

My Favourite Things

~knitwear~



SWEATER NO. 30 #SWEATERNO30

ABOUT SWEATER NO. 30

Sweater No. 30 is an oversized sweater with a high collar, distinctive saddle shoulders, and unique details.

The back and yoke are shaped with short rows to ensure a good fit.

The sleeves are designed to be wide at the top and taper at the cuffs.

The collar can be worked short or long, allowing it to be worn as is or folded into a turtleneck.

The sweater is worked from the top down, so you can try it on as you go and adjust it to your measurements.

SIZES

XS (S) M (L) XL (2XL) 3XL (4XL)

MEASUREMENTS

Circumference: 108 (112) 121 (128) 134 (141) 148 (154) cm [42.5 (44) 47.75 (50.5) 52.75 (55.5) 58.25 (60.75) inches]

Length (measured at the center back): 54 (55) 57 (58) 60 (61) 62 (63) cm [21.25 (21.75) 22.5 (23) 23.5 (24) 24.5 (24.75) inches]

SUGGESTED NEEDLES

5 mm [US 8] circular needles (80 or 100 cm) [32 or 40 inches]

4 mm [US 6] circular needles (80 or 100 cm and 40 cm) [32 or 40 and 16 inches]

GAUGE

In stocking stitch using 5 mm [US 8].

18 sts / 27 rows = 10 x 10 cm [4 x 4 inches].

The given gauge is measured after washing and blocking.

MATERIALS

450-500 (500) 550 (600-650) 650 (700) 700 (750) Yak, Lang Yarns, 50 gr / 120 m.

Work the sweater using a single strand of yarn.

BEFORE YOU BEGIN

It is important to make a gauge swatch to ensure that the needle size gives you the correct gauge. If your gauge differs, this will result in wrong proportions of your finished sweater.

Size guide

Sweater No. 30 has an oversized fit. Calculate a positive ease of approx. 20-25 cm [8-10 inches] for sizes XS-XL and approx. 15-20 cm [6-8 inches] for sizes 2XL-4XL. The positive ease is designed to provide the most flattering fit for each size.

Sizes XS (S) M (L) XL (2XL) 3XL (4XL) are equivalent to European standard sizes and suit a bust circumference of approx. 80-85 (85-90) 90-95 (95-100) 100-110 (110-120) 120-130 (130-140) cm [31.5-33.5 (33.5-35.5) 35.5-37.5 (37.5-39.5) 39.5-43.25 (43.25-47.25) 47.25-51.25 (51.25-55) inches].

For example: You measure 88 cm [34.75 inches] at your widest + 20-25 cm [7.75-9.75 inches] = 108-113 cm [42.5-44.5 inches]. Therefore, you should knit a size S, which has a finished circumference of 112 cm [44 inches].

Sweater No. 30 is ideal for an extra-oversized fit. The model is usually wearing size S and in the picture she wears size L.

Introduction to the workflow

First, the two shoulders are worked. Then, the back is worked by picking up stitches along the back edges of both shoulders and casting on stitches for the neck using a knitted cast-on method. The back is shaped with short rows. Two fronts are formed by picking up stitches along the front edges of the two shoulders. Short rows are used to shape the front, while increasing stitches for the neckline. Once the shaping is completed, the two fronts are joined. Then, the front and back are joined on circular needles, and the body is worked in the round, finishing with a ribbed edge. The sleeves are made by picking up stitches along the sleeve edges. The sleeve caps are shaped using short rows, after which the sleeves are worked in the round on circular needles and finished with a ribbed edge. Finally, the collar is worked.

Increases

Increases are worked so that they slant either to the right (**M1R/M1Rp**) or to the left (**M1L/M1Lp**).

Right-leaning increases

M1R: With your left needle, pick up the bar (between the sts on the right and left needles) from back to front and knit.

M1Rp: With your left needle, pick up the bar from back to front and purl.

Left-leaning increases

M1L: With your left needle, pick up the bar from front to back and knit through the back loop.

M1Lp: With your left needle, pick up the bar from front to back and purl through the back loop.

Decreases

Decreases are worked as either k2tog or k2tog tbl.

K2tog: Knit 2 sts together.

K2tog tbl: Use the SSK method = slip, slip, knit

Slip 2 sts knitwise, *one at a time*, and knit those two sts together through the back loop.

SHORT ROWS

To shape the back you will be working short rows.

You can use your preferred method, but *German Short Rows* result in a beautiful and nearly invisible finish.

TIP! Are you not familiar with this method? Have a look here for how to:

<https://www.youtube.com/watch?v=z-E3YSHPQYs&t=4s>

BEGIN YOUR WORK HERE

SHOULDERS

Cast on 25 (25) 27 (27) 27 (29) 29 (29) sts using 5 mm [US 8] circular needles.

From here, work back and forth in stocking stitch.

1st row (WS): P all sts.

2nd row (RS): K all sts.

Continue working the rows above until you have worked *a total of* 54 (56) 58 (60) 62 (64) 66 (68) rows. The last row is a RS row.

Break the yarn and leave the sts on hold using a helping needle or waste yarn.

Work the second shoulder the same way.

BACK

Now, the back is shaped. Sts will be picked up along one of the long edges of the shoulders using 5 mm [US 8] circular needles, and new sts for the neck will be cast on as follows:

Begin at the sts left on hold on the outer edge of one shoulder and work towards the cast-on edge. Pick up and knit sts in 2 out of every 3 sts, for a total of 35 (36) 38 (39) 40 (42) 43 (44) sts. Place a marker, M1. Cast on 16 (16) 18 (18) 20 (20) 20 (22) new sts (in extension) using the knitted cast-on method = neck sts. Place a marker, M2.

NOTE! To make a knitted cast-on, turn WS facing up when casting on. See here for how to do it:

<https://www.youtube.com/watch?v=2jfkxdMKhHw>

After cast on, continue from the RS. Pick up and knit 35 (36) 38 (39) 40 (42) 43 (44) sts along the other shoulder. Begin at the cast-on edge and work towards the sts left on hold.

There are now 86 (88) 94 (96) 100 (104) 106 (110) sts on your needles.

Break the yarn, turn WS facing up, and move the first 35 (36) 38 (39) 40 (42) 43 (44) sts (= right shoulder sts) to the right side of circular needles so that the first sts to be worked are those cast on for the neck.

NOTE! The turn is always worked at the last of the specified sts.

Now, shape the back with short rows.

1st step (WS): Join new yarn, and p the next 16 (16) 18 (18) 20 (20) 20 (22) sts (=neck sts). You are now at M1. Turn. You are now on RS.

2nd step (RS): K to 5 sts after M2. Turn. You are now on WS.

3rd step (WS): P to 5 sts after M1. Turn. You are now in RS.

Continue working short rows, turning *5 sts after* the last turn (double st). That is: k/p to the last double st, k/p double st, k/p the next 5 sts, then turn at the last of the 5 knitted sts.

1st row (RS): K to 5 sts after the last double st. Turn.

2nd row (WS): P to 5 sts after the last double st. Turn.

Continue working the **1st** and **2nd rows** until you have turned 6 (6) 7 (7) 7 (8) 8 (8) times on each side, for a total of 13 (13) 15 (15) 15 (17) 17 (17) rows.

The last turn is worked 5 (6) 3 (4) 5 (2) 3 (4) sts before the end of row on the WS.

Remove markers.

Now, work back and forth across the 86 (88) 94 (96) 100 (104) 106 (110) back sts. Keep the stitch count constant.

1st row (RS): K all sts
2nd row (WS): P all sts.

Work **rows 1st - 2nd** a total of 13 (14) 15 (16) 16 (17) 16 (16) times (you have worked a total of 26 (28) 30 (32) 32 (34) 32 (32) rows.

Now, work increases to shape the armhole.

1st row (RS): K4, **M1L**, k until 4 sts remain, **M1R**, k4.
2nd row (WS): P all sts.

Work **rows 1st - 2nd** a total of 5 (5) 6 (6) 7 (7) 9 (10) times.

You have now added 10 (10) 12 (12) 14 (14) 18 (20) sts to your work. There are now 96 (98) 106 (108) 114 (118) 124 (130) sts on your needles.

Break the yarn and leave the back sts on hold while working the two fronts.

LEFT FRONT

Begin at the cast-on edge on the left shoulder (left when wearing the sweater) and pick up and knit 35 (36) 38 (39) 40 (42) 43 (44) sts along the long side *with the short end of the yarn* using 5 mm [US 8] circular needles. The pick-up begins at the neck opening and ends at the shoulder. The number of sts corresponds to 2 out of 3 sts. That is: pick up in 2 sts, skip 1 st, pick up in 2 sts, skip 1 st, etc.

TIP! See how to pick up stitches with the short end of the yarn:
<https://www.youtube.com/watch?app=desktop&v=3D5dDef2hq0>

Move the sts back to the opposite end of circular needles so the first row can be worked from the RS.
Now, begin working the short rows.

Work as follows:

1st row (RS): K5, turn.
2nd row (WS): P all sts.
3rd row (RS): K to 5 sts after the last double st, turn.
4th row (WS): P all sts.

From here, work increases to shape the neckline. The short rows are continued.
The short rows on the left front are worked on the RS to create symmetry on the two fronts.

Work as follows:

1st row (RS): K4, **M1L**, k to 5 sts after the last double st, turn.
2nd row (WS): P all sts.

Work **rows 1st - 2nd** a total of 4 (4) 5 (5) 5 (6) 6 (6) times.

The last turn is worked 5 (6) 3 (4) 5 (2) 3 (4) sts before the end of row.

You have added 4 (4) 5 (5) 5 (6) 6 (6) sts to your work and there are now 39 (40) 43 (44) 45 (48) 49 (50) sts on your needles.

Break the yarn and leave the sts on hold while working the right front.

RIGHT FRONT

Begin at the edge with sts left on hold on the right shoulder (right when wearing the sweater) and pick up and knit 35 (36) 38 (39) 40 (42) 43 (44) sts along the long side with 5 mm [US 8] circular needles. The pick-up begins at the shoulder and ends at the neck opening.

The number of sts corresponds to picking up 2 out of 3 sts. That is: pick up 2 sts, skip 1 st, pick up 2 sts, skip 1 st etc.

First row is a WS row.

Work as follows:

1st row (WS): P5, turn.

2nd row (RS): K all sts.

3rd row (WS): P to 5 sts after the last double st, turn.

4th row (RS): K all sts.

From here, work increases to shape the neckline. The short rows are continued.

NOTE! Please note that the increases are worked on the WS.

Work as follows:

1st row (WS): P4, **M1Rp**, p to 5 sts after the last double st, turn

2nd row (RS): K all sts.

Work **rows 1st - 2nd** a total of 4 (4) 5 (5) 5 (6) 6 (6) times.

The last turn is worked 5 (6) 3 (4) 5 (2) 3 (4) sts before the end of row.

You have added 4 (4) 5 (5) 5 (6) 6 (6) sts to your work and there are now 39 (40) 43 (44) 45 (48) 49 (50) sts on your needles.

Break the yarn.

FRONT

Now it's time to join the two fronts. Join new yarn and begin on the right front, on the RS.

K across the 39 (40) 43 (44) 45 (48) 49 (50) right front sts. Cast on 8 (8) 8 (8) 10 (8) 8 (10) sts (in extension) using the backwards loop method, k across the 39 (40) 43 (44) 45 (48) 49 (50) left front sts. There are now 86 (88) 94 (96) 100 (104) 106 (110) sts on your needles.

P 1 row.

The front sts are now all joined on the same needle.

Now, work back and forth across the 86 (88) 94 (96) 100 (104) 106 (110) front sts. Keep the stitch count constant.

1st row (RS): K all sts

2nd row (WS): P all sts.

Work **rows 1st - 2nd** a total of 12 (13) 14 (15) 15 (16) 15 (15) times.

A total of 26 (28) 30 (32) 32 (34) 32 (32) rows have been worked here, including the rows where you joined the two fronts.

Now, work increases to shape the armholes.

1st row (RS): K4, **M1L**, k until 4 sts remain, **M1R**, k4.

2nd row (WS): P all sts.

Work **rows 1st - 2nd** a total of 5 (5) 6 (6) 7 (7) 9 (10) times.

You have now added 10 (10) 12 (12) 14 (14) 18 (20) sts to your work.

There are now 96 (98) 106 (108) 114 (118) 124 (130) sts on your needles

BODY

Now, it's time to join the front and back.

K across the 96 (98) 106 (108) 114 (118) 124 (130) front sts, cast on 1 (3) 3 (7) 7 (9) 9 (9) sts (in extension) using the backwards loop method = left armhole. K across the 96 (98) 106 (108) 114 (118) 124 (130) back sts. Cast on 1 (3) 3 (7) 7 (9) 9 (9) (in extension) using the backwards loop method = right armhole.

Place a marker, M1, in the middle under the right armhole. The rnd begins here.

All sts are now joined on the same circular needles. There are now 194 (202) 218 (230) 242 (254) 266 (278) sts on your needles.

Work in stocking stitch in the round until the work measures 47 (48) 50 (51) 53 (54) 55 (56) cm [18.5 (19) 19.75 (20) 20.75 (21.25) 21.75 (22) inches] measured at the center back.

Now, work the ribbed edge.

Change to 4 mm [US 6] circular needles, and k 1 rnd.

Then, work in rib *k1, p1* in the round.

Continue until the ribbed edge measures 7 cm [2.75 inches].

Before binding off using the Italian/tubular bind off method, work 2 rnds of double knitting.

1st rnd: *K1, slip 1 purlwise with the yarn in front* repeat to the end of rnd.

2nd rnd: *Slip 1 purlwise with the yarn in back, p1* repeat to the end of rnd.

TIP! Have a look here for how to work double knitting: https://www.youtube.com/watch?v=0W14R_0VsU0

Bind off using the Italian/tubular bind-off method.

TIP! Have a look here for how to do the Italian/tubular bind off: <https://www.youtube.com/watch?v=5j4qFYHLTIY>

COLLAR

The collar is worked in the round using 4 mm [US 6] circular needles and in rib *k1, p1*.

Pick up and knit 84 (84) 94 (94) 100 (102) 102 (108) sts along the neckline using 4 mm [US 6] circular needles. Begin at the joint between the back and the left saddle shoulder.

The number of sts corresponds to picking up 1 st in each of the 23 (23) 25 (25) 25 (27) 27 (27) sts of the shoulders. 3 out of 4 sts in each front, corresponding to 7 (7) 9 (9) 10 (10) 10 (11) sts.

1 st in each of the 8 (8) 8 (8) 10 (8) 8 (10) centre front cast on sts. And 1 st in each of the 16 (16) 18 (18) 20 (20) 20 (22) sts at the neck.

Now work in rib *k1, p1* in the round.

If you want to make the sweater with a turtleneck, work in the round in rib until the collar measures 22 cm [8.75 inches].

If you want to make it with a stand collar without a fold, as shown on the model, work to 17 cm [6.75 inches].

Before binding off using the Italian/tubular bind off method, work 2 rnds of double knitting.

1st rnd: *K1, slip 1 purlwise with the yarn in front* repeat to the end of rnd.

2nd rnd: *Slip 1 purlwise with the yarn in back, p1* repeat to the end of rnd.

Bind off using the Italian/tubular bind-off method.

SLEEVES

Now, work the sleeves. The sleeve cap is shaped by working short rows back and forth. Once this part is completed, the sleeve is finished by working in the round on circular needles.

Transfer the 25 (25) 27 (27) 27 (29) 29 (29) shoulder sts left on hold to your circular needles without working them. Place a marker, M2, right after them.

Then, pick up and knit 26 (30) 32 (32) 34 (32) 34 (34) m along the front/back, which corresponds to a frequency of approx. 3 out of 4 sts for **sizes XS-XL** and approx. 2 out of 3 sts for **sizes 2XL-4XL**.

Pick up and knit 1 (2) 2 (4) 4 (5) 5 (5) sts under the armhole, place a marker, M0 (beginning of rnd), pick up and knit another 0 (1) 1 (3) 3 (4) 4 (4) sts under the armhole.

Pick up and knit 26 (30) 32 (32) 34 (32) 34 (34) sts along the front/back, which corresponds to a frequency of approx. 3 out of 4 sts for **sizes XS-XL** and 2 out of 3 sts for **sizes 2XL-4XL**. Place a marker, M1. Break the yarn.

There are now 78 (88) 94 (98) 102 (102) 106 (106) sts on your needles.

Now, work short rows.

Transfer the last 2 of the newly cast on sts to the left part of the circular needle so that you are 2 sts before M1. Join new yarn.

1st row (RS): K2, SM1, k2tog, k to 2 sts before M2, k2tog tbl, SM2, k7, turn.

2nd row (WS): P to 7 sts after MM1, turn.

3rd row (RS): K to 5 sts after the last double st, turn.

4th row (WS): P to 5 sts after the last double st, turn.

Work **rows 3rd – 4th** another 2 (2) 3 (3) 3 (4) 4 (4) times.

Now, short rows are completed. K to M0.

There are now 76 (86) 92 (96) 100 (100) 104 (104) sts on your needles.

From here, work in the round on circular needles.

Work 6 (6) 7 (8) 8 (8) 8 (8) cm [2.25 (2.25) 2.75 (3.25) 3.25 (3.25) 3.25 (3.25) inches] in the round in stocking stitch.

Continue in stocking stitch while working decreases every 11th (8th) 7th (6th) 6th (6th) 5th (5th) rnd *a total of* 8 (11) 14 (15) 15 (15) 17 (17) times as follows:

1st rnd: K2, **k2tog**, until 5 sts remain, **k2tog tbl**, k3.

2nd - 11th (8th) 7th (6th) 6th (6th) 5th (5th) rnds: K all sts.

For each round of decreases, the number of sts is reduced by 2 sts.

When the 8 (11) 14 (15) 15 (15) 17 (17) repeats are completed, the sleeve measures approx. 39 (39) 41 (41) 41 (41) 39 (39) cm [15.25 (15.25) 16.25 (16.25) 16.25 (16.25) 15.25 (15.25) inches] below the armhole.

Work **1st rnd** once more.

There are now 60 (64) 66 (66) 70 (70) 70 (70) sts on your needles.

TIP! You can try on your sweater before working the ribbed edge to make sure the sleeve length is right for you.
The sleeve should reach your wrist at this point.

Change to 4 mm [US 6] circular needles.

Work in rib *k1, p1* in the round until the ribbed edge measures 7 cm [2.75 inches].

Before binding off using the Italian/tubular bind off method, work 2 rnds of double knitting.

1st rnd: *K1, slip 1 purlwise with the yarn in front* repeat to the end of rnd.

2nd rnd: *Slip 1 purlwise with the yarn in back, p1* repeat to the end of rnd.

Bind off using the Italian/tubular bind-off method.

Work the second sleeve the same way.

FINISHING

Now weave in all loose ends. Wash and block the sweater before use for an even neater result.

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