through the back loop, decreasing evenly (with k2tog tbl) to 20 (20, 20, 20, 22, 24) sts. Left Shoulder and Collar joined. 32 (32, 32, 32, 34, 36) sts.

Set-up Row (WS): P to last 3 sts, k3.

Row 1 (RS): Sl 1 wyif, p2, k to end.

Row 2 (WS): P to last 3 sts, k3.

Work these 2 rows 9 (9, 9, 9, 10, 11) times for a total of 20 (20, 20, 20, 22, 24) rows, from pick-up. Do not break yarn.

NOTE: At end of pattern under Finishing, you will seam side edge of Collar to the Upper Back CO. You may wish to use clips to secure it now. You may also close the gap by seaming anytime—you don't need to wait until sweater is finished if it helps you to see how sweater neckline will take shape.

Section III

Join & Create Sleeves

Use modified Magic Loop method to ease knitting around corners as necessary (see page 123).

Row 1 (RS): Work across 30 (30, 30, 30, 32, 34) Left Shoulder sts as est, ssk. Using a small dpn, pick up ladder sts along the outside edge of Left Shoulder. K across these sts tbl, decreasing evenly to 16 (16, 16, 16, 20, 22) sts; these sts will form top of Left Sleeve. Continuing onto Back sts, k2tog, remove m, k60 (62, 64, 66, 72, 76), remove m, ssk. Using small dpn, pick up ladder sts along the outside edge of the Right Shoulder. K across these sts tbl, decreasing evenly to 16 (16, 16, 16, 20, 22) sts; these sts will form top of Right Sleeve. Continuing onto Right Shoulder, k2tog, work across 30 (30, 30, 30, 32, 34) as established to end.

PLACE MARKERS

Row 2 (WS): On Right Front, work WS of 3 edge sts as est, place yellow m, p28 (28, 28, 28, 30, 32), place violet m, p16 (16, 16, 16, 20, 22) Right Sleeve sts, place blue m, p62 (64, 66, 68, 74, 78) Back sts, place orange m, p16 (16, 16, 16, 20, 22) Left Sleeve sts, place green m, p28 (28, 28, 28, 30, 32) Left Front sts, place red m, work 3 edge sts as est. Note that the 3 neckline selvage sts on each end are included in the Front st counts.



Section IV

Finish Yoke from Worksheet

FILL IN EACH SECTION OF THE WORKSHEET AS FOLLOWS.

Beginning st counts for each section/column:

Left and Right Sleeve: 16 (16, 16, 16, 20, 22) sts.

Back: 62 (64, 66, 68, 74, 78) sts.

Left and Right Front (including Collar and edge sts): 31 (31, 31, 31, 33, 35) sts.

Yoke is worked over 34 (40, 46, 50, 54, 58) rows; draw a line under this row on your Worksheet.

SLEEVES

Inc on each edge of Sleeves every RS row 17 (9, 11, 25, 27, 29) times, every 4th row 0 (1, 1, 0, 0, 0) times, then every RS row 0 (9, 10, 0, 0, 0) times. 50 (54, 60, 66, 74, 80) Sleeve sts.

BACK

In the last 14 (22, 30, 40, 44, 50) rows of Yoke, increase on Back at armhole edges every RS row 7 (11, 15, 20, 22, 25) times. 76 (86, 96, 108, 118, 128) Back sts.

FRONTS

ARMHOLE EDGES

In the last 14 (22, 30, 40, 44, 50) rows of Yoke, increase on each Front at armhole edge every RS row 7 (11, 15, 20, 22, 25) times.

NECKLINE

Increase at neckline edges (beginning and end of row) on RS every 4th row beginning with Row 1 throughout Worksheet. 9 (10, 12, 13, 14, 15) increases. 47 (52, 58, 64, 69, 75) Front sts.

Once Worksheet is filled in, work through the Yoke, increasing as specified: Before a m, KRL, k2; after a m, k2, KLL.

Body

Throughout the Body, continue to inc at the Front neckline edges (beginning and end of row) every 4th row as est.

Remove all previous m as you work across the next row.

Next Row (RS): Continuing to work Front shaping as established, work Left Front, *slip next 50 (54, 60, 66, 74, 80) sts of Sleeve onto a holder. Backward-Loop CO 10 sts (see Note below), work across 76 (86, 96, 108, 118, 128) sts of Back; rep from * for other Sleeve and underarm, work in pattern to end. 86 (96, 106, 118, 128, 138) sts for Back.

NOTE: When casting on in the middle of the row, I recommend the following method: CO 2 fewer sts than called for (in this case 8 sts) using Backward-Loop CO. In the next rnd, m1R into the extra slack yarn at the beg and end of this CO, thus winding up with the called-for st count (10 sts) and neatening the CO (see page 115).

Work even, placing m in center of newly CO underarm sts to denote cardigan sides, increasing at Front neckline edges every 4th row as est, until Body measures 3" / 8 cm from underarm or desired length to waist shaping, which should begin just under the fullest part of bust.

SHAPE WAIST

NOTE: Continue working increases at Front neckline edges as est throughout remainder of Body.

Next Row (Waist Dec Row, RS): *Work to 4 sts before side m, k2tog, k2, sl m, k2, ssk; rep from * once more, work to end of row. 4 sts dec'd. Repeat Waist Dec Row every 6th row 2 more times. 80 (90, 100, 112, 122, 132) Back sts.

Work even (increasing at Front neckline edges every 4th row as est) until Body measures 10" / 25 cm from underarm or desired length.

BO in 1×1 Rib using Jeny's Stretchy BO (see page 128) and US 3 / 3.25 mm needles.

Sleeves

With working needle and long-tail method, CO 10 sts, k across RS of 50 (54, 60, 66, 74, 80) held Sleeve sts, k5 newly CO sts. Pm for beginning of rnd. 60 (64, 70, 76, 84, 90) sts total.

Work 7 rounds in St st.

Next Rnd (Sleeve Dec Rnd): K1, ssk, k to last 3 sts of rnd, k2tog, k1. 2 sts dec'd.

Repeat Sleeve Dec Rnd every 8th rnd 4 more times; 50 (54, 60, 66, 74, 80) sts.

Work even in St st until Sleeve measures 7 (7.5, 8, 8.5, 9, 9.5)" / 18 (19, 20.5, 21.5, 23, 24) cm from underarm or to desired length.

Switch to US 5 / 3.75 mm needles and work in 1×1 Rib for 1" / 2.5cm.

BO in rib using Jeny's Stretchy BO and US 3 / 3.25 mm needles.

Finishing

Seam underarm using False Grafting/Horizontal Seam method (see page 130). Sew side edge of Collar to Upper Back CO edge.

Weave in ends and block.



Molly

Overview

The Molly pullovers are a sophisticated take on a basic sweatshirt. The simplicity of the pattern allows a beautiful yarn to take center stage. The hemline of Version A (see page 104) ends with deep ribbing straight across the bottom, and the sleeves feature elbow patches in a contrasting color. The hemline of Version B (at right) curves from shorter in the front to longer in the back, and the sleeves have more subtle garter-stitch elbow patches. Either elbow patch option works on either version. The rounded neckline is achieved with short-row shaping, which is explained in the pattern. If you have never done short rows before, be sure to review the instructions carefully before you start.



Sizes

Small (Medium, Large, 1X, 2X, 3X)

Finished Measurements

Finished Bust: 33.75 (37.5, 41.75, 45.5, 49.75, 53.5)" / 84 (93, 104, 113, 124, 133) cm

Version A Length: 24 (25, 26, 27, 27.5, 28)" / 61 (63, 66, 68, 70, 72) cm

Version B Length at side (see schematic): 22.5 (23.5, 24.5, 25.5, 26, 26.5)" / 57 (60, 62, 64, 66, 68) cm

Yarn

VERSIONS A & B

1000 (1150, 1300, 1500, 1675, 1825) yds / 915 (1050, 1190, 1370, 1530, 1670) m worsted-weight yarn

VERSION A

A Verb for Keeping Warm "Pioneer"

100% organic merino wool; 160 yds / 146 m per 1.75 oz / 50g skein

7 (8, 9, 10, 11, 12) skeins in Bay Sailor (MC)

1 skein in Denim (CC) for elbow patches

VERSION B

Swans Island Natural Colors Collection Worsted-Weight

100% organic merino wool; 250 yds / 228 m per 3.5 oz / 100 g skein

4 (5, 6, 6, 7, 8) skeins in Sky Blue

Needles

US 7 / 4.5 mm (or size needed to obtain gauge) 40" / 100 cm or longer circular needle (see page 19 for information on length)

US 7 / 4.5 mm (or size needed to obtain gauge) 24"–36" / 60–90 cm circular needle

US 3 / 3.25 mm needles for working BO

US 0–3 / 2–3.25 mm double-pointed needle or any length circular needle (for picking up stitches)

US 5 / 3.75 mm for working neckline rib

Notions

6 stitch markers in different colors

2 spare circular needles or scrap yarn to hold sleeve stitches

Row counter (optional)

Cocoknits Sweater Worksheet

Gauge

18 sts and 28 rows = 4" / 10 cm square in St st on largest needles

Fit and Style Notes

The shaping on Molly is a little less tailored than the other designs in this volume. There is no nipping in at the waist but there are hip increases beginning at the high waist to keep the overall look from becoming too boxy. The sleeves are long and clean so as not to add bulk or horizontal lines to the figure.

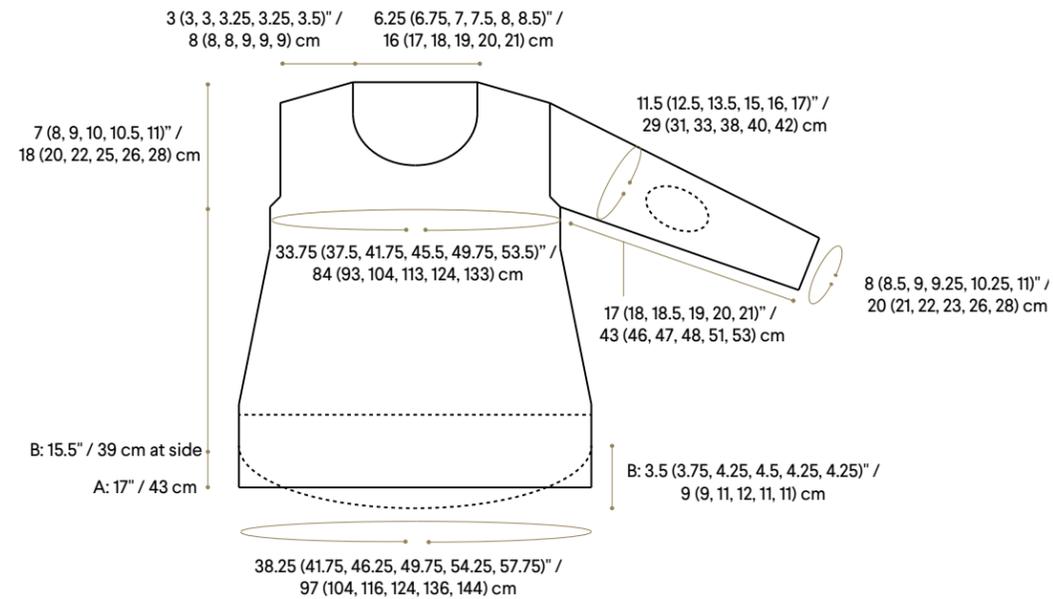
BOTTOM-HEAVY

- Version B, with the curved hemline, is going to help break up the hip line and shrink the appearance of your lower half.
- If you knit Version A, stick to a light or bright color and knit it shorter than called for, no longer than the high hip, and try layering with a longer shirt or tunic. This will keep the eye on your upper half and break up, thus minimize, your lower half.
- Wear with a collared shirt, fun necklace, or scarf to keep the emphasis on the upper body.

TOP- AND MIDDLE-HEAVY

- If you are slender at your hips, you may prefer Version A, which ends at the hips.
- If you want to distract the eye from your midsection, you may prefer Version B.
- In order to create the appearance of a longer neck, you can lower the neckline a bit. Rather than casting on in row 17 (under Section IV, Front neckline), start it and all other neckline shaping 4 to 6 rows later.
- Wear over a collarless shirt and try a long scarf or necklace to elongate and slim your figure.
- Stick to a deeper, flattering color, which minimizes the upper and mid-section of your body.
- Play with layering: Try showing a peek of an underlayer when wearing with jeans or other pants. Or wear over a tunic or dress that ends where your legs are slender.

Schematic



Instructions

BOTH VERSIONS

Section I

Upper Back

With largest 40" / 100 cm needle and working yarn (MC for Version A), CO 28 (30, 32, 34, 36, 38) sts for Back neck.

Set-up Row (WS): P2, pm, p to last 2 sts, pm, p2.

Row 1 (RS): K2, sl m, k1, KLL, k to 1 st before next m, KRL, k1, sl m, k2. 2 sts inc'd.

Row 2 (WS): P2, sl m, p1, PLL, p to 1 st before next m, PRL, p1, sl m, p2. 2 sts inc'd.

Work these 2 rows 7 (7, 7, 8, 8, 8) times. 14 (14, 14, 16, 16, 16) total shaping rows. 56 (58, 60, 66, 68, 70) sts. Break yarn and place sts on hold if desired (see page 19).

Section II

Create Shoulders

RIGHT SHOULDER

Hold the Back piece with RS facing you, live sts on the bottom and the CO along the top edge (see photos on page 21). With a small dpn and the Pick Up Then Knit method (see page 120), pick up the ladder sts from the

outside edge to the right of the initial CO. K across these sts through the back loop, decreasing evenly (with k2tog tbl) to 13 (13, 14, 15, 16) sts. Work in St st for 13 (13, 13, 15, 15, 15) more rows, ending with a WS row. Break yarn, leaving tail; place sts on hold.

LEFT SHOULDER

With a small dpn and the Pick Up Then Knit method, pick up the ladder sts along the outside edge to the left of the initial CO. K across these sts through the back loop, decreasing (with k2tog tbl) to 13 (13, 14, 15, 16, 16) sts to match Right Shoulder.

Work in St st for 13 (13, 13, 15, 15, 15) more rows, ending with a WS row. Do not break yarn.

Section III

Join & Create Sleeves

Use modified Magic Loop method to ease knitting around corners as necessary (see page 123).

Row 1 (RS): K11 (11, 12, 13, 14, 14) Left Shoulder sts, ssk. Using a small dpn, pick up ladder sts along the outside edge of Left Shoulder. K across these sts tbl, decreasing evenly to 10 (12, 12, 14, 14, 14) sts; these will form the top of the Left Sleeve. Continuing onto Back sts, k2tog, remove m, k 52 (54, 56, 62, 64, 66) sts, remove m, ssk. Using small dpn, pick up ladder sts along the outside edge of the Right Shoulder and k them tbl, decreasing evenly to 10 (12, 12, 14, 14, 14) sts as for Left Shoulder; these sts will form top of Right Sleeve. Continuing onto Right Shoulder, k2tog, k11 (11, 12, 13, 14, 14) Right Shoulder sts.

PLACE MARKERS

Row 2 (WS): P2, pm (yellow) for neckline selvage, p10 (10, 11, 12, 13, 13) Right Front sts, pm (violet), p10 (12, 12, 14, 14, 14) Sleeve sts, pm (blue), p54 (56, 58, 64, 66, 68) Back sts, pm (orange), p10 (12, 12, 14, 14, 14) Sleeve sts, pm (green), p10 (10, 11, 12, 13, 13) Left Front sts, pm (red) for neckline selvage, p2. Note that the 2 neckline selvage sts on each end are included in the Front st counts.

Section IV

Finish Yoke from Worksheet

FILL IN EACH SECTION OF THE WORKSHEET AS FOLLOWS.

Beginning stitch counts for each section/column:

Left and Right Sleeve: 10 (12, 12, 14, 14, 14) sts.

Back: 54 (56, 58, 64, 66, 68) sts.

Left and Right Front: 12 (12, 13, 14, 15, 15) sts.

Yoke is worked over 36 (42, 48, 56, 60, 62) rows; draw a line under this row on your Worksheet.

SLEEVES

Increase on each edge of Sleeves every RS row 8 (8, 8, 9, 10, 12) times, every 4th row 1 (3, 4, 5, 5, 4) times, then every RS row 8 (7, 8, 9, 10, 11) times. 44 (48, 52, 60, 64, 68) sts.

BACK

In the last 14 (20, 28, 30, 38, 44) rows of Yoke, increase at armhole edges every RS row 7 (10, 14, 15, 19, 22) times. 68 (76, 86, 94, 104, 112) sts.

FRONTS

ARMHOLE EDGES

In the last 14 (20, 28, 30, 38, 44) rows of Yoke, increase at armhole edge every RS row 7 (10, 14, 15, 19, 22) times.

NECKLINE

To shape the rounded neckline, sts are CO for the center Front neck and shadow-wrap short rows (SWSR; see page 124) are worked on either side to curve the neckline. The Body will be joined for working in the rnd after Row 17 of your Worksheet.

Mark increases at neckline edges (beginning and end of row, just after the red m and before the yellow m) on RS in Rows 11, 13, 15, and 17.

At end of RS Row 17 (to the left of yellow line), write CO 22 (24, 24, 28, 28, 30).

At the end of RS Row 19, write + 3 (4, 4, 4, 4, 4).

Version B



At the end of WS Row 20 (to the right of red line) write + 3 (4, 4, 4, 4, 4).

At the end of Rows 21 and 22, write + 6 (7, 7, 8, 8, 8).

At the end of Rows 23 and 24, write + 10 (11, 11, 12, 12, 13).

Ending st count for Front, including armhole and Neckline increases: 68 (76, 86, 94, 104, 112) sts.

Once Worksheet is filled in, work through Row 17 of the Yoke, increasing as specified: Before a m, KRL, k2; after a m, k2, KLL.

To shape the neck and work short rows:

At the end of Row 17 (2 sts after yellow m), do not turn, Backward Loop CO 22 (24, 24, 28, 28, 30) sts.

Join for working in the rnd. Switch to shorter circular needle.

Rnd 18: K2, slip red m, work around to red m again.

Rnd 19: Working increases from Worksheet across rnd to yellow m, sl m, k3 (4, 4, 4, 4, 4), SWSR, turn.

Row 20: Purl to 3 (4, 4, 4, 4, 4) sts past red m, SWSR, turn.

Continue in this manner for Rows 21–24, working past the yellow and red m by the number of sts specified by the + and increasing as necessary for Back and Sleeves.

After Row 24, the remainder of the Yoke is worked in the rnd. All even-numbered Worksheet rows should be worked as even-numbered rnds. Red m denotes beginning of rnd.

After completing Worksheet there will be a total of 224 (248, 276, 308, 336, 360) sts.

Body

Remove all previous m as you work across the next rnd.

Next Rnd: K across Left Front sts, *sl next 44 (48, 52, 60, 64, 68) sleeve sts onto holder, Backward-Loop CO 8 sts (see Note below) for underarm, k across 68 (76, 86, 94, 104, 112) Back sts, repeat from * for other Sleeve and underarm, work to end of rnd at left side. 76 (84, 94, 102, 112, 120) sts each for Front and Back.

NOTE: When casting on in the middle of the row, I recommend the following method: CO 2 fewer sts than called for (in this case 6 sts) using Backward-Loop CO. In the next round, m1R into the extra slack yarn at the beg and end of this CO, thus winding up with the called-for st count (8 sts) and neatening the CO (see page 115).

Work even in St st in the rnd, placing m in center of newly CO sts to denote sweater sides, until Body measures about 4.5" / 12 cm from underarm CO

or desired length before A-line increases, which should begin about 3" / 8 cm below the fullest part of your bust.

SHAPE HIP

Next Rnd (Hip Inc Rnd): *K2, KLL, k to 2 sts before side m, KRL, k2; rep from * once more. 4 sts inc'd.

Repeat Hip Inc Rnd every foll 10th rnd 4 more times. 86 (94, 104, 112, 122, 130) sts each for Front and Back.

Work even until Body measures 14" / 35 cm from underarm.

Work Version A (straight edge) or B (curved edge) for hem.

VERSION A BOTTOM RIB

Work in 1×1 Rib for 3" / 8 cm.

BO in rib using Jeny's Stretchy BO (see page 128) and US 3 / 3.25 mm needle.

VERSION B SHORT ROW-SHAPED DIPPED BOTTOM EDGE

Short Row 1 (RS): Work to right side m, sl m, k 30 (33, 38, 40, 45, 45), SWSR, turn.

Short Row 2 (WS): P to 30 (33, 38, 40, 45, 45) sts past Left side m, SWSR, turn.

Short Row 3: Work to 5 (5, 5, 5, 6, 6) sts before shadow-wrapped st, SWSR, turn.

Short Row 4: Work to 5 (5, 5, 5, 6, 6) sts before shadow-wrapped st, SWSR, turn.

Repeat Short Rows 3 and 4, leaving 5 (5, 5, 5, 6, 6) more sts unworked each time, a total of 12 (13, 15, 16, 15, 15) times each side until you have 26 (30, 30, 32, 32, 40) working sts.

Next Rnd: K1 rnd, knitting shadow wraps tog with their sts as you come to them.

Next Rnd: *Kf&b, [k1, p1] over next 22 (18, 20, 18, 20, 22) sts; rep from * to last 11 (17, 19, 15, 13, 7) sts, kf&b, [k1, p1] to end. 8 (10, 10, 12, 12, 12) sts inc'd, 180 (198, 218, 236, 256, 272) sts.

Work in 1×1 Rib for 1.5" / 4 cm (or desired length).

BO in rib using Jeny's Stretchy BO and US 3 / 3.25 mm needle.

Sleeves

Read ahead! Sleeve shaping and elbow patches are worked at the same time.

With working needle and long-tail method, CO 8 sts, k44 (48, 52, 60, 64, 68) held Sleeve sts, k4, pm for beginning of rnd. 52 (56, 60, 68, 72, 76) sts. K 8 rnds.

Next Rnd (Sleeve Dec Rnd): K2, ssk, k to last 4 sts, k2tog, k2. 2 sts dec'd. Repeat Sleeve Dec Rnd every 12 (12, 10, 8, 8, 8)th rnd, 7 (8, 9, 12, 12, 12) more times. 36 (38, 40, 42, 46, 50) sts.

AT THE SAME TIME

PLACE ELBOW PATCHES

Begin elbow patches when Sleeve measures 3" / 8 cm above the point of your elbow. Sample is 10" / 25 cm from the top of the Sleeve to the beginning of the elbow patch. I find this easiest to measure by trying on sweater and measuring from the top of Sleeve at shoulder join straight down. Place elbow m at the halfway point of the rnd.

CONTRAST COLOR ELBOW PATCH (SHOWN ON VERSION A)



NOTE: You can work Intarsia in the rnd, but I find it easier to work back and forth for 25 rows while working the chart, then seaming this little section of the Sleeve. You will increase 2 sts on the first row; these 2 sts will serve as seam selvages. If you were supposed to work Sleeve decreases on the next rnd, work them on the following RS row.

Version A



LEFT SLEEVE

Next Rnd: Backward Loop CO 1 st, work to elbow m. Work chart over next 14 sts, work to last st, kf&b, turn. Work back and forth in St st throughout 25 rows of chart-making sure to work any Sleeve decreases on RS rows. When chart is complete, k to last 2 sts, ssk, sl m, k2tog, work to end, removing elbow m; this removes the 2 selvage sts. Pm for the beg of rnd and resume working in the rnd.

RIGHT SLEEVE

Next Rnd: Backward Loop CO 1 st, work to 14 sts before elbow m. Work chart over next 14 sts, k to last st, kf&b, turn. Finish chart and resume working in the rnd.

GARTER ST ELBOW PATCH (SHOWN ON VERSION B)

LEFT SLEEVE

Next Rnd: K to elbow m, work chart across the following 14 sts, pm, k to end. Work 50 rnds of chart over these 14 sts while working Sleeve decreases as given.

RIGHT SLEEVE

Next Rnd: K to 14 sts before elbow m, work chart across the following 14 sts, pm, k to end. Work 50 rnds of chart over these 14 sts while working Sleeve decreases as given.

ALL SLEEVES

When Sleeve decreases are complete, work even in St st until Sleeve measures 17 (18, 18.5, 19, 20, 21)" / 43 (46, 47, 48, 51, 53) cm or desired length. BO purlwise with Jeny's Stretchy BO (see page 128) and US 3 / 3.25 mm needle.

Finishing

NECKLINE RIBBING

Start at Back Left and with smaller 16" / 40 cm circular needle, pick up 23 (23, 23, 23, 25, 25) sts along Left neck edge (see pages 132–133), 22 (24, 24, 28, 28, 30) sts from Front neckline, 23 (23, 23, 23, 25, 25) sts from Right neck edge, 26 (28, 30, 32, 34, 36) sts from Back neck. 94 (98, 100, 106, 112, 116) sts.

With US 6 / 4 mm needles, k 1 rnd.

Work 1×1 Rib for 1" / 2.5 cm. BO in rib.

BOTH VERSIONS

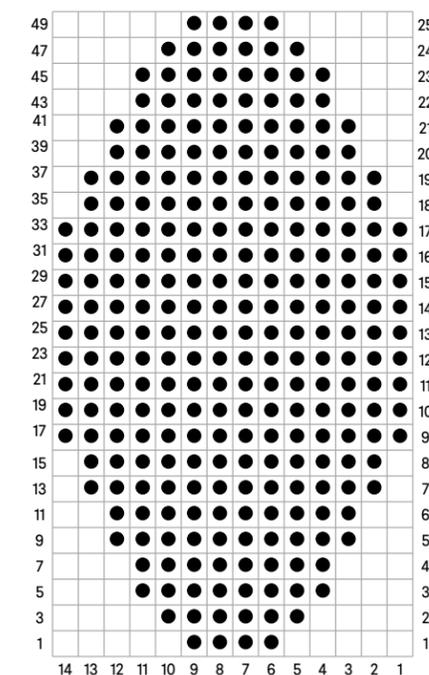
Close underarm with False Grafting/Horizontal Seam method (see page 130). For Version A, sew Sleeve elbow seam. Weave in ends and block.

VERSION B

Chart Notes

Chart is 50 rnds. Odd-numbered rnds are worked from chart, even-numbered rnds (not shown) are knit. Follow rnd numbers on left side of chart only.

- Knit
- On odd-numbered rnds, purl



↑ These rnd numbers apply to Version B only.

VERSION A

Chart Notes

Chart is 25 rows worked back and forth. Odd-numbered rows are RS, even-numbered rows are WS. Follow row numbers on RS of chart only.

- With MC, knit on RS rows, purl on WS rows.
- With CC, knit on RS rows, purl on WS rows.

↑ These row numbers apply to Version A only.

4. Modifying Fit

Because all of the sweaters in this book are worked from the top down, they are easy to modify to fit your body type. You can always knit them longer or shorter than the pattern instructs or you can make more or fewer decreases in the sleeves or hip area. Follow the directions in this chapter to find the right size and to modify the pattern if necessary. Then try on as you go and make further modifications as you please. If you are going to invest your time and money in a handknit sweater, make sure it's one that will flatter your body so you will feel great wearing it.

Step 1

Choose Size

Once you have chosen a style, you need to determine which size to knit.

The first option in choosing a size is to head to your closet to find a knitted garment (such as a sweater or sweatshirt) in a similar style that you love to wear because you think it fits really well. Take the bust measurement of that garment.

Alternatively, if you have nothing in your closet in a similar style that fits the way you want your new sweater to fit, measure your bust at its fullest point (while wearing the same type of undergarment you expect to wear with your new sweater) and add in your desired ease. I leave the decision about ease up to you. This can vary greatly from person to person; some women like 4 or more inches (10 or more cm) of ease for a loose fit; some prefer none or only an inch (2.5 cm) for a tighter fit. In general, my rule of thumb is the thicker the yarn (and bulkier the fabric), the less ease you want. With thinner yarn and more open fabric, the sizing will be more forgiving; the extra fabric will usually drape down without adding bulk to your frame.

Now look at the schematics in the pattern and find the bust measurement closest to the measurement you have determined by either method above. This should tell you which size sweater to knit. Check the upper sleeve circumference and armhole depth measurements of the size you have chosen, and see if they also work for you. If so, you should be able to knit as instructed without any pattern tweaks. If you want to tweak the pattern further, read on.

Step 2

Tweak Pattern to Fit, If Necessary

If you are in between sizes, try adjusting your gauge slightly. A great trick is to knit the larger of the two sizes, but with needles one size smaller. To check your numbers, read through the pattern to find the stitch count for the Front and Back under “Body.” This is after slipping Sleeve stitches to holder and casting on underarm stitches. For example, in Version A of Emma, that number for the size medium (under “Body”) is 56 stitches. With the called-for gauge of 3 stitches per 1" / 2.5 cm, that would give you 18.66" / 46.66 cm across the Back for a full bust measurement of approximately 37.5" / 93.32 cm.

If, instead, you want a finished measurement of 35" / 88.9 cm, or 17.5" / 44.5 cm across the Back, divide the back stitch count (56 stitches) by your desired back measurement (17.5" / 44.5 cm). This means you would need a gauge of 3.2 stitches per 1" / 2.5 cm, just slightly tighter than the called-for gauge. Over 4" (10 cm), you will need 12.8 stitches rather than 12 stitches. Sometimes attaching (if using interchangeable needles) a needle one size smaller for just purl rows will get you that slightly tighter gauge you need.

If the shoulder width and armhole depth look good, but you need a bit more ease in the bust and/or sleeve circumference, here are some solutions.

OPTION 1: ADD MORE INCREASES TO YOKE

- Fill out your Cocoknits Sweater Worksheet following the pattern instructions, then simply pencil in as many more +1s as you need to get to your desired measurement.
- For Front and Back, add more stitches at the armhole edges in the rows above the increases you’ve already written in. (For instance, if you decide you want 1" / 2.5 cm more ease on Emma, or 4 more stitches (rounding up to a multiple of 4 so the increases work out properly), and your instructions are to increase in the last 10 rows, increase in the last 12 rows instead, adding extra stitches to the armhole edges of Back and Front.)
- The same goes for Sleeves: Add +1s to the Worksheet to add stitches or pick up more Sleeve stitches along side edge of Fronts before starting Worksheet.
- Note your new stitch counts at the bottom of the Worksheet.
- Now knit your Yoke with the extra increases as indicated.

OPTION 2: CAST ON EXTRA STITCHES AT UNDERARMS

This is good to know if you have finished your Yoke and feel you’d still like to add a bit more ease.

- Follow the pattern to work the Yoke as directed, then Backward-Loop CO (see page 114) as many extra stitches as you need at the underarm. The underarm cast-on width can go as wide as 3" (8 cm). If you need more stitches than that, you probably want to knit the next size up.
- The same goes for Sleeves: Backward-Loop CO the extra stitches you need upon completion of your Yoke.
- It’s okay if there is a slight difference between the number of stitches you cast on for your Body and your Sleeve underarms. You can ease the difference in cast-on stitches into that underarm seam. (For instance, if you cast on 6 stitches at the Body underarm, but 10 stitches at the Sleeve underarm, you’ll just have to ease those 10 stitches into the 6 stitches when you close your underarm gap.)

OPTION 3: WORK SHORT ROWS TO CREATE BUST DARTS

This is an advanced technique that usually isn’t necessary because Option 1 or 2 works. I haven’t covered it in this book, however you can find more information about it on my website, cocoknits.com.

5. Special Techniques

- 112 Long-Tail Cast-On
- 113 Provisional Cast-On
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- 133 Picking Up Around a Neckline (including Back Neck)
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- 137 Whipstitch
- 138 Knit Two Together
- 139 Slip Slip Knit
- 140 Yarn Over

In order to work the Cocoknits Method of sweater construction described in this book, I call for a few specific techniques that I have found create the best results. This includes decreases, increases, picking up stitches, and knitting around corners. Some of these are techniques that I have developed specifically for this method of top-down, seamless sweater construction. Others are the same techniques you likely use in all sorts of knitting projects.

Long-Tail Cast-On

There are many ways to cast on and because you will usually be picking up along or seaming this edge at the top of the Back neck, any of them is really fine. My go-to is the Long Tail method, so I've included it here.



SET-UP

I don't start with a slipknot as is common because I don't like the look of a knot in my work. I hold the yarn with my left hand wrapped around finger and thumb and loop it over my right needle. I then secure the loop of yarn to the right needle with my right finger and start the cast-on.



STEP 1

With right needle, come under thumb loop of left hand.



STEP 2

Then come over finger loop and draw a loop of yarn from the finger loop through thumb loop.



STEP 3

Release, tighten up that stitch, and reposition fingers/hands for next cast-on stitch.

Provisional Cast-On

PCO

In this book, I use a Provisional Cast-On for collars. My favorite PCO is Judy's Magic Cast-On. I like it because you cast onto two needles rather than using a crochet cord and/or scrap yarn. You hold the stitches you aren't going to use on a spare needle or cord and when you are ready for them, they are waiting (no cutting away of scrap yarn and maneuvering stitches onto needles required).

When you are instructed to PCO, it means pairs of stitches. For instance, if the pattern instructs you to PCO 12 sts, that would be 12 stitches onto EACH needle for a total of 24. You will only work the 12 stitches from one needle, leaving the other 12 on hold. When you are ready to knit the other direction, you will return to those 12 held stitches, rejoin yarn, and work seamlessly in the other direction.



SET-UP AND STEP 1

Hold yarn as for Long-Tail Cast-On with left hand (see page 112). Hold 2 needles parallel with right hand; one is top needle (at right in photo), one is bottom needle (at left in photo).

Loop yarn over top needle.



STEP 2

Loop yarn from top finger over bottom needle.



STEP 3

Loop yarn from bottom finger (thumb) over top needle. Chant this to yourself: Top over bottom, bottom over top as you complete each pair of stitches.

Backward-Loop Cast-On

I use this cast-on for the body, underarms, and front neck. There are other, more involved, methods, but I have found this simple cast-on to be the neatest. See notes on page 115 if you are working this cast-on at the underarm.



SET-UP

Hold yarn wrapped over left thumb.



STEP 1

Come in front of the thumb and up under yarn.



STEP 2

Release thumb and pull yarn to form stitch.



STEP 3

Reposition thumb and yarn and repeat.

Backward-Loop Cast-On (for Underarm)



When using Backward-Loop CO, the join between cast-on and existing stitches is always loose. To remedy this for underarm cast-ons, I cast on 2 fewer stitches than called for.



In the next row/round, I work a M1R at each end to take up slack. This is written into the patterns.



To work M1R, scoop the slack yarn up from behind with your left needle.



Now knit (or purl if on a WS row) into the front of this strand. One extra stitch is created and slack is eliminated.

Knit Through Left Loop

KLL

This method is used any time a right-leaning increase is required. The increased stitch is created after a knit stitch—or to the left of the stitch, which is a handy way to remember which is which.



SET-UP

After working a knit stitch, identify the “V” stitch 2 rows below the one on your right needle.



STEP 1

With your left needle, come from behind to scoop up the left loop of this stitch. This loop on the left needle is the new stitch.



STEP 2

Insert the right needle tip through the back loop and knit.



COMPLETED KLL

Knit Through Right Loop

KRL

This method is used any time a left-leaning increase is required. The increased stitch is created before working the next stitch, or to the right of the stitch.



SET-UP

With your right needle, come from behind and scoop up the right loop of the “V” stitch just below the one on your left needle.



STEP 1

Lift this loop up onto your left needle.



STEP 2

Knit the loop. I have found that this method leaves a hole with some highly-twisted yarns. If this happens, knit this stitch through the back loop instead of the front loop.



COMPLETED KRL

Purl Through Left Loop

PLL

This method is used any time an increase will be performed on the wrong side, which will appear as a left-leaning increase on the RS. The increased stitch is created after working a purl stitch.



SET-UP

Identify the purl bump 2 rows below the one on your right needle.



STEP 1

With your left needle, pick up this bar from bottom to top. This loop on your left needle is your new stitch.



STEP 2

Purl through the front loop.



COMPLETED PLL

Purl Through Right Loop

PRL

This method is used any time an increase will be performed on the wrong side, which will appear as a right-leaning increase on the RS. The increased stitch is created before the next purl stitch.



SET-UP

With your right needle, come up through the head of the purl bump just below the one on your left needle, from bottom to top.



STEP 1

Place this loop on the left needle without twisting.



STEP 2

Insert the right needle tip through the back loop of the new stitch, from back to front, and purl. I have found that this method leaves a hole with some highly-twisted yarns. If this happens, purl this stitch through the front loop instead of the back loop.



COMPLETED PRL

Pick Up Then Knit

For the Cocoknits' Method of constructing a sweater, you will pick up stitches along the back of each shoulder and top of each sleeve. These pickups form the structure and foundation of the entire sweater. Because they are weight-bearing joins, the pick-up method must be as strong as possible. My technique for picking up stitches most closely imitates a seam and ensures a tight join without any gaps.

The direction to “pick up and knit” is often defined as inserting the right needle tip into the fabric, wrapping the working yarn, and pulling a loop through the fabric to create a live stitch. These stitches are picked up and knit one at a time, until you get to the end of the row.

Instead, I use a “pick up then knit” approach (illustrated on the following pages), which I have found creates the neatest and sturdiest results.

You'll be picking up along the vertical, side edge of your knitting, which is the edge perpendicular to your needles. Use a small (US 0 - 2 / 2–3.25 mm) double-pointed or circular needle and pick up the horizontal ladders that run between the first and second stitches of every row. These are the same ladders you look for when using blind or mattress stitch for seaming.

The first stitch may be loose or want to curl under so flatten the edge and identify the 2 end stitches. Now find the ladders running in between these 2 stitches and ensure that you stay in this “valley” all along the pick-up (see photos on following pages). Once your ladder stitches are picked up, you'll then knit across them through the back loops, adjusting to the final number of stitches needed for the pattern.

Always check how many stitches your pattern instructs you to pick up. You will often have more ladder stitches than you need, so you will need to k2tog through back loop at least a couple of times. Calculate this before you start to knit. In the example on page 121, if the pattern called for a total of 10 stitches to be picked up, You would need to k2tog twice to reduce the stitch count from 12 to 10.



SET-UP

Locate your ladder stitches.



STEP 1

With the right side of your knitting facing you, start at the right edge and in the “valley” between the first and second stitch; run your double-pointed needle from right to left under 3 bars then over the 4th bar.



STEP 2

Working this way secures the needle in your knitting and is an easy way to count the ladder stitches you've picked up. Note that although you haven't picked up every 4th ladder stitch, you will still need to count them and knit them.



STEP 3

Now count your ladder stitches. In the photo there are 12 ladder stitches: 3 clusters of 3 plus 2 unseen ladder stitches that are under the needle (in between the clusters of 3 with one unseen stitch at the very end).





STEP 4

You have been picking up from right to left; now you will need to slide your double-pointed needle into position so that you can knit off of it.



STEP 5

Treat the ladder stitches as though they are regular stitches and knit each one through the back loop or all through the front loop. I knit these stitches through the back loop because they come off the needle more smoothly that way. If you prefer to knit them through the front loop, that's fine. Just make sure you are consistent (all through the back loop or all through the front loop).



COMPLETED PICKUP AND FIRST ROW KNIT

Note that you ran your needle over every 4th stitch so you will need to pick up every 4th stitch as you come to it and knit it through the back loop. Remember to knit 2 together (do this through the back loop) as many times as you need to in order to end the row with your required stitch count.

Knitting Around Corners

Modified Magic Loop

When using the Cocoknits Method for shoulder shaping, you will need to knit around corners for the first few rows of the yoke. To do this, I use a modified Magic Loop technique. Traditionally, the Magic Loop method is used to work projects of small circumference, such as socks and sleeves, in the round on one long circular needle. With this method, you pull out a loop of cable to divide your stitches, making it possible to knit comfortably around corners.



SET-UP

To work the modified Magic Loop method to maneuver around corners in the projects in this book, use a circular needle that is a minimum of 40" (100 cm) long with a very soft, malleable cord. (I like to use Addi Click interchangeable needles because the needles connect to the soft cords with a click rather than being screwed on.)



STEP 1

When you come to the end of one section (in photo it's the left front) and need to knit around the corner of the next section (the left sleeve in photo), pull your right (working) needle out of your knitting until you have a long enough length of cord to make a loop.



STEP 2

This allows you to continue with your right (working) needle and comfortably knit the stitches of the next section.

After the first few rows, the right angles soften and the yoke transforms from a rectangle to an oval. At this point you will no longer need to pull a loop out, and will be able to work around the curves normally with your circular needle.

Shadow-Wrap Short Rows on Right Side

SWSR on RS

Short-row shaping is literally knitting a short, or partial, row before turning and working back in other direction. It allows you to knit three-dimensional shapes or curved edges. I use it in these patterns to shape necklines and hemlines. There are many methods of knitting short rows, but the Shadow Wrap is by far my favorite. It is not only virtually invisible, but also quite easy to work, once you memorize the steps.



STEP 1

On the right side: Knit to where you are instructed to turn a short row.



STEP 2

Before you turn, work a KRL into the next stitch on your left needle by lifting the right arm of the stitch directly below the one on your needle.



Place this new loop on the left needle.



Knit the new loop so it becomes a stitch.



Immediately pass that new stitch back to the left needle so it sits next to its “shadow.”



STEP 3

You’ll see the twin shadow stitches sitting right next to each other. You can’t miss them. Now turn your work and purl back.



STEP 4

When you work back to the shadow wrap on the right side and need to close your short row, all you do is knit the 2 shadow stitches together.

Shadow-Wrap Short Rows on Wrong Side

SWSR on WS

See explanation of this technique on page 124.



STEP 1

On wrong side, purl as instructed in pattern to prepare to turn a short row.



STEP 2

Before you turn, work a modified PLL into the next stitch on your left needle, as follows: Slip the next stitch from the left to the right needle.



Insert the left needle from the bottom up through the head of the purl stitch just below the needle. (This is similar to a PLL, but you are working directly under the needle rather than 2 stitches below.)



Purl the head of the stitch that you just picked up. You've made 2 little "shadow" stitches that sit together.



Slide the shadow stitches together back to the left needle.



STEP 3

You'll see the twin shadow stitches sitting right next to each other. You can't miss them. Now turn your work and knit back.



STEP 4

When you work back to the shadow wrap on the wrong side and need to close your short row, simply purl the 2 shadow stitches together.

Jeny's Stretchy Bind-Off

For necklines and front/button bands, I use a standard bind-off in pattern, meaning, if I am working a 1×1 Rib, I bind off in the same rib with the working needle or one size larger (to avoid making the rib too tight). But I have found I want a stretchier bind-off for the bottom edges of sweaters and sleeves. For these I use Jeny's Stretchy Bind-Off but with a needle approximately half the size of my working needle. This gives me the stretch and memory I like but with a neater-looking edge.



SET-UP

Knit or purl the first stitch as called for. Then work as follows:



BEFORE A KNIT STITCH

STEP 1

Yarn over backward (bring yarn from back to front over right needle), then knit 1.



STEP 2

On your right needle, pull stitches 2 and 3 over stitch 1; one stitch bound off, one stitch on right needle.



Repeat Steps 1 and 2 as established until all stitches are bound off.



BEFORE A PURL STITCH

STEP 1

Yarn over normally (bring yarn from front to back over right needle, then to front again), then purl 1.



STEP 2

On your right needle, pull stitches 2 and 3 over stitch 1; one stitch bound off, one stitch on right needle.



Repeat Steps 1 and 2 as established until all stitches are bound off.

False Grafting / Horizontal Seam (for Underarm)

Many top-down sweater patterns call for picking up stitches from the body gusset to form the underarm gusset of the sleeve. I like more stability in a spot that will get friction when the garment is worn. So, instead, I use cast-ons for both body and sleeve gussets and a quick horizontal-to-horizontal seam to close the gap that this method leaves. You'll need to work in tails here anyway, so I combine the two tasks and get a nice firm underarm gusset.



SET-UP AND STEP 1

You can use the tail from your sleeve underarm cast-on to work this seam. Thread it onto a tapestry needle. Look at your underarm gap.

Notice the Vs on each side of this gap. Think of the Vs as arrows pointing toward this slit: upside-down Vs on the lower edge (which point up toward your seam), right-side-up Vs on the top edge (which point down toward your seam).



STEP 2

Slide your needle behind the first V on the top right edge of the slit at its base. If the edge stitches are loose or stretched out, you can begin the seam 1 stitch before the gap on one or both sides to neaten them.



STEP 3

Thread needle behind corresponding base of V on other side.



STEP 4

Continue threading from base of V on one side through base of V on opposite side across the gap until it is closed. Note that if you have more stitches on one side than the other, you will need to ease the larger number of stitches into the smaller. Do this by threading through one arm of V on larger side, repeating as many times as necessary. Pull the yarn every few stitches to close seam.



STEP 5

Once finished, pull yarn to back.



STEP 6

Turn your work to the wrong side.



STEP 7

Thread the tail in a figure-eight back across the seam you just made. Cut yarn, leaving small tail. Tease tail to keep it from slipping through to the right side (see photo for Step 5 on page 135).

Picking Up Along Side Edge

For Front/Button Band

Use a skinny circular needle (I prefer a size US 0 / 2 mm 40" / 100 cm circular needle) to pick up stitches for the front/button band. First pick up the stitches as described below. Then count your stitches and figure out if you need to add or subtract to get to the stitch count given in the pattern. Now join yarn and knit 1 row on right side off of your skinny needle and onto your called-for needle size. As you knit, pick up or knit together stitches to reach the correct stitch count. Begin any pattern stitch on the next/wrong-side row.



SET-UP AND STEP 1

Find the very edge stitch—it will be a V but will most likely want to curl in, so make sure you identify it correctly.



STEP 2

Slide your needle into the inside arm of this V—not the outermost arm, but the one on the inside edge of the V. Pick up the first 3 stitches then skip the 4th. Slip the needle in the way it wants to go—whether your V is right-side up or upside down.



STEP 3

Continue picking up 3 arms, skipping every 4th, all the way up. This is the ratio of rows to stitches, so skipping every 4th row should yield the correct number of stitches for a button band.



STEP 4

Note that when you are ready to knit, these new stitches may be sitting on the needle correctly or they might be sitting backward. If they are sitting backward on your needle, simply knit each one through the back loop. As you knit that first set-up row, you may choose to pick up those 4th/skipped arms and knit them together with the stitch before or after. Usually this is not necessary but if you are worried about holes, this should prevent them.

Picking Up Around a Neckline (Including Back Neck)

Use a skinny circular needle (I prefer a size US 0 / 2 mm 40" / 100 cm circular needle) to pick up stitches around a neckline. First pick up the stitches as described below. Then count your stitches and figure out if you need to add or subtract to reach the stitch count given in the pattern. Now join yarn and knit 1 row on right side off of your skinny needle and onto your called-for needle size. As you knit, pick up or knit together stitches to obtain correct stitch count. Begin any pattern stitch on the next/wrong side row or round.



ALONG A CAST-ON

Find the Vs of the stitches just below the cast-on and insert your skinny circular needle into one arm of each V. I usually come from behind and scoop up the right arm from each right-side up V moving from right to left. When you come around to knit them, knit each arm as if it were a stitch.



Shown here are the right arms of each of the picked-up stitches. Knit these stitches with your working needle.

Working in Ends with Duplicate Stitch

The best way to work in ends is with duplicate stitch on the wrong side of your work. To make it even more invisible on the right side, you can split the stitches, called skimming, as you work in your tails.

I use this method because it is the most invisible; it allows the fabric to drape without pinching or pulling up; and it is the least likely to come undone. Yarn that has been worked in using the figure-eight path of duplicate stitch has a much harder time slipping out than yarn worked on a diagonal or mostly straight path—or, God forbid, knotted!

In the example below I used dark yarn for the duplicate stitch to make the instructions clear. You will be working your duplicate stitch with your sweater yarn.



SET-UP

To work duplicate stitch using the skimming method, study your knitting on the wrong side. You will see that every row of knitting is linked to the row above (forming frowns) and to the row below (forming smiles). You will follow the path of one row as it figure-eights its way from frown to smile across the row. As you do this, split the yarn as you work each stitch. This is called skimming, and it makes your weaving even more invisible.



STEP 1

Pass needle up through 2 loops.



STEP 2

Move needle over to create frown and pass needle down at an angle through 2 loops.



STEP 3

Move the needle over to create a smile and go up at an angle through 2 loops. Keep the tension slightly looser than your knitted tension so you maintain drape.



STEP 4

If you are working with a grippy yarn like wool, you only need to work 3 to 5 stitches this way. If your yarn is more slippery, work 5 to 7 stitches. Once finished, trim your yarn, leaving about a 1" (2.5 cm) tail.



STEP 5

Tease the tail to rough up the yarn; this will prevent the tail from popping to the right side of your garment and will make it less likely to come undone.

Note: If you are working with a slippery yarn or one that is impossible to hide, rather than weaving in with duplicate stitch, thread a needle with sewing thread and securely whipstitch the tails to each other, then knot and clip the thread.

Kitchener Stitch

I use this technique to graft live stitches.



SET-UP

Place stitches on 2 parallel needles with wrong sides facing. Thread a length of working yarn three times the length of seam onto a tapestry needle. Hold work so you have a front knitting needle and back knitting needle.

Insert tapestry needle through first stitch on front needle as if to purl, pull yarn through, leaving stitch on needle. Insert tapestry needle through first stitch on back needle as if to knit, pull yarn through, leaving stitch on needle.



STEP 1

Keeping yarn under the needles at all times, insert needle through first stitch on front needle as if to knit and take it off the needle. Then insert needle through second stitch on front needle as if to purl (as shown) and leave it on the needle; pull yarn through.



STEP 2

Keeping yarn under the needles, insert needle through first stitch on back needle as if to purl (as shown) and take it off the needle. Then insert needle through second stitch on back needle as if to knit and leave it on the needle; pull yarn through.



STEP 3

Chant this to yourself as you work: Knit off, purl on (front needle). Purl off, knit on (back needle). Remember to keep the yarn below the needles and match the tension to your knitting tension. If you prefer, you may work 4 or 5 stitches off of both needles (always ending with Step 2), then go back and adjust the tension before continuing, or adjust the tension at the end if you have 2 small edges.

Whipstitch

I use whipstitch to attach pocket linings. I whipstitch woven fabric linings with a sewing needle and thread (as shown). I whipstitch knitted linings with a tapestry needle and yarn.



SET-UP

Thread needle.



STEP 1

Pass needle up through both pieces.



STEP 2

Bring needle to front over the top.



STEP 3

Repeat these two steps for length of seam. If working with thread, knot at end and snip. If working with yarn, work in end and snip.

Knit Two Together

k2tog

I use this technique whenever a right-leaning decrease is required.



STEP 1

Insert needle into second, then first stitches on left needle.



STEP 2

Wrap yarn around right needle as for ordinary knit stitch.



STEP 3

Pull needle through as for ordinary knit stitch.

Slip Slip Knit

SSK

I use this technique whenever a left-leaning decrease is required.



STEP 1

Slip 2 stitches individually as if to knit.



STEP 2

Insert left needle tip into the fronts of these 2 slipped stitches.



STEP 3

Knit the 2 slipped stitches together; 1 stitch decreased. To neaten this decrease on the next round or row, work this stitch through the back loop.

Yarn Over

YO

This simple increase leaves a visible hole in the work, so it is commonly used in lace knitting and in other instances when a decorative hole is desired.



In between 2 knit stitches, bring yarn to front and over right needle to back; 1 stitch increased.

Abbreviations

beg	beginning	ssk	slip, slip, knit (see page 139)
BO	bind off (cast off)	St st	stockinette stitch (knit all RS rows or rounds, purl all WS rows)
circ	circular	st(s)	stitch(es)
CO	cast on	SWSR	shadow-wrap short row (see pages 124–127)
dec('d)	decrease(d)	tbl	through back loop
dpn(s)	double-pointed needle(s)	tog	together
est	established	WS	wrong side
folll	following	wyib	with yarn in back of work
inc('d)	increase(d)	wyif	with yarn in front of work
K, k	knit	yds	yard(s)
k1f&b	knit into the front and back of stitch (1 st increased)	yo	yarn over (see page 140)
k2tog	knit two together (see page 138)		
KLL	knit through left loop (see page 116)		
KRL	knit through right loop (see page 117)		
m	marker		
m1R	make 1 by lifting the bar between stitches with left needle from back to front, knit through front loop (1 stitch increased)		
P, p	purl		
PCO	provisional cast-on (see page 113)		
PLL	purl through left loop (see page 118)		
pm	place marker		
PRL	purl through right loop (see page 119)		
p-wise	purlwise; as if to purl		
rep	repeat		
rnd(s)	round(s)		
RS	right side		
sl	slip		

More Cocoknits Method Designs

All of the sweaters shown here are made using the Cocoknits Method as presented here in *Cocoknits Sweater Workshop*. For more information about them, visit cocoknits.com



Franca



Hilary: Version A



Hilary: Version B



Franca



Isabelle: Version B



Isabelle: Version A



Gabrielle



Ally



Madeleine



Rosa



Hilary: Version A



Verena: Version A



Verena: Version B



Kiki: Version A



Kiki: Version B

Cocoknits Sweater Worksheet

	RIGHT FRONT ___ sts	RIGHT SLEEVE ___ sts	BACK ___ sts	LEFT SLEEVE ___ sts	LEFT FRONT ___ sts		
2						1	+1 BEFORE MARKER
3						3	
4						5	
6						7	+1 AFTER MARKER
8						9	
10						11	
12						13	PATTERN SOURCE
14						15	
16						17	
18						19	SIZE
20						21	
22						23	
24						25	YARN / QUANTITY
26						27	
28						29	
30						31	
32						33	
34						35	
36						37	
38						39	NEEDLES
40						41	
42						43	
44						45	GAUGE
46						47	
48						49	
50						51	STARTED
52						53	
54						55	FINISHED
56							



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