

Northern Lights pullover

Color yoke pullover pattern by Sari Nordlund



#NorthernLightsPullover



The Northern Lights pullover is an Icelandic inspired colorwork pullover with a circular yoke. The colorwork was inspired by the shifting colors of the auroras.

The Northern Lights pullover is knitted seamlessly top-down starting at the top of the colorwork. The sleeves and body are separated at the underarm and knitted separately. The stitches for the neckband are picked from the neck cast on edge and worked in ribbing in the round. The neckband is folded double at the end for extra warmth and volume.

The yoke is knitted in stranded colorwork with increases incorporated into the pattern. There is also colorwork on the sleeves.

Sizes

- 1 (2, 3, 4, 5) (6, 7, 8, 9)
- Finished bust circumference: 91 (100, 111, 120, 131) (140, 151, 160, 171) cm / 35.75 (39.25, 43.75, 47.25, 51.5) (55, 59.5, 63, 67.25) inches including the intended ease of 15 cm / 6 inches (choose a size that is closest to your actual bust + the intended ease)
- Length from hem to underarm (adjustable): 30 (30, 30, 30, 34) (34, 34, 36, 36) cm / 11.75 (11.75, 11.75, 11.75, 13.5) (13.5, 13.5, 14.25, 14.25) inches
- Yoke length: 26 (26, 27, 27, 27) (28, 28, 28, 28) cm / 10.25 (10.25, 10.75, 10.75, 10.75) (11, 11, 11, 11) inches
- Sleeve length from cuff to underarm (adjustable): 40 (42, 44, 44, 44) (44, 46, 46, 46) cm / 15.75 (16.5, 17.25, 17.25, 17.25) (17.25, 18, 18, 18) inches
- Upper arm circumference: 34 (36, 38, 40, 44) (48, 52, 56, 58) cm / 13.5 (14.25, 15, 15.75, 17.25) (19, 20.5, 22, 22.75) inches
- Note: Please be aware that adjusting the lengths of the garment will also affect the amount of yarn needed to finish the project.

Yarn

- Main color: 880 (960, 1060, 1170, 1280) (1410, 1550, 1710, 1880) m / 960 (1050, 1160, 1280, 1400) (1540, 1700, 1870, 2050) yards of similar DK weight yarn
- Contrasting color: 230 (230, 260, 270, 300) (330, 360, 390, 420) m / 250 (250, 280, 300, 330) (360, 390, 430, 460) yards of similar DK or worsted weight yarn

Sample:

- Main color: 4 (5, 5, 5, 6) (7, 7, 8, 9) skeins of The Farmer's Daughter Fibers Pishkun DK (233 m / 255 yards per 100g), shown in colorway I've Got Dreams To Remember.
- Contrasting color: 2 (2, 2, 2, 3) (3, 3, 3, 4) skeins of Spincycle Yarns Dream State (100% wool; 137 m / 150 yards per 50g), shown in colorway Overshadow.

Gauge

19 sts and 26 rounds = 10 cm / 4 inches of colorwork or Stockinette stitch on the larger needles, in the round, after blocking

Notions

- 1 stitch marker
- waste yarn
- tapestry needle
- blocking tools

Needles

For the ribbing:

- 3 mm / US2.5 DPNs or a circular needle with a cable suitable for small circumference knitting for cuffs
- 3 mm / US2.5 circular needle with a cable length of 40 cm / 16 inches for the neckline
- 3 mm / US2.5 circular needle with a cable length of 80 cm / 32 inches for smaller sizes and 100 cm / 40 inches for larger sizes for the hem

For the main part:

- 4 mm / US6 DPNs or a circular needle with a cable suitable for small circumference knitting for sleeves
- 4 mm / US6 circular needle with a cable length of 60 cm / 24 inches for smaller sizes and 80 cm / 32 inches for larger sizes for the colorwork at the top of the yoke
- 4 mm / US6 circular needle with a cable length of 80 cm / 32 inches for smaller sizes and 100 cm / 40 inches for larger sizes for the main part

Note: Always use the needle size that gets you the right gauge! If necessary, knit the colorwork using a needle one size larger than you would normally use for Stockinette stitch with the same yarn weight.

Abbreviations

BOR	Beginning of the round
CC	Contrasting color
dec'd	Decreased
DPNs	Double pointed needles
Inv-R	Invisible lift increase (right-leaning) Tutorial: https://yayforyarn.com/knit-lifted-increases/
k	Knit
k2tog	Knit 2 sts together
MC	Main color
m1L	Make 1 st (left-leaning)
p	Purl
p2tog	Purl 2 sts together
pm	Place marker
RS	Right side
sl1	Slip
sm	Slip marker
ssk	Slip, slip, knit the slipped sts together through the back loops
st(s)	Stitch(es)
WS	Wrong side
wyif	With yarn in front
yo	Yarn over

Instructions

NECKBAND

Cast on 96 (96, 108, 108, 112) (114, 114, 116, 116) sts with the larger needles and MC yarn using the Long-Tail Cast On method. Pm for BOR and join in the round, careful not to twist the ring of sts.

Sizes 1-3 only:

Set-Up Round: K all.

Sizes 4, 5 and 9 only:

Increase Round: *K- (-, -, 18, 8) (-, -, -, 2), m1L; repeat from * until end. (- (-, -, 6, 14) (-, -, -, 58) sts increased, - (-, -, 114, 126) (-, -, -, 174) sts on needles)

Size 6 only:

Increase Round: *(K5, m1L) x 3, k4, m1L; repeat from * until end. (24 sts increased, 138 sts on needles)

Size 7 only:

Increase Round: *(K3, m1L) x 5, k4, m1L; repeat from * until end. (36 sts increased, 150 sts on needles)

Size 8 only:

Increase Round: K1, *k2, m1L, k3, m1L; repeat from * until end. (46 sts increased, 162 sts on needles)

YOKE

All sizes resume:

Note: Remember to check your gauge a few rows into the colorwork pattern and change needle sizes if necessary. I usually stretch out the stitches on my right needle every now and then to make sure my yarn floats are long enough so that the fabric won't start to pucker.

Start working as instructed on the Round 1 of the Yoke chart. The chart repeats 32 (32, 36, 38, 42) (46, 50, 54, 58) times on each round. Then work Rounds 2-65 of the chart.

At the end of the chart there are 256 (256, 288, 304, 336) (368, 400, 432, 464) sts on needles.

Break contrasting yarn and continue in MC only and work 1 round in Stockinette stitch (= knit all stitches).

Sizes 1, 5 and 8 only:

Increase Round: *K32 (-, -, -, 12) (-, -, 18, -), m1L; repeat from * until end. (8 (-, -, -, 28) (-, -, 24, -) sts increased, 264 (-, -, -, 364) (-, -, 456, -) sts on needles)

Size 2 only:

Increase Round: K1, *k7, m1L, k8, m1L; repeat from * until end. (34 sts increased, 290 sts on needles)

Size 3 only:

Increase Round: K2, *k13, m1L; repeat from * until end. (22 sts increased, 310 sts on needles)

Size 4 only:

Increase Round: *K9, m1L, k10, m1L; repeat from * until end. (32 sts increased, 336 sts on needles)

Size 6 only:

Increase Round: K12, m1L, k13, m1L, *(k12, m1L) x 3, k13, m1L; repeat from * until end. (30 sts increased, 398 sts on needles.)

Size 7 only:

Increase Round: *(K13, m1L) x 2, k14 m1L; repeat from * until end. (30 sts increased, 430 sts on needles.)

Size 9 only:

Increase Round: *(K39, m1L) x 2, k38, m1L; repeat from * until end. (12 sts increased, 476 sts on needles.)

All sizes resume:

Work in Stockinette stitch until the yoke measures 26 (26, 27, 27, 27) (28, 28, 28, 28) cm / 10.25 (10.25, 10.75, 10.75, 10.75) (11, 11, 11, 11) inches from the cast on edge.

SEPARATE BODY AND SLEEVES

Note: This is a good place to put the sts on a piece of waste yarn and try the yoke on to see how it fits. If you need to add extra length, you can knit a few more rounds in Stockinette stitch before separating the body and the sleeves.

Next Round: K39 (44, 48, 52, 56) (61, 66, 69, 73), put the next 54 (58, 60, 64, 70) (78, 84, 90, 92) sts on hold for the right sleeve, CO 8 (8, 10, 10, 12) (12, 12, 14, 16) sts for underarm, k78 (87, 95, 104, 112) (121, 131, 138, 146), put the next 54 (58, 60, 64, 70) (78, 84, 90, 92) sts on hold for the left sleeve, CO 8 (8, 10, 10, 12) (12, 12, 14, 16) sts for underarm, k until end. The BOR marker is now at the center back. Continue working in the round. (172 (190, 210, 228, 248) (266, 286, 304, 324) sts on needles for the body)

SHORT-ROW SHAPING FOR THE BACK

This part is optional, so if you don't want to do the short-row shaping you can continue straight to the instructions for the body. The short-rows are worked on the back from one armhole to another to make the back longer than the front.

Work 1 round of Stockinette stitch.

Short-row 1 (RS): K39 (44, 48, 52, 56) (61, 66, 69, 73), turn the work.

Short-row 2 (WS): Sl1 wyif and yo at the same time, pull the working yarn so that the "legs" of the slipped st rise up on the right needle and look like a pair of sts. From now on, this is called a "stitch pair." Then purl to BOR, sm, p39 (43, 47, 52, 56) (60, 65, 69, 73), turn the work.

Short-row 3 (RS): Sl1 wyif and yo at the same time, pull the yarn as above, knit to BOR, sm, knit until the next stitch pair, work the stitch pair as k2tog, k, turn the work.

Short-row 4 (WS): Sl1 wyif and yo at the same time, pull the yarn as above, purl to BOR, sm, purl until the next stitch pair, work the stitch pair as p2tog, p2, turn the work.

Repeat Short-rows 3-4 another 3 (3, 4, 4, 5) (5, 5, 6, 7) times.

Short-row 5 (RS): Sl1 wyif and yo at the same time, pull the yarn as above, knit to BOR.

Next Round: Resume working in the round. Work in Stockinette stitch and work the remaining stitch pairs as k2tog at the same time.

Work in Stockinette stitch until the body measures 25 (25, 25, 25, 29) (29, 29, 31, 31) cm / 9.75 (9.75, 9.75, 9.75, 11.5) (11.5, 11.5, 12.25, 12.25) inches from the front edge of the underarm, or 5 cm / 2 inches less than the desired length (I recommend you try the sweater on at this point to get the right length for your body!)

HEM

Change to smaller needles and start ribbing:

Ribbing Round: *K1, p1; repeat from * until end.

Continue as established until the hem measures 5 cm / 2 inches or the desired length. Bind off all sts using the Sewn Tubular Bind Off, or other bind off method of your choice.

SLEEVES

Take the stitches held for the first sleeve back on the larger needles. Starting at the middle of the underarm CO edge using MC yarn, pick up and knit 4 (4, 5, 5, 6) (6, 6, 7, 8) sts along the side of the CO edge, then pick up and knit 1 st in the gap between the underarm CO edge and the sleeve. K the sleeve sts, then pick up and knit 1 st in the gap between the sleeve and the underarm CO edge and 4 (4, 5, 5, 6) (6, 6, 7, 8) sts along the second half of the underarm CO edge. Pm for BOR and continue working in the round. (64 (68, 72, 76, 84) (92, 98, 106, 110) sts on needles for the sleeve)

Work in Stockinette stitch until the sleeve measures 5 (4, 3, 2.5, 2.5) (2, 3, 2, 2) cm / 2 (1.5, 1.25, 1, 1) (0.75, 1.25, 0.75, 0.75) inches from the underarm.

Decrease Round 1: K1, k2tog, k until 3 sts remain before the end of the round, ssk and k1. (2 sts decreased.)

Repeat the Decrease Round every 5 (4, 3, 2.5, 2.5) (2,

3, 2, 2) cm / 2 (1.5, 1.25, 1, 1) (0.75, 1.25, 0.75, 0.75) inches another 3 (5, 7, 9, 9) (13, 8, 12, 14) times. (56 (56, 56, 56, 64) (64, 80, 80, 80) sts on needles.)

Work in Stockinette stitch until the sleeve measures 25 (27, 29, 29, 29) (29, 31, 31, 31) cm / 9.75 (10.75, 11.5, 11.5, 11.5) (11.5, 12.25, 12.25, 12.25) inches from the underarm or 15 cm / 6 inches less than the desired length of the sleeve (I recommend you try the sweater on at this point to get the right length for your body!).

Start working as instructed on the Round 1 of the Sleeve chart. The chart repeats 7 (7, 7, 7, 8) (8, 10, 10, 10) times on each round. Then work Rounds 2-26 of the chart. Break CC and continue with MC only. Work 1 round of Stockinette stitch on all sts

CUFFS

Sizes 1-4 only:

Decrease Round: *K5, k2tog; repeat from * until end. (8 sts decreased, 48 sts on needles.)

Sizes 5 and 6 only:

Decrease Round: *K6, k2tog; repeat from * until end. (8 sts decreased, 56 sts on needles.)

Sizes 7-9 only:

Decrease Round: *K3, k2tog; repeat from * until end. (10 sts decreased, 64 sts on needles.)

All sizes resume:

Change to smaller needles.

Ribbing Round: *K1, p1; repeat from * until end.

Continue as established until the cuff measures 5 cm / 2 inches or the desired length.

Bind off all sts using the Sewn Tubular Bind Off, or other bind off method of your choice.

Work the second sleeve accordingly.

NECKBAND

Using the smaller needles and MC yarn, pick up and knit 96 (96, 108, 108, 112) (114, 114, 116, 116) sts along the cast on edge at the neck (1 st from each casted on stitch).

Ribbing Round: *K1, p1; repeat from * until end.

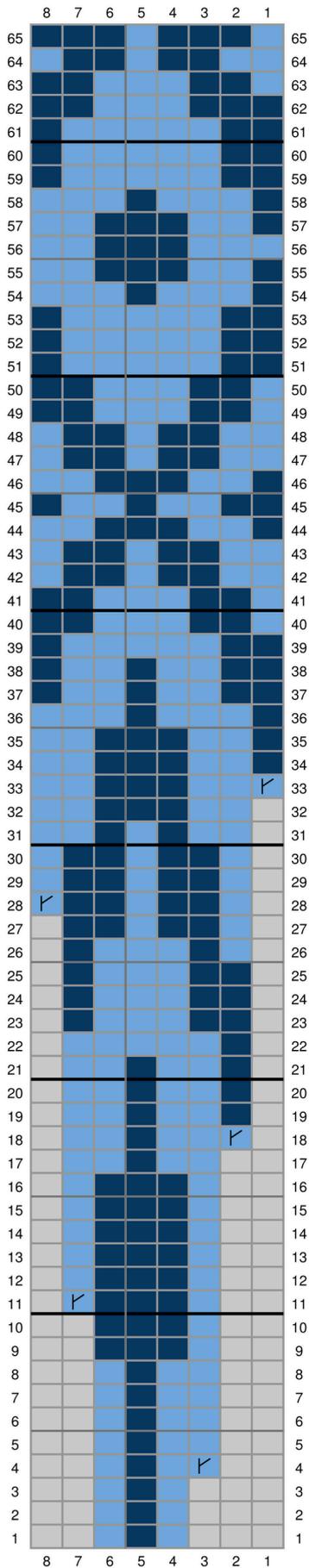
Continue as established until the neckband measures 10 cm / 4 inches from the CO edge. Bind off all sts loosely in pattern. Fold the neckband double and seam on the inside of the sweater using whip stitch.

FINISHING

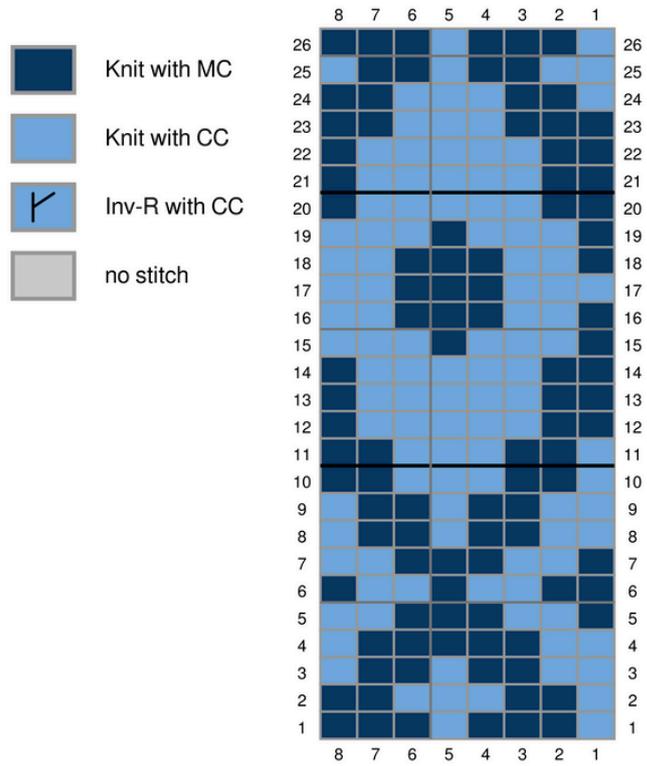
Weave in all remaining yarn ends. Wet block to measurements.



Yoke chart



Sleeve chart





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