



THEA Top

The THEA top is an airy, light summer top in the style of a tank top. It is worked top-down so that the length can be individually adjusted if necessary. The front and back pieces are worked back and forth in rows, up to the end of the armholes, starting with the back piece, then the front piece. The body is worked in the round and finally, a rib stitch border is worked around the neckline and armholes. The top should be worked with a fair amount of positive ease, so that it drapes loosely around the body. For example, if you have a chest measurement of 90 cm/35,5 inch, you should knit size M. Techniques used: Provisional cast on, left- and right leaning increases, sewn bind-off of ribbed borders ('tubular bind off'). All techniques used are explained in the instructions or in chapter "Terms & Explanations" on pages 8-12.



SIZES

S (M) L (XL) XXL

MEASUREMENTS

Chest circumference: 88 (98) 108 (118) 128 cm/
34.7 (38.6) 42.5 (46.5) 50.4 in.

Armhole depth: 23 (24) 24 (25) 25 cm/9 (9.5) 9.5
(9.8) 9.8 in.

Total length: 50 (52) 54 (56) 58 cm/19.7 (20.5) 21.3
(22) 22.8 in.

YARN

200 (250) 300 (350) 400 g "LINE" by Sandnes
Garn (53 % Cotton, 33 % Viscose, 14 % Linen; 110
m/ 50 g) or 200 (200) 250 (250) 300 g "ECHT" by
Atelier Zitron (100 % Cotton; 140 m/ 50 g).

NEEDLES

"LINE": 80 -120 cm/32-47 in. circ. ndls, size 4,0
mm (US 6/UK 8) and 50-60 cm/20-24 in. circ. ndls,
size 3,0 mm (US 2 or 3/UK 11)

"ECHT": 80 -120 cm/32-47 in. circ. ndls, size 4,5
mm (US 7/UK 7) and 50-60 cm/20-24 in. circ. ndls,
size 3,5 mm (US 24/UK 9 or 10)

NOTIONS

Crochet hook, size 4,0 mm (US 6/UK 8), piece of scrap yarn in contrasting color, leftover yarn, tapestry needle

MAIN STITCH PATTERNS

Stockinette stitch (St st) in rows: knit the RS, purl the WS. St st in rounds: in rounds: k all rounds

1/1 Rib: alternately k1, p1

Selvedge stitch: knit the first stitch of every RS row and WS row

GAUGE/TENSION

St st in rnds, using yarn quality "LINE" and 4,0 mm size ndls: 20 sts x 26 rows = 10 x 10 cm/4 in. square
(washed).

St st in rnds, using yarn quality "ECHT" and 4,5 mm size ndls: 20 sts x 26 rows = 10 x 10 cm/4 in. square
(washed). Please adjust needle size if necessary, to obtain correct gauge.

METHOD

Back

First, the upper part of the back is worked flat, in RS and WS rows, up to and including the armholes. The stitches are provisionally cast on using a crochet chain.

Loosely crochet approx. 68 (74) 76 (82) 84 chain sts using a contrasting colored piece of scrap yarn, gently pull the yarn tail through the last chain st, not too tight, because this is the strand you will pull later to unzip the crochet sts. At the back of this chain, you can see transverse loops (or bumps) (*Pic. 1*). Using a 4,0 mm size ndl (or 4,5 mm when using "ECHT") and the project yarn, pick up and knit (PUK) 64 (70) 72 (78) 80 sts along the backside of the chain, inserting your knitting ndl into these bumps (*Pic. 2*).¹

¹ For those who aren't very familiar with this provisional cast-on, here's a good tutorial:

<https://www.youtube.com/watch?v=BtM9EcSp1-k>



Pic. 1:
Backside of crochet chain.



Pic. 2:
Pick up and knit (PUK) sts from back of chain.

Work in St st for **48 (48) 42 (42) 36** rows. Start with a RS row, i.e. knit all sts. Knit the first and last st of every RS- and WS row (= selvedge st). After finishing these **48 (48) 42 (42) 36** rows, start increasing for armholes at the beg and end of every RS row, as follows:

Row 1 (RS): k1, M1L, k to 1 st before end of row, M1R, k1 (= 66 (72) 74 (80) 82 sts).

Row 2 (WS): k1, p to 1 st before end of row, k1.

Rep rows 1 and 2, until a total of **14 (18) 24 (28) 34** rows are worked (including rows 1 and 2). There are now 78 (88) 96 (106) 114 sts on the ndl. Work measures approx. 23 (24) 24 (25) 25 cm/9 (9.5) 9.5 (9.8) 9.8 in. Cut off yarn and put sts on hold on stitch holder or circ. ndl.

Front

In the next step, unzip the provisional cast-on, as follows: undo loosely tightened end of crochet chain, gently pull to unzip the chain and pick up the live sts with a circ. ndl (**Pic. 3**). Since there will be one st less to pick up when unzipping the chain, also place the last "loop", which is actually not a real st, on the ndl.



Pic. 3:
Unzip the crochet chain and pick up the live sts.



Pic. 4:
The knitted piece, after unzipping the provisional CO and picking up all the live sts.

There should now be 64 (70) 72 (78) 80 sts on the ndl, i.e. precisely as many sts as the number of sts that have been cast on on the opposite side (**Pic. 4**).

Put the first 54 (58) 59 (63) 64 sts on hold (*Pic. 5*). Leave the next 10 (12) 13 (15) 16 sts on the ndl and work the **left front part**, as follows: join yarn and work in St st for **22 (22) 22 (22) 22** rows. Beg with a RS row, i.e. knit all sts. Knit the first and last st of every RS- and WS row (= selvedge st). After finishing these 22 (22) 22 (22) 22 rows, start increasing for neckline shaping, as follows:

Row 1 (RS): k1, M1L, k to end of row (= 11 (13) 14 (16) 17 sts).

Row 2 (WS): k1, p to 1 st before end of row, k1.

Sizes S and (M):

Rep **rows 1 and 2**, until a total of (incl. rows 1 and 2) **26 (26) increase-rows** have been worked. There are now 23 (25) sts on the ndl. Cut off yarn and put the sts on hold on a stitch holder or circ. ndl.

Sizes L and (XL):

Rep **rows 1 and 2**, until a total of (incl. rows 1 and 2) **20 (20) increase-rows** have been worked. There are now 23 (25) sts on the ndl. Start increasing for the armhole and at the same time continue the neckline increases, as follows:

Row 21 (RS): k1, M1L, k to 1 st before end of row, M1R, k1 (= 25 (27) sts).

Row 22 (WS): k1, p to 1 st before end of row, k1.

Rep **rows 21 and 22** two more times, until a total of **26 (26) increase-rows** have been worked. There are now 29 (31) sts on the ndl. Cut off yarn and put the sts on hold on a stitch holder or circ. ndl.

Size XXL:

Rep **rows 1 and 2**, until a total of (incl. rows 1 and 2) **14 increase-rows** have been worked. There are now 23 sts on the ndl. Start increasing for the armhole and at the same time continue the neckline increases, as follows:

Row 15 (RS): k1, M1L, k to 1 st before end of row, M1R, k1 (= 25 sts).

Row 16 (WS): k1, p to 1 st before end of row, k1.

Rep **rows 15 and 16** five more times, until a total of **26 increase-rows** have been worked. There are now 35 sts on the ndl. Cut off yarn and put the sts on hold on a stitch holder or circ. ndl.



Pic. 5:
Place sts on hold and work left front part over the last sts.



Pic. 6:
When left front part is finished, pick up live sts to work right front part.

Now work **right front**. Place the first 10 (12) 13 (15) 16 sts back onto a circ. ndl (**Pic. 6**), join yarn and work in St st for **22 (22) 22 (22) 22 rows**, as in left front. Then start increasing for neckline shaping, as follows:

Row 1 (RS): k to 1 st before end of row, M1R, k1 (= 11 (13) 14 (16) 17 sts).

Row 2 (WS): k1, p to 1 st before end of row, k1.

Sizes S and (M):

Rep **rows 1 and 2**, until a total of (incl. rows 1 and 2) **26 (26) increase-rows** have been worked. There are now 23 (25) sts on the ndl. Do not cut off yarn.

Sizes L and (XL):

Rep **rows 1 and 2**, until a total of (incl. rows 1 and 2) **20 (20) increase-rows** have been worked. There are now 23 (25) sts on the ndl. Start increasing for the armhole and at the same time continue the neckline increases, as follows:

Row 21 (RS): k1, M1L, k to 1 st before end of row, M1R, k1 (= 25 (27) sts).

Row 22 (WS): k1, p to 1 st before end of row, k1.

Rep **rows 21 and 22** two more times, until a total of **26 (26) increase-rows** have been worked. There are now 29 (31) sts on the ndl. Do not cut off yarn.

Size XXL:

Rep **rows 1 and 2**, until a total of (incl. rows 1 and 2) **14 increase-rows** have been worked. There are now 23 sts on the ndl. Start increasing for the armhole and at the same time continue the neckline increases, as follows:

Row 15 (RS): k1, M1L, k to 1 st before end of row, M1R, k1 (= 25 sts).

Row 16 (WS): k1, p to 1 st before end of row, k1.

Rep **rows 15 and 16** five more times, until a total of **26 increase-rows** have been worked. There are now 35 sts on the ndl. Do not cut off yarn.



Pic. 7:
Left- and right front parts are finished....



Pic. 8:
... and are connected mid front by the new cast-on sts of front neckline.

In the next RS row, CO new sts for front neckline at the center front, connecting the left- and right front parts together (**Pic. 7 and 8**). At the same time, continue working the armhole-increases (sizes L (XL) XXL) or start working armhole increases (sizes S (M)), as follows.

Row 1 (RS): k1, M1L, k22 (24) 28 (30) 34, CO 18 (20) 20 (22) 22 new sts², k22 (24) 28 (30) 34, M1R, k1 = 66 (72) 80 (86) 94 sts.

Row 2 (WS): k1, p to 1 st before end of row, k1.

Row 3: k1, M1L, k to 1 st before end of row, M1R, k1 = 68 (74) 82 (88) 96 sts.

Row 4: k1, p to 1 st before end of row, k1.

Rep **rows 3 and 4** another 5 (7) 7 (9) 9 times, until a total of **14 (18) 18 (22) 22 rows** have been worked. There are now 78 (88) 96 (106) 114 sts on the ndl, this is exactly the same number of sts that have been put on hold for the back part (**Pic. 9**). Cut off yarn.



Pic. 9:
Upper parts of back- and front are finished...



Pic. 10:
... the body is now continued by working in the round.

Body

To work the body, put the sts of front- and back parts together onto a long circ. ndl and continue working in the round (**Pic. 10**). The beg of rnd is at the center of the back part, join yarn at the 40th (45th) 49th (54th) 58th st (counted from right to left). In the first rnd, CO new underarm sts on each side, as follows:

Rnd 1: k39 (44) 48 (53) 57, CO 10 (10) 12 (12) 14 sts for underarm, k78 (88) 96 (106) 114, CO 10 (10) 12 (12) 14 sts for underarm, k39 (44) 48 (53) 57 (= 176 (196) 216 (236) 256 sts).

Work in St st for **64 (66) 72 (74) 78 rnds** until top measures approx. 49 (51) 53 (55) 57 cm/19.3 (20) 20.9 (21.7) 22.4 in. or when the desired length is reached.

Change to circ. ndl size 3,0 mm and work border in 1/1 rib (k1, p1) for 5 rnds. Loosely BO all sts in pattern, or use the sewn BO ("Tubular bind off"-Method³) for an extra nice, rounded BO edge..

Tip: "The length of the top is variable and can be adjusted individually. Just knit a few rounds more or less before start working the border. Try on the top to find out which length fits best."

² How to cast on new sts is explained clearly in this tutorial: <https://www.youtube.com/watch?v=WmPX8dt8J4g>

³ An extra nice-looking, rounded BO edge is formed, when the border sts are sewn, instead of bound off. This method is also known as 'Tubular bind off'. The procedure is explained in detail on pages 8-10.

Neckline border

To work the neckline border, PUK sts along neckline.

Tip: "Before I PUK sts along the neckline (according to the "3 sts from 4 rows – principle"), I first stabilize the neckline with crocheted slip sts. That will even out too loosely worked edge stitches and will result in a nice smooth transition to the border. How to stabilize the neckline with slip sts, is explained in more detail on page 8."

Move the **44 (46) 46 (48) 48** back sts, that were put on hold, back onto a short circ. ndl, size 3,0 mm. Join yarn, knit these sts, then PUK **90 (92) 92 (94) 94** sts along neckline: 36 (36) 36 (36) 36 sts along left side, 18 (20) 20 (22) 22 sts along the new CO sts of center front and 36 (36) 36 (36) 36 sts along right side. There are now **134 (138) 138 (142) 142** sts on the ndl. Join for knitting in the rnd and work in 1/1 rib (k1, p1) for 5 rnds. Loosely BO all sts in pattern, or use the "Tubular bind off-Method" for an extra nice, rounded BO edge, in which case you have to work 2 set-up rows first:

Set-up rnd 1: * k1, sl 1 st purlwise (wyif), rep from * to end of rnd.

Set-up rnd 2: *sl 1 st purlwise (wyib), p1, rep from * to end of rnd.

After finishing these 2 rnds, BO according to "Tubular bind off-Method". A detailed explanation of this technique can be found on pages 8-10.

Armhole borders

Work armhole borders in same way as neckline border. First, stabilize the armhole edges with a rnd of crocheted slip sts, as described for neckline border. Join yarn in the center of the underarm-sts CO edge and, using a short circ. ndl size 3,0 mm, PUK **104 (112) 112 (120) 120** sts, as follows: 5 (5) 6 (6) 7 sts along underarm CO edge, 94 (100) 100 (106) 106 sts along front- and back part and another 5 (5) 6 (6) 7 sts along underarm CO edge. Work in 1/1 rib for 5 rnds, then loosely BO all sts in pattern, or use the "Tubular bind off-Method" (see "neckline border").

FINISHING

Weave in all ends. Carefully steam the top under a damp cloth, or gently wash it completely once, to even out the sts.

TERMS & EXPLANATIONS

Right leaning increase (M1R) on the knit side of the work:

Lift the bar between 2 sts with your left ndl, from back to front, and knit this st through the front loop. You can find a good tutorial here: <https://www.youtube.com/watch?v=w2uZGTOO1g4>

Left leaning increase (M1L) on the knit side of the work:

Lift the bar between 2 sts with your left ndl, from front to back, and knit this st through the back loop. You can find a good tutorial here: <https://www.youtube.com/watch?v=w2uZGTOO1g4>

Crochet slip sts and PUK sts along edge of work



Insert crochet hook into edge sts, as if to pick up new stitches, and crochet slip stitches. Crochet a slip stitch in the edge stitch of each row. Then, using a circ. knitting ndl, pick up the stitches along the crocheted slip stitch edge. For a better illustration, the slip stitches here are shown in a contrasting colored yarn.

Sewn BO for ribbed border (Tubular bind off)

An extra nice-looking, rounded BO edge is formed, when the border sts are sewn, instead of bound off.



Step 1:

Insert tapestry ndl purlwise into 1st st on left ndl, pull the yarn through, leave the st on the ndl.



Step 2:

Move tapestry ndl from behind in between 1st and 2nd st, to the front of the work, pull yarn through.



Step 3:
Insert tapestry ndl purlwise into 2nd st,
pull the yarn through, leave the st on the ndl.



Step 4:
Insert tapestry ndl knitwise into 1st st,
pull the yarn through and let the st slip off the ndl.



Step 5:
Insert tapestry ndl purlwise into 2nd st,
pull the yarn through, leave the st on the ndl.



Step 6:
Insert tapestry ndl purlwise into 1st st,
pull the yarn through and let the st slip off the ndl.



Step 7:
Move tapestry ndl from behind in between
1st and 2nd st, to the front of the work, pull yarn
through.



Step 8:
Insert tapestry ndl knitwise into 2nd st,
pull yarn through, leave the st on the ndl.



Step 9:
Rep steps 4-8 to the last 2 sts on the ndl.



Step 10:
Insert tapestry ndl knitwise into the first st, pull yarn through and let the st slip off the ndl. Insert tapestry ndl purlwise into front loop of first BO st and pull yarn through.



Step 11:
Insert tapestry ndl purlwise into last st on the ndl, pull yarn through and let the st slip off the ndl. Insert tapestry ndl purlwise into second loop of first BO st of rnd and pull yarn through.

For those who prefer moving images, here is a very good tutorial:
<https://www.youtube.com/watch?v=23uJSGokBDA&feature=youtu.be>

ABBREVIATIONS

beg = begin(ning) BO = bind off
circ. = circular
CO = cast on
dec('s) = decrease(s) **inc('s)** = increase(s) **k** = knit
k2tog = knit 2 sts together
m = marker
M1L = make 1 left leaning increase **M1R** = make 1 right leaning increase **ndl(s)** = needle(s)
p = purl
p2tog = purl 2 sts together
PUK = pick up and knit rem = remaining
rep = repeat
rnd(s) = round(s)

ssk = slip 1 st knitwise, slip 1 st knitwise, move sts back onto left ndl, knit together through back loops
RS = right side
st(s) = stitch(es)
tbl = through back loop wyib = with yarn in back wyif = with yarn in front WS = wrong side