

aftenstrikk



Fridag cardigan

v-neck

Circumference	90 (100) 110 (120) 130 (140) 150 (160) cm
Length	47 (48) 50 (51) 52 (53) 55 (56) cm
Gauge	21 m x 28 r = 10 cm x 10 cm in pattern
Suggested needles	4 mm long and short circular needle 3,5 mm long and short circular needle for ribbing
Materials	300 (300) 350 (350) 350 (400) 400 (450) g finull (50g = 175m) 125 (125) 150 (150) 150 (175) 175 (175) 200 g thin silk mohair (25g = 212m) 4 (4) 4 (4) 5 (5) 5 (5) buttons (15 - 20mm)

About the cardigan and pattern

The Fridag cardigan is a roomy and cozy cardigan that is worked with cables and double moss stitch with wide sleeves. There is about 20cm positive ease in the pictured sweater. To find the right size measure around the widest part of the upper body, add 20cm for an oversized cardigan or 10cm for a more fitted version, and then select the size closest to that measurement. This is a short cardigan.

The cardigan is worked bottom-up and flat. It is divided at the arm holes. Then each front panel and back panel are worked flat one at a time. Stitches are cast-off in the middle of the back to shape the neckline. When the body sections are finished, the back and front shoulders are seamed together. Stitches are then picked up for the button band along both sides and work in rib. Stitches are then picked up around the arms holes for sleeves which are worked in double moss stitch with a few decreases. The cuffs are worked in rib.

Gauge and fitting

To ensure the best fit, it is important that you have the correct gauge. Before you start knitting the garment, please knit a swatch in textured knit. Knit the swatch with some double moss stitch and some with cables with recommended needles until you can measure a 10 cm square (there is a pattern for a swatch later in the pattern). If you have the right knitting tension, in this case you should have 21 sts in 10 cm. and 28 rows. If you have fewer stitches, you should go down a needle size to smaller than recommended. And if you have more than this, you need to go up a needle size. This also means that you can use alternative yarns as long the knitting tension is correct.

Cables and textured knits expand when washed, and if using untreated wool like finull, it stays in the shape it is blocked in. What can occur if it expands when washed is the length is reduced. This will vary from yarn to yarn, so it is a good idea to measure the length and width of the swatch and compare the measurements before and after washing. If the length is reduced, you should add a few extra cms to the length of the body. The sleeves will likely be longer after washing. The sleeves in this pattern are wide, so work decreases more often for a narrower more classic sleeve.

Techniques and abbreviations

st = stitch

K = knit stitches

P = purl stitches

ndl = needle

rnd = round

stm = stitch marker

K2tog = K two stitches together as one stitch (right leaning dec)

SSK = slip one stitch knitwise, slip the next stitch purlwise, move both stitches back the right needle and knit them together as one stitch.

Cable knit = specific stitches swap places, so that they are knit in a new columns, to form a cable

Double moss st = two rounds knitted the same *K 1, P1 *, the next two rounds are worked opposite *P1, K1*. The diagram is in the pattern.

Stitch seaming = a technique used to seamlessly bind stitched together. An explanation for how can found in the pattern.

Pick up stitches = Pick up stitches along the edge at a given place in the work. Insert the needle into the stitch, yarn over and pull through. The new loop becomes a stitch.

Pattern

Body

Cast-on 181 (201) 223 (245) 265 (285) 307 (327) st on a long 3.5mm circular needle

The first row is a wrong-side (WS) row.

Work rib (*K1,P1*) for 5cm.

End with a WS row.

Change to a 4mm needle. Knit all st in one row.

The first row in pattern is worked from the WS.

From this point 3 cables will be worked on each front panel and six cables on the back, with panels of double moss st between them.

Place stm while working the first row to mark where each cable is worked. See the text explanation for how the work is divided, and the diagrams for the front/back pieces.

Work the body back and forth with cables and double moss stitch as follows (or use diagram for cables, but remember that the diagram does not include side panels, so look at the explanation on the next page):

Hele bolen og bærestykke strikkes etter samme mønster med flettestrikk og dobbel perlestrikk.

A-cables twisted every 4th row A-cables are 6 (6) 8 (8) 8 (10) 10 (12) st

B-cables twisted every 8th row B-cables are 6 (8) 8 (10) 10 (10) 12 (14) st

C-cables twisted every 16th row C-cables are 6 (8) 8 (10) 10 (10) 12 (12) st

Right-leaning cables:

slip first half of stitches onto cable needle, hold at the back of the work.

Knit the second half of the stitches.

Knit the stitches from the cable needle.

Left-leaning cables:

slip first half of stitches onto cable needle, hold at the front of the work.

Knit the second half of the stitches.

Knit the stitches from the cable needle.

From wrongside

Left front panel:

6 (7) 11 (13) 13 (16) 17 (18) st double-moss stitch,
K1, P 6 (8) 8 (10) 10 (10) 12 (12) , K 2 (2) 2 (2) 3 (3) 3 (3), P1, K 2 (2) 2 (2) 3 (3) 3 (3),
P 6 (8) 8 (10) 10 (10) 12 (14) , K 2 (2) 2 (2) 3 (3) 3 (3) , P1, K 2 (2) 2 (2) 3 (3) 3 (3) ,
P 6 (6) 8 (8) 8 (10) 10 (12), K 2 (2) 2 (2) 3 (3) 3 (3), P1

Left side panel:

9 st double-moss stitch

Back piece:

P1, K 2 (2) 2 (2) 3 (3) 3 (3), P 6 (6) 8 (8) 8 (10) 10 (12) ,
K 2 (2) 2 (2) 3 (3) 3 (3), P1, K 2 (2) 2 (2) 3 (3) 3 (3), P 6 (8) 8 (10) 10 (10) 12 (14),
K 2 (2) 2 (2) 3 (3) 3 (3) , P1, K 2 (2) 2 (2) 3 (3) 3 (3), P 6 (8) 8 (10) 10 (10) 12 (12), K1,
23 (25) 31 (33) 33 (39) 43 (45) st double-moss stitch,
K1, P 6 (8) 8 (10) 10 (10) 12 (12), K 2 (2) 2 (2) 3 (3) 3 (3), P1, K 2 (2) 2 (2) 3 (3) 3 (3),
P 6 (8) 8 (10) 10 (10) 12 (14), K 2 (2) 2 (2) 3 (3) 3 (3), P1, K 2 (2) 2 (2) 3 (3) 3 (3),
P 6 (6) 8 (8) 8 (10) 10 (12), K 2 (2) 2 (2) 3 (3) 3 (3), P1

Right side panel:

9 st double-moss stitch

Right front panel:

P1, K 2 (2) 2 (2) 3 (3) 3 (3), P 6 (6) 8 (8) 8 (10) 10 (12), K 2 (2) 2 (2) 3 (3) 3 (3) , P1,
K 2 (2) 2 (2) 3 (3) 3 (3), P 6 (8) 8 (10) 10 (10) 12 (14), K 2 (2) 2 (2) 3 (3) 3 (3), P1,
K 2 (2) 2 (2) 3 (3) 3 (3), P 6 (8) 8 (10) 10 (10) 12 (12), K1,
6 (7) 11 (13) 13 (16) 17 (18) st double-moss stitch

From right side

Right front panel:

6 (7) 11 (13) 13 (16) 17 (18) st double-moss stitch,
P1, C-left, P 2 (2) 2 (2) 3 (3) 3 (3), K1, P 2 (2) 2 (2) 3 (3) 3 (3), B-left,
P 2 (2) 2 (2) 3 (3) 3 (3), K1, P 2 (2) 2 (2) 3 (3) 3 (3), A-left, P 2 (2) 2 (2) 3 (3) 3 (3), K1

Right side panel:

9 st double-moss stitch

Back piece:

K1, P 2 (2) 2 (2) 3 (3) 3 (3), A-right, P 2 (2) 2 (2) 3 (3) 3 (3), K1, P 2 (2) 2 (2) 3 (3) 3 (3),
B-right, P 2 (2) 2 (2) 3 (3) 3 (3), K1, P 2 (2) 2 (2) 3 (3) 3 (3), C-right, P1,
23 (25) 31 (33) 33 (39) 43 (45) st double-moss stitch,
P1, C-left, P 2 (2) 2 (2) 3 (3) 3 (3) , K1, P 2 (2) 2 (2) 3 (3) 3 (3) , B-left, P 2 (2) 2 (2) 3 (3) 3 (3) ,
K1, P 2 (2) 2 (2) 3 (3) 3 (3), A-left, P 2 (2) 2 (2) 3 (3) 3 (3), K1

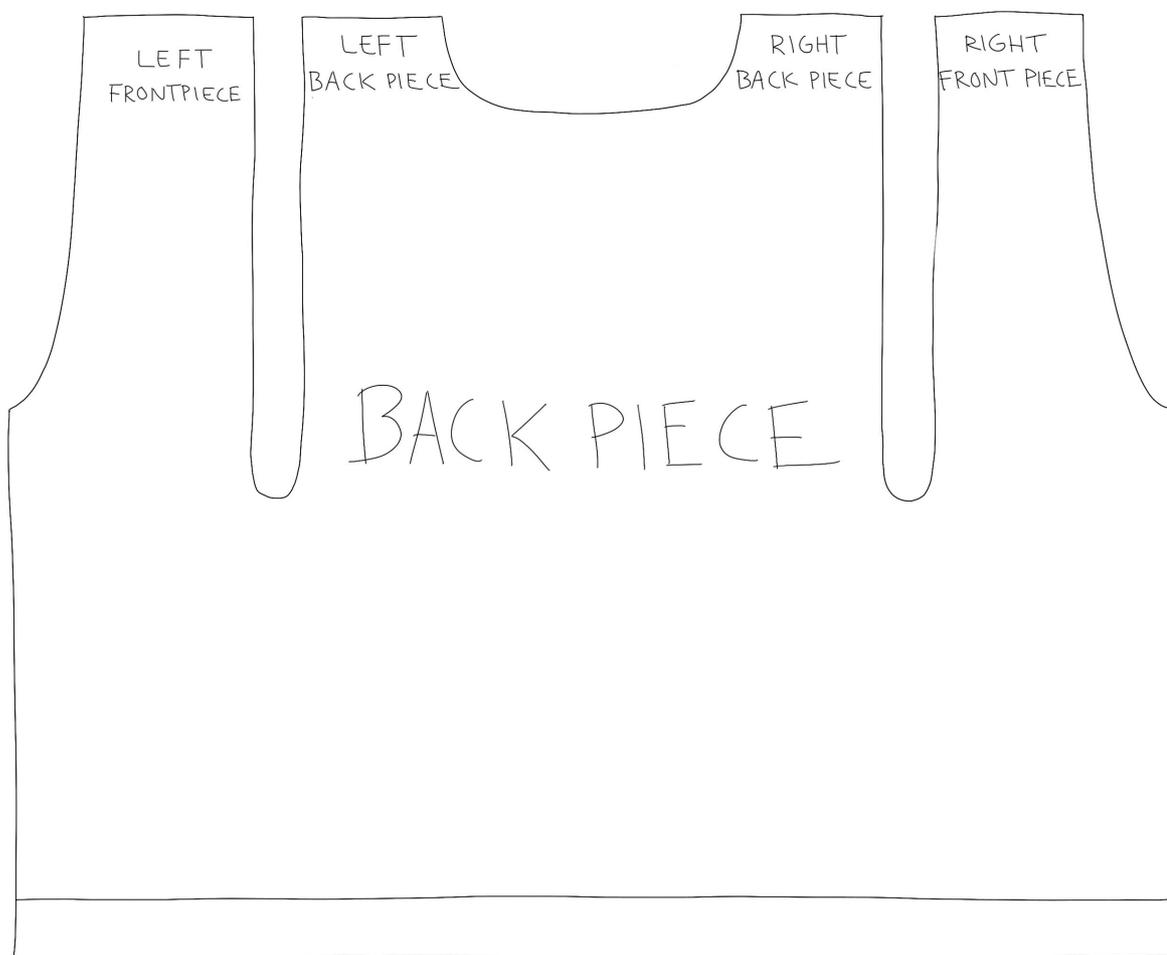
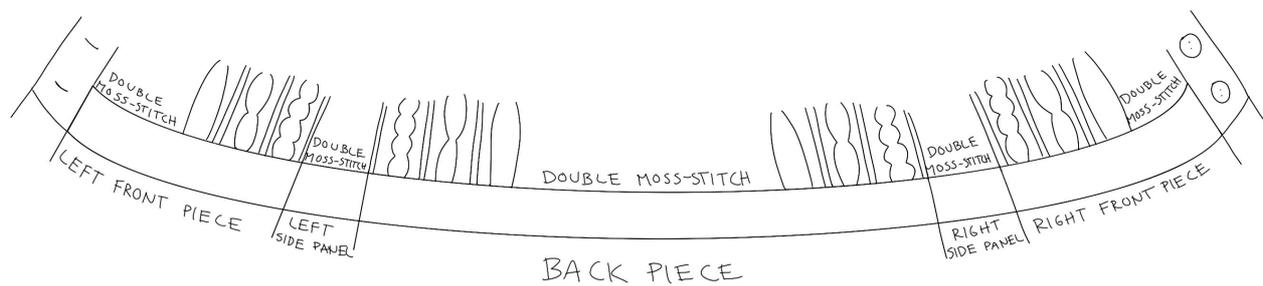
Left side panel:

9 st double-moss stitch

Left front panel:

K1, P 2 (2) 2 (2) 3 (3) 3 (3), A-right, P 2 (2) 2 (2) 3 (3) 3 (3), K1, P 2 (2) 2 (2) 3 (3) 3 (3), B-right,
P 2 (2) 2 (2) 3 (3) 3 (3), K1, P 2 (2) 2 (2) 3 (3) 3 (3), C-right, P1,
6 (7) 11 (13) 13 (16) 17 (18) st double-moss stitch

Overview
As seen from RS



NB! The diagrams do not include the side panels, so read the instructions for these.
 The diagrams show the front and back pieces. There is one diagram for each size.

Diagram for sizes 90 (100) 110 (120)

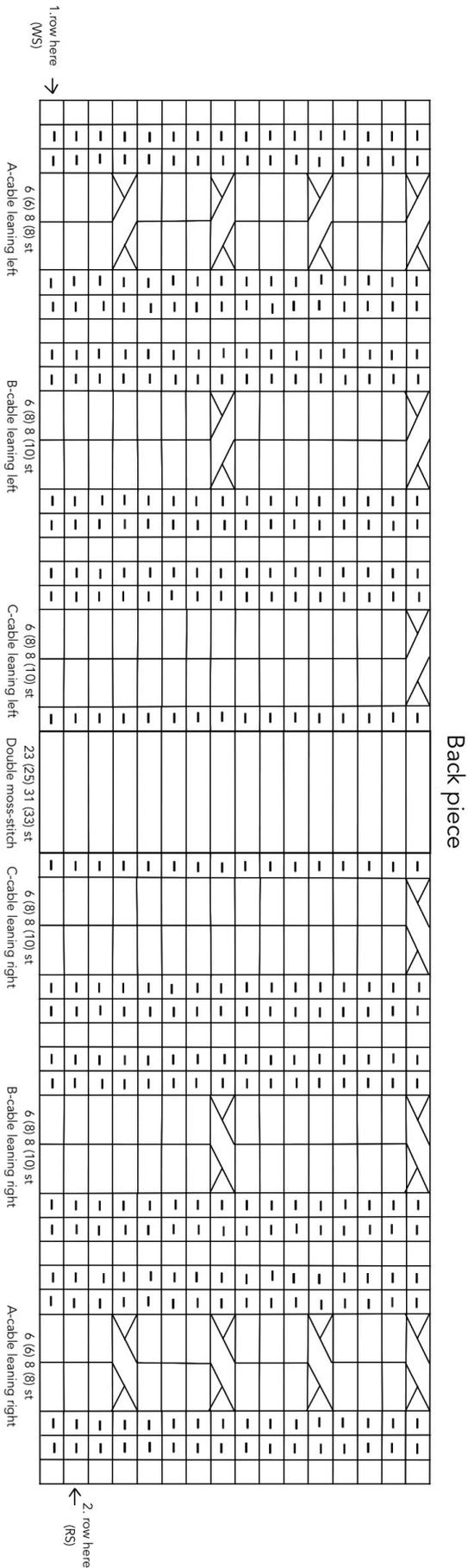
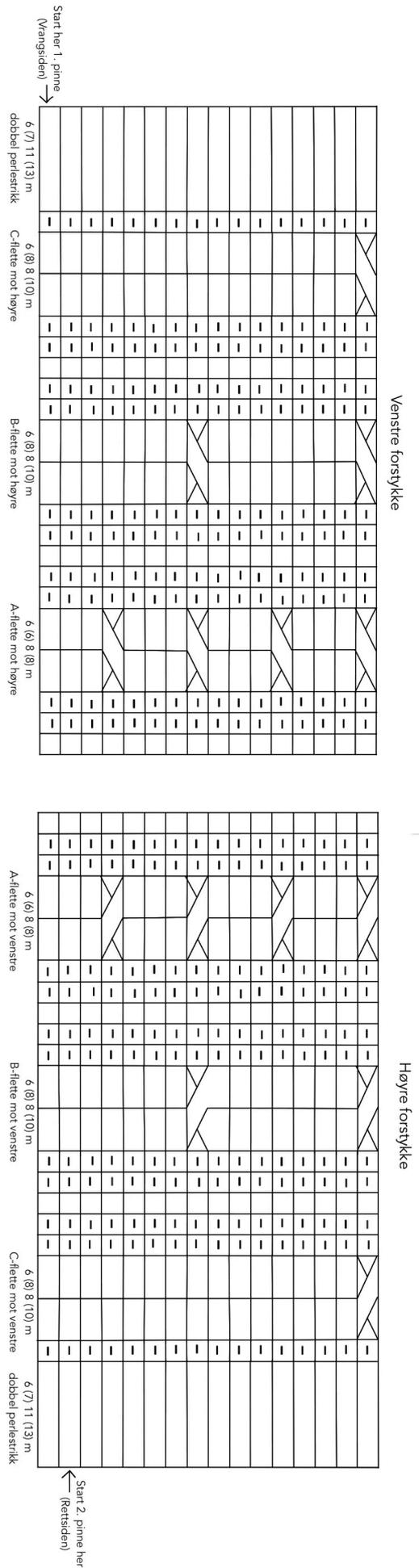
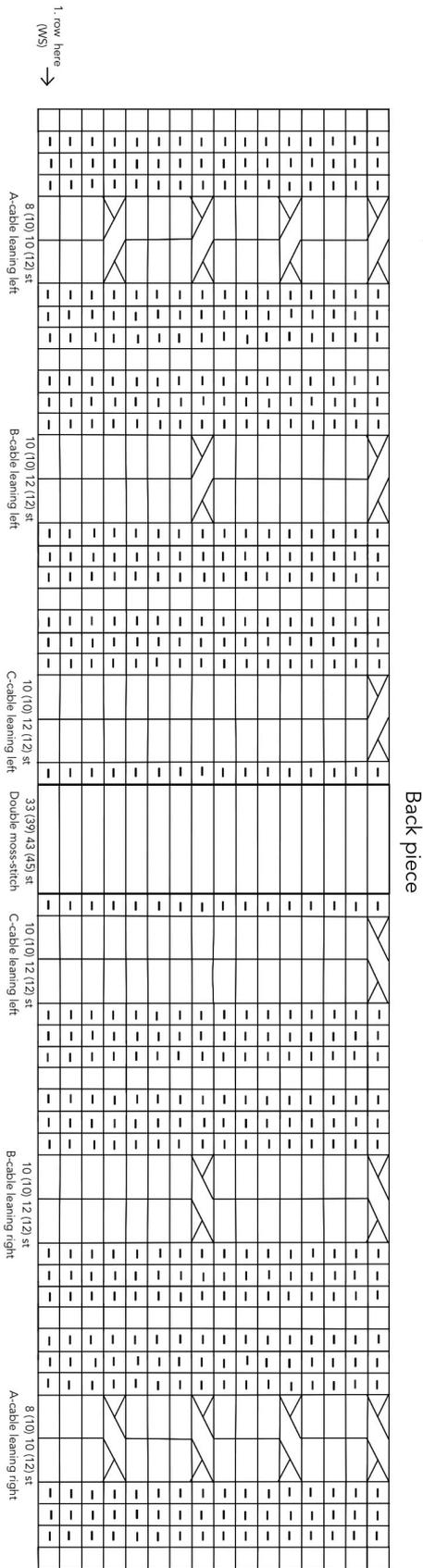
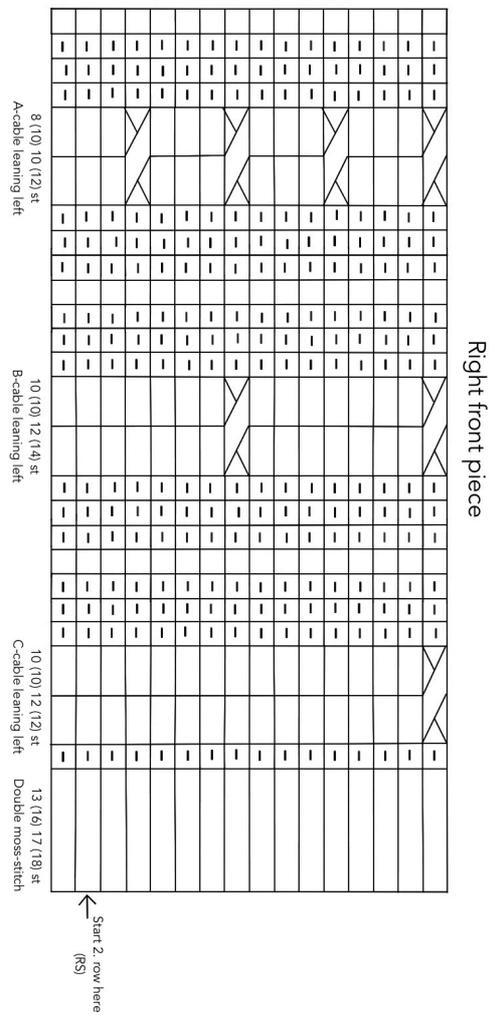
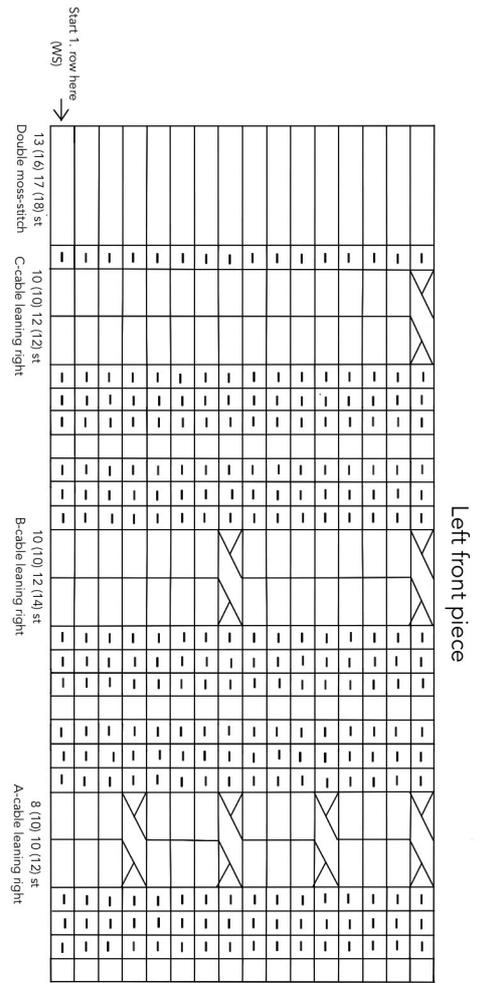


Diagram for sizes 130 (140) 150 (160) cm



Continue until the work measures 26 (26) 27 (27) 28 (28) 29 (29) cm or other desired length, end with a right side row.

On the next WS row, the work will be divided into front and back panels.

Follow the diagram, but cast-off the 7 central st of the side panels under the left arm. Continue as normal until you reach the next side panel and cast-off the central 7st of the side panel under the right arm.

From now the front and back panels are worked separately.

Cables are always twisted on the right side.

Place the sections you are not currently working on a spare needle or yarn.

Right front panel

Work the 39 (44) 50 (56) 61 (66) 71 (76) st back and forth in pattern.

Start on the RS.

Work until the panel measures 27 (28) 29 (29) 30 (30) 31 (31) cm.

On the next RS row, cast-off the first st, then work rest of row as usual.

Work a WS row.

Work a RS row.

Work a WS row.

Repeat the 4 rows above a total of 12 (13) 14 (14) 14 (15) 15 (15) times.

After a certain number of decreases, there will not be sufficient st to twist the C-cable, so simply work in stocking stitch.

Work the remaining 27 (31) 36 (42) 47 (51) 56 (61) st back and forth without decreases until the panel measures 47 (48) 50 (51) 52 (53) 55 (56) cm.

End with a WS row.

Leave the st to rest on a spare needle or yarn.

Break the yarn.

Left front panel

Work the 39 (44) 50 (56) 61 (66) 71 (76) st back and forth in pattern.

Start on the RS.

Work until the panel measures 27 (28) 29 (29) 30 (30) 31 (31) cm.

On the next RS row, cast-off the last st, but work rest of row as usual.

Work a WS row.

Work a RS row.

Work a WS row.

Repeat the 4 rows above a total of 12 (13) 14 (14) 14 (15) 15 (15) times.

After a certain number of decreases, there will not be sufficient st to twist the C-cable, so simply work in stocking stitch.

Work the remaining 27 (31) 36 (42) 47 (51) 56 (61) st back and forth without decreases until the panel measures 47 (48) 50 (51) 52 (53) 55 (56) cm.

End with a WS row.

Leave the st to rest on a spare needle or yarn.

Break the yarn.

Back piece

Work the 89 (99) 109 (119) 129 (139) 151 (161) st back and forth according to the diagram.

Start on the RS.

Work until the back measures 42 (43) 45 (46) 47 (48) 50 (51) cm.

On the next WS row, work the pattern and cast off the central 23 (27) 27 (27) 29 (29) 31 (31) st.

From this point, stitches are cast off the from the neckline towards the shoulders.

Right back piece

Start on the RS, work the 31 (35) 40 (46) 51 (55) 60 (65) st in pattern and cast-off the last st.

Work 1 WS row.

Repeat the two previous rows a total of 4 times.

Work the remaining 27 (31) 36 (42) 47 (51) 56 (61) st back and forth without decreases for a further 2 cm.

End on WS row.

Leave the st to rest on a spare needle or yarn.

Break the yarn.

Left back piece

Start on the RS, work the 31 (35) 40 (46) 51 (55) 60 (65) st in pattern and cast-off the first st.

Work 1 WS row.

Repeat the two previous rows a total of 4 times.

Work the remaining 27 (31) 36 (42) 47 (51) 56 (61) st back and forth without decreases for a further 2 cm.

End on WS row.

Leave the st to rest on a spare needle or yarn.

Break the yarn.

Assembly

Sew the shoulder seams together as instructed below.

Make sure the stitches from the front and back pieces are on parallel knitting needles.

The seam is sewn from the neck to the shoulder. Sew using a sewing needle.

The lower needle is the one closest to you, and the upper needle is the one further away from you.

Lower needle: insert the sewing needle into the first stitch knitwise, slip stitch off needle.

Lower needle: insert the sewing needle into the next stitch purlwise

Upper needle: insert the sewing needle into first stitch purlwise, slip stitch off needle

Upper needle: insert the sewing needle into next stitch knitwise.

Repeat these four steps until there are no stitches left. Weave in thread.

P.S. to remember the steps I have a little rule that I think about while seaming:

Up and off, down and stay

Down and off, up and stay

The up corresponds to knitwise stitches and down corresponds to purlwise stitches.

Button and neckband

Pick up approx. 257 (261) 267 (269) 275 (281) 291 (293) s along both fronts and around the neckline.

Work back and forth in rib (*K1,P1*) until it measures 2 cm.

Make 4 (4) 4 (4) 5 (5) 5 (5) buttonholes in the next row.

Work a buttonhole thus: K2tog, yarn over.

On the next RS row, work until there are about 25 (26) 27 (27) 28 (28) 29 (29) cm left (where the decreases start).

Make a buttonhole. Thereafter, make a button hole every 7,5 (8) 8 (8) 6,5 (6,5) 6,5) 6,5 cm.

On the next row knit the yarn over in rib.

Work the rib edge until it measures 4 cm.

End on a WS row, cast-off in rib.

Sleeves

Pick up 92 (92) 96 (96) 100 (100) 104 (104) st along the arm hole with a 4mm needle, starting in the middle of the under arm. Place a stm here. The sleeve is worked in double moss st.

Decrease by 2 st every 2 cm along the sleeve thus:

K2tog, work double moss stitch until 2 st before stm, SSK.

The pattern may not always match under the sleeve where the decreases are, but this will not show, just make sure the pattern matches on the rest of the sleeve.

Change to a shorter circular needle or double-pointed needles if needed.

Decreases are made a total of 21 (21) 21 (21) 22 (22) 23 (23) times.

Work the remaining 50 (50) 54 (54) 56 (56) 58 (58) st until the sleeve measures 48 (48) 49 (49) 50 (50) 50 (51) cm or other desired length.

Knit 1 round.

Change to 3.5mm needles. Work in rib.

(*K1,P1*) for 4 cm. Cast-off in rib.

Assembly

Weave in all loose ends. Wash the garment and dry flat. Sew on buttons.



Happy Knitting !

Please tag your photos on instagram with #fridagcardiganvneck and @aftenstrikk so I can see your version of the garment.

www.aftenstrikk.com

Instagram: [aftenstrikk](https://www.instagram.com/aftenstrikk)

English translation by Elise Damstra (instagram: [@elisemdo](https://www.instagram.com/elisemdo)).

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