

aftenstrikk



Fridag vest

v-neck

Circumference	91 (100) 111 (120) 131 (137) 148 (157) cm
Length	45 (46) 47 (48) 49 (50) 51 (52) cm
Gauge	14 = 10 cm in pattern
Suggested needles	6 mm long circular needle and 5,5 mm short and long circular needle for ribbed edge
Materials	200 (200) 250 (250) 300 (300) 350 (350) g Vams from Rauma Garn(50g = 83m) 50 (50) 50 (50) 75 (75) 75 (100) g soft silk mohair from KFO (25g = 225m)

About the vest and pattern

The Fridag vest is a roomy and cozy sweater that is worked with cables and double moss stitch with a short cut and a deep v-neck. There is about 20cm positive ease in the pictured vest. To find the right size measure around the widest part of the upper body, add 20cm, and then select the size closest to that measurement. For a more fitted vest, only add 10 cm to the measurement. For a less cropped style, add 10 cm to the length of the body.

The sweater is worked in the round from the bottom up. The work is divided into the front and back to make the arm holes. From this point, the front and back are worked flat one at a time. Decreases are made in the center to create the neckline. When the body has been completed, the front and back pieces are seamed together at the shoulders. Then stitches are picked up around the neckline and the collar is worked in rib. Then stitches are picked up in the armholes and a few cm of rib are worked.

Gauge and fit

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 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 14 sts in 10 cm. 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 Vams, 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.

Techniques and abbreviations

st = stitch

K = knit stitches

P = purl stitches

ndl = needle

rnd = round (K1ow in the round)

m = stitch marker

sl = slip the first stitch onto the right needle

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.

Rib = *K1, P1 * repeat

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 128 (140) 156 (168) 184 (192) 208 (220) st on 5.5 mm long circular needle.
Work 4 cm in rib (*K1,P1*).

Change to 6mm long circular needle.
K K1nd.

Place an m at the start of the rnd, which is on the right hand side.
From this point 4 cables will be worked on the front (2 left leaning, 2 right leaning) and four on the back (2 left leaning, 2 right leaning), with sections of double moss stitch on both sides and in the center front and back. It is a good idea to place m to mark the various cables. See the description below for how the pattern is distributed around the work (and the diagram for the front and back).

Work the body in the round with cables and double moss st as follows

Half right side:

4 (6) 7 (7) 10 (11) 13 (14) st in double moss stitch

Back side:

K1, P2, K1, P2, A-right, P2, K1, P2, B-right, P1,
9 (11) 13 (15) 17 (17) 19 (19) st in double moss stitch,
P1, B-left, P2, K1 P2, A-left, P2, K1, P2, K1

Left side:

7 (11) 13 (13) 19 (21) 25 (27) st in double moss stitch

Front side:

K1, P2, K1, P2, A-right, P2, K1, P2, B-right, P1,
9 (11) 13 (15) 17 (17) 19 (19) m i double moss stitch,
P1, B-left, P2, K1 P2, A-left, P2, K1, P2, K1

Half right side:

3 (5) 6 (6) 9 (10) 12 (13) st in double moss stitch

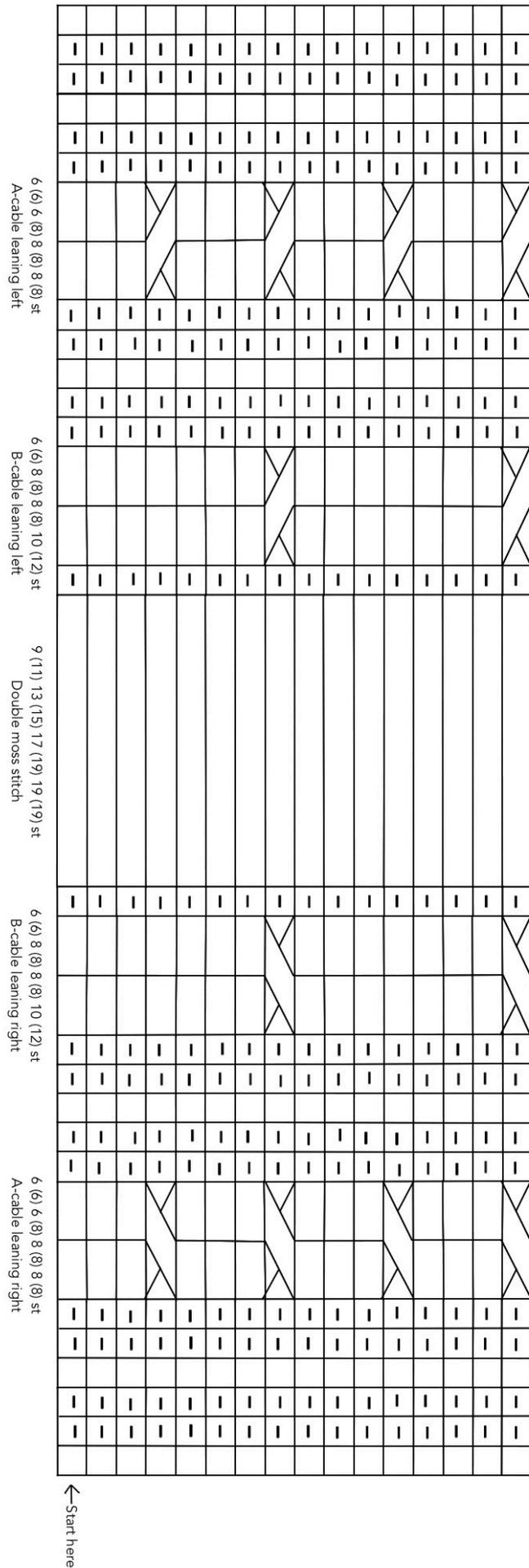
A-cables twisted every 4.0mg	A-cables are 6 (6) 6 (8) 8 (8) 8 (8) st
B-cables twisted every 8.0mg	B-cables are 6 (6) 8 (8) 8 (8) 10 (12) st

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.

NB! The diagrams do not include the side panels, so read the instructions for these.

Chart - front and back piece



Knit until the work measures 14 (15) 15 (16) 16 (17) 17 (18) cm or other desired length, making sure to end on an even numbered pattern row (keep in mind that structured knitting can expand when washed). If you want to knit a longer vest, knit a further 10 cm before dividing the front and back.

The front and back pieces are divided on an odd numbered pattern row.

Knit the pattern and the four cables of the back piece, then cast-off 7 (11) 9 (9) 15 (13) 13 (15) central sts from the double moss stitch side panel under the left arm. Continue to work the pattern and the four cables on the front piece and cast-off the 7 (11) 9 (9) 15 (13) 13 (15) central sts from the double moss stitch side panel under the right arm. Continue to work the pattern on the front and back pieces, making sure that the cables are always twisted on right side (RS) rows.

Back piece

The back piece is worked back and forth in the already established pattern with cables and double moss stitch.

Start on the RS (right side). K2tog the first two and last two stitches on the needle. Work 1 WS row.

Repeat these two rows 5 (5) 6 (7) 7 (8) 10 (10) times in total until only 1 (1) 2 (1) 1 (2) 2 (2) st before the A-cable remains on both sides.

Work the remaining 47 (49) 57 (61) 63 (67) 71 (75) st until the work measures 40 (41) 42 (43) 44 (45) 46 (47) cm or other desired length. If you've opted for the 10 cm longer version, add 10 cm to the figures above.

On the next WS row work in pattern and cast off the middle 23 (25) 29 (33) 35 (35) 39 (43) st. Work the rest of the row. Now some stitches from the neckline will be decrease towards the shoulders.

Work half the back piece back and forth in pattern, from the RS. Knit the last 2 st on each RS row together (K2tog). Work a WS row.

Repeat these two rows 4 times. There should now be 1 (1) 2 (1) 1 (2) 2 (2) st before the cables on either side.

Work the remaining 8 (8) 10 (10) 10 (12) 12 (12) st back and forth until the work measures 45 (46) 47 (48) 49 (50) 51 (52) cm. If you've opted for the 10 cm longer version, add 10 cm to the figures above.

Leave the st to rest on an extra needle or scrap yarn. Break the working yarn.

Work the other half of the back in the established pattern, but SSK the first two st on every RS row. Work 1 WS row.

Repeat these two rows 4 times. Work the remaining 8 (8) 10 (10) 10 (12) 12 (12) st back and forth until the work measures 45 (46) 47 (48) 49 (50) 51 (52) cm. Leave the st to rest on an extra needle or scrap yarn. Break the working yarn.

Front piece

Worked back and forth in established pattern. NB! You will make decreases for the armholes as well as for the neckling.

Starting on the RS, work 1 row in pattern.

On the WS, work 1 row in pattern.

On the next RS row, K2tog the first two and last two st.

On the WS, work pattern and cast-off the most central st. Work in pattern for the rest of the row.

Work half the front back and forth in pattern, starting on the RS.

On the RS, K2tog the first two and last two st.

Work 1 WS row.

Repeat these two rows until a total of 5 (5) 6 (7) 7 (8) 10 (10) st have been decrease from the armhole and only 1 (1) 2 (1) 1 (2) 2 (2) st remains on the outside of the A-cable.

From here, decreases are only made to shape the neckline on all RS rows.

Repeat until 15 (16) 18 (20) 21 (20) 23 (25) st have been decreased from the middle.

Work the remaining 8 (8) 10 (10) 10 (12) 12 (12) st back and forth without decreases until the work measures 45 (46) 47 (48) 49 (50) 51 (52) cm. If you've opted for the 10 cm longer version, add 10 cm to the figures above.

Leave the st to rest on an extra needle or scrap yarn. Break the working yarn.

Work the other half of the front in the same way.

First make decreases at the armhole and the middle until 5 (5) 6 (7) 7 (8) 10 (10) st have been decrease at the armhole, then continue to decrease in the middle until 15 (16) 18 (20) 21 (20) 23 (25) st have been decreased.

Work the remaining 8 (8) 10 (10) 10 (12) 12 (12) st back and forth without decreases until the work measures 45 (46) 47 (48) 49 (50) 51 (52) cm.

Leave the st to rest on an extra needle or scrap yarn. Break the working yarn.

Assembly

Sew the shoulder seams together as instructed below.

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

- 1) Lower needle: insert the sewing needle into the first stitch knitwise, slip stitch off needle.
- 2) Lower needle: insert the sewing needle into the next stitch purlwise.
- 3) Upper needle: insert the sewing needle into first stitch purlwise, slip stitch off needle.
- 4) 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.

Neckband

Pick up 2 and skip every 3rd edge st along the neckline opening with a 5.5mm needle.

Start with the first st that was cast-off in the middle. This st should always be worked as a K st. Place an m on either side of this st. Every rnd work a K2tog after the marked st, and an SSK before the marked st. Work in rib (*K1,P1*) around the neckline until it measures 3 cm. Cast-off.

Sleeves

Pick up 2 and skip every 3rd edge st along the armhole opening with a 5.5mm needle.

Start in the middle of the under arm.

Work 3 cm in rib (*K1,P1*). Cast-off in rib.

Finishing

Weave in all loose threads. Wash the vest and dry flat.

Happy knitting!

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

www.aftenstrikk.com Instagram: aftenstrikk

English translation by Elise Damstra (instagram: @elisemdo).

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