



# HELIX

by Yumiko Alexander

**Dan  
Doh**  
KNIT & CROCHET

This top is beautiful in its simplicity –a construction of three rectangles producing a horizontal line and V neck on the back, these are focal points for this top. Gathered cuffs add more interest.

You have the choice to complete this as a pullover with seaming in the center front or as a cardigan with no seaming in the center front.

## FINISHED MEASUREMENTS

**Chest:** 45 [48, 51, 54 ½]" / 112 [120, 128, 136]cm

**Length (Laid flat):** Choice of 17", 20" or 23" / 42.5cm, 50cm or 57.5cm (adjustable)

Choose the chest size for your ease preference and length.

Shown here: 48" chest, 17" length on model with 33" chest and 5' 5" height.

## YARN

**DanDoh LINEN** (100% linen, 124yds/50g);

color: Black Natural, Sangria

17" long: 4 [5, 5, 5] skeins or 483 [506, 529, 552]yds

20" long: 5 [5, 5, 5] skeins or 539 [565, 592, 619]yds

23" long: 5 [6, 6, 6] skeins or 594 [625, 655, 686]yds

The pattern comes with an option to make a shorter/longer length. For each 7/8" length, you use approx.16 [17, 18, 19]yds.

## TOOLS

US 10 / 6.0 mm needles or size needed to obtain gauge

11 removable stitch markers

Darning needle

Lace blocking wires –optional for blocking

## GAUGE

20 sts = 8" and 28 rows = 6" in Body Stitch pattern (blocked)



DANDOH



<http://DanDoh.com>

## PATTERN NOTES

- The Back is worked from the top down, then the Fronts are picked up from the cast-on edge on the Back and worked from the top down. The sleeves are picked up and worked outwards from the body.
- This pattern is written for the smallest size with instructions for the larger sizes in parentheses. If there is only one number, that number applies to all sizes.
- Adjustment: Choose the length for your top, 17", 20" or 23". If you still want to adjust the length, instructions for length adjustments are included in the pattern. Please read this entire pattern including all notes so you can consider any adjustments and additional yardage requirements before you begin.
- Gauge: It is important to accurately check your gauge so the finished length will not grow much as the top is being worn. How to check your gauge: Cast on 24 sts and work in Body Stitch Pattern for 28 rows, and loosely bind off using Suspended Bind-off (see page 2). Then wet your swatch, squeeze as much water out of it as you can. Stretch it aggressively, then straighten the four sides of the swatch using blocking wires. Keep the wires intact and let it dry. Remove wires after it has dried. Then measure your gauge where the eyelets lay between the 2 edge stitches on both sides. If it is 8" x 6", you are right on the gauge.  
Note: If needed, you may unravel your swatch and use the swatch yarn for your project.

## STITCH GUIDES

**Sl 1 (at the beginning of the row):** Slip 1 st purlwise with yarn in front.

**BODY STITCH PATTERN** (multiple of 2 sts, plus 4 sts)

**Row 1 (RS):** Sl 1, k1, \*yo, p2tog; rep from \*, to last 2 sts, k2.

**Row 2 (WS):** Sl 1, p1, \*yo, p2tog; rep from \* to last 2 sts, p1, k1.

Rep rows 1-2 for pattern.



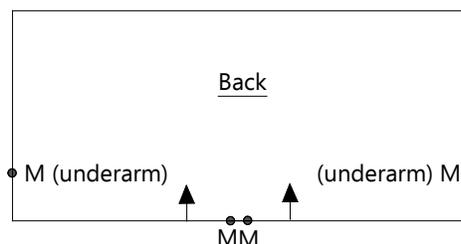
## INSTRUCTIONS

### BACK

Loosely cast on 58 [62, 66, 70] sts.

Note: The [Crocodile Cast-on](https://youtu.be/-n0wsK4xG00) (or <https://youtu.be/-n0wsK4xG00>) method works well. For this top, the horizontal line of the cast-on edge sits 6" below the shoulder line on the back. A tight cast-on would have little or no elasticity, making the top uncomfortable to wear.

**Set-up row (WS):** P28 [30, 32, 34], place removable marker on cast-on edge, p2, place removable marker on cast-on edge, p27 [29, 31, 33], k1.



Work Body Stitch pattern rows 1-2 six times. (12 rows)

**Note: The Body Stitch pattern is almost reversible, and the only difference between RS and WS are the second stitches from each edge. I recommend placing a removable marker to mark the RS of the fabric after working a few rows. Keep the marker until finishing.**

Place removable markers on the first and last sts of the last row worked to mark underarms.

Continue working Body Stitch pattern rows 1-2 20 times for 17" length, 27 times for 20" length, 34 times for 23" length.

"How to make a shorter/longer top"

If you prefer a shorter/longer top, work fewer/more rep of rows 1-2. Two repeats (4 rows) makes approx. 7/8" shorter/ longer top, and you will use approx. 16 [17, 18, 19]yds to work each 4 rows. If making adjustments here for length, note the number of fewer/more rep of rows 1-2 to work the same for the Front.

**Next row (RS):** Sl 1, k to end.

**Next row (WS):** Sl 1, p to end.

Loosely bind off all sts.

**Note: The Suspended Bind-Off (see below) method using a needle 1 or 2 sizes larger than your gauge needle size works well. Make sure that your bind-off is loose enough to get the finished measurements on the bound-off edge. I recommend this method for the Back and Fronts. If this method is used for the Cuffs, make sure not to bind off too loosely.**

### SUSPENDED BIND-OFF

**Step 1:** Knit two stitches.

**Step 2:** Insert left needle tip into first stitch on right needle and lift the first st over the second, but leaving the first stitch on the left needle.

**Step 3:** Knit the next stitch, then slip both stitches off the left needle-two stitches remain on right needle and one stitch has been bound off.

Rep Steps 2-3 until no stitches remain on left needle.

Cut yarn, leaving a tail about 2.5 times the length of the side for seaming (see diagram on last page for measurements).

Use the tail for seaming the sides.

### LEFT FRONT

With RS of the Back facing, there are two markers on the cast-on edge.

Pick up and knit 2 sts from the 1st marker on the right to the 2nd marker, then pick up and knit 28 [30, 32, 34] sts to the end. (30 [32, 34, 36] sts)

Note: Do not remove removable markers.



**Set-up row (WS):** P to last st, k1.

Work Body Stitch pattern rows 1-2 14 times. (28 rows)

**Note: I recommend placing a removable marker to mark the RS of the fabric.**

Place removable marker on the first st of the last row worked to mark shoulder line.

Continue working Body Stitch pattern rows 1-2 20 times. (40 rows)

Place removable marker on the first st of the last row worked to mark underarm.

Continue working Body Stitch pattern rows 1-2 20 times for 17" length, 27 times for 20" length, 34 times for 23" length.

**Note: If you made any length adjustments for the Back, work the same number of additional repeats of rows 1-2 as Back.**

**Next row (RS):** Sl 1, k to end.

**Next row (WS):** Sl 1, p to end.

Loosely bind off all sts.

Cut yarn, leaving a tail about 2.5 times the length of the side for seaming.

Use the tail for seaming the sides.

## RIGHT FRONT

With RS of the Back facing, pick up and knit 28 [30, 32, 34] sts from the right corner to the 1st marker, then continue to pick up and knit 2 sts to 2nd marker (behind Left Front). (30 [32, 34, 36] sts).

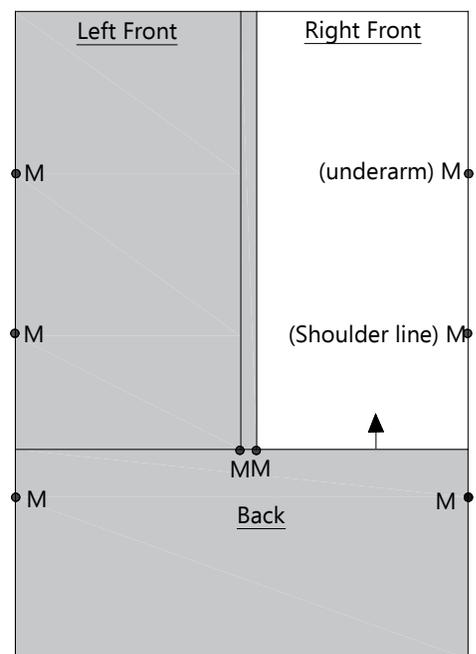
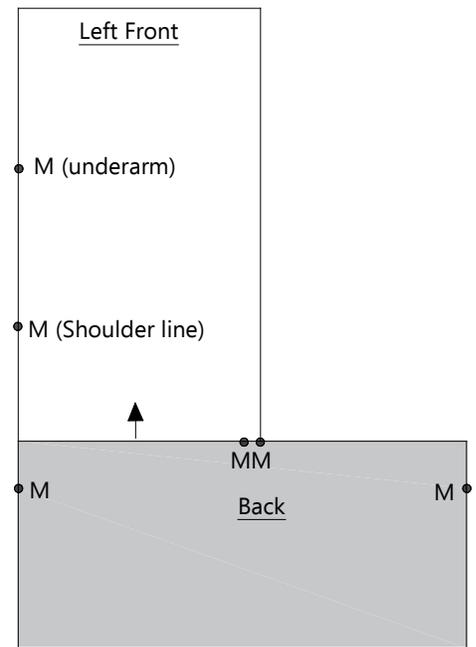
Remove the 2 removable markers from the cast-on edge.

Work the same as Left Front (set-up row to bind-off, including any fewer/additional repeats of rows 1-2 for length adjustment), except place removable markers on the LAST st of the row to mark the shoulder line and the underarm.

Bind off all sts.

Cut yarn, leaving a 6" tail if you finish it as a cardigan.

If you finish it as a pullover, leave a tail about 2.5 times the desired length of the center seam (see diagram for measurements).



Block if you prefer to do that here. When checking the flat, unseamed measurements, add  $\frac{3}{4}$ " / 2cm to each Body width for selvedge stitches.

**Note: Blocking is optional at this point. However, it is nice to see what the measurements would be, and you get a better idea if you want to adjust sleeve depth and length. Also, blocking makes it easier to pick up and knit stitches for the sleeves.**

## SLEEVES (make 2)

**Tip: Weigh your leftover yarn. You can use up to 50% of the remaining weight for the first sleeve. This helps you complete your project without running out of yarn, especially if making the sleeves longer.**

With RS of Body facing, pick up and knit 24 sts from marker for underarm to marker for shoulder line, then 24 sts from shoulder line to marker on the other side. (48 sts).

"How to make a narrower/wider sleeves"

For the sleeve as written, the depth is 8  $\frac{1}{2}$ ". If you prefer narrower/wider sleeves, work as follows:

To make approx.  $\frac{7}{8}$ " narrower/wider sleeves, move both sets of markers 4 rows towards the shoulder/the bottom. Then pick up and knit a total of 4 sts fewer/more (2 sts fewer/more each before the shoulder seam and after the shoulder seam).

If you make narrower sleeves, there may not be enough stitches to work the gathered cuffs.



**Set-up row (WS):** Purl.

Work Body Stitch pattern rows 1-2 15 times, then row 1 once. (31 rows)

"How to make shorter/longer sleeves"

To make shorter/longer sleeves, work fewer/more repeats of Body Stitch pattern here, ending after working a row 1.

**Next row (WS):** Purl.

## CUFF

Work the following (next page) rows 1-2 once. (read a note on next page)

**Row 1 (RS):** K12, k3tog 8 times, k12. (dec'd 16 sts, 32 sts)

**Row 2 (WS):** Purl.



**Note: Cuff will be gathered (12" around). If you picked up and knit fewer/additional stitches to make narrower/wider sleeves, knit half the number of fewer/additional stitches each before and after "k3tog 8 times" on row . Also, if you prefer kimono-style sleeves (17" around), knit all sts on row 1 without working any k3tog stitches.**

Loosely bind off all stitches.

Cut yarn, leaving a tail about 2.5 times the sleeve length.

Use the tail for seaming the undersleeves.

## FINISHING

- Block the garment to measurements per diagram.
- Seam the side of body and the undersleeves.
- To finish as a pullover: Seam the center for Left Front and Right Front together from the bottom edge to 7"-10" (your preference) from the shoulder line. The unseamed section is the neck opening.
- To finish as a cardigan: Leave the Fronts unseamed. However, because of the shape of the Back V neck, sewing a button or using a closer on Front edges helps the cardigan stay on your shoulders nicely.
- Weave in all ends.



This top has 7" depth for a neck opening



Used a closer on Fronts

## ABBREVIATIONS

**Approx:** Approximately

**CO:** Cast on

**Dec:** Decrease

**K:** Knit

**K3tog:** Knit three stitches together (2 stitches decreased)

**P:** Purl

**P2tog:** Purl two stitches together (1 stitch decreased)

**Pm:** Place marker

**Rep(s):** Repeat(s)

**RS:** Right side

**Sl:** Slip

**Sm:** Slip marker

**St(s):** Stitch(es)

**WS:** Wrong side

**Yo:** Yarn over

