



Salubrious Sweater

Salubrious: (adj.) - health-giving; healthy.

By Morthunder

This sweater was released during the infamous Covid-19 outbreak of 2020 as a way to combat cabin fever and promote good health. Also, yes, this picture was taken in my bathroom.

Yarn and materials:

- Yarn: **This sweater was not tested therefore the yardage is an estimate.**
 - Sizes 1 - 3: 500 yards of worsted weight yarn for MC, 100 yards EACH of worsted weight yarn for colors A, B, and C. (Stash buster alert!)
 - Sizes 4 - 6: 680 yards of worsted weight yarn for MC, 200 yards EACH of worsted weight yarn for colors A, B, and C. (Stash buster alert!)
 - Sizes 7 - 9: 1,000 yards of worsted weight yarn for MC, 200 yards EACH of worsted weight yarn for colors A, B, and C.
- Size 10 US (6mm)
- Scissors
- Yarn needle
- Scrap yarn or spare circular needles for holding stitches

Gauge: 4" = 16 stitches + 22 rows

Stitches/abbreviations:

- K - knit
- P - purl
- M1 = "Make one" by picking up the bar in between two stitches, placing it on your left needle and knitting it as a new stitch.

Special techniques and notes:

- This sweater is constructed from the neck down then separated into torso and sleeves.
- The stitches for your sleeves are put on scrap yarn or spare needles while you form your torso then bind off. Afterwards, you pick up the stitches for one sleeve, make your sleeve and then do the same thing for your second sleeve.
- It's much easier to avoid mistakes when you mark up which size you are following throughout the pattern, this tip is best done when the pattern is printed.

Sizing:

| Sweater Size | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
|-----------------------|-------|-------|--------|--------|--------|--------|--------|--------|--------|
| Finished Bust Size " | 32" | 36" | 40" | 44" | 48" | 52" | 56" | 60" | 64" |
| Finished Bust Size cm | 81 cm | 91 cm | 101 cm | 112 cm | 122 cm | 132 cm | 142 cm | 152 cm | 162 cm |

Swatch like a boss:

This exercise will take about 30 minutes to 1 hour to complete. ***Wouldn't you rather spend 30 minutes making sure you have the right needles than work for 10 hours only to try on the yoke and realize your sweater is not your size?*** Swatching is like eating vegetables, you don't always like to, but it's good for you. Check out these simple instructions below on how to swatch in the round or [here](#).

- Cast on 22 stitches using your circular needles, slide your stitches to the opposite end of your circular needles
- Bring your yarn over very loosely and begin knitting the second row on the chart, then slide your stitches to the other end of your circular needles
- Continue to follow the chart making sure to slide your work to the opposite end of the circular needles in between each row so you are replicating what your gauge will be in the round.
- Work your swatch until you reach 5" then compare your gauge to the gauge on the first page of the pattern. If you have too many stitches in that 4" swatch, size up your knitting needles by one size, if your swatch has too few stitches, size down your knitting needles by one size.
- **Quick note: If you don't have interchangeable knitting needles, consider how simple it would be to size up or size down your needles to match gauge, rather than going to the store and picking up another set of needles to add to your collection. Interchangeable needles can be as cheap as \$50 USD and then you will never need to buy another pair of needles again! My suggestions: [Knitpicks](#), [Chiaogoo](#), [Lykke](#). Click [here](#) for a thorough review of the most popular interchangeable knitting needles around.**

Instructions:

1. Using MC and whichever needles necessary to achieve gauge, long - tail cast on the number of stitches underneath your size, straighten out your stitches so they're not twisted, and knit 4 rounds of ribbing in a k1, p1 fashion.

| | | | | | | | | | |
|-----------|----|----|----|----|----|----|----|----|----|
| Size | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| Cast on # | 84 | 86 | 90 | 90 | 90 | 90 | 92 | 94 | 94 |

2. Short Rows: Feel free to substitute wrap and turns with [German Short Rows](#).
 - k5, wrap and turn, purl to marker. P5, wrap and turn, knit to marker.
 - k10, wrap and turn, purl to marker. p10, wrap and turn. Knit to marker.
 - k15, wrap and turn, purl to marker. p15, wrap and turn. Knit to marker.
 - k20, wrap and turn, purl to marker. p20, wrap and turn. Knit to marker.
3. Knit one round, picking up wraps as you come to them.
4. Follow the instructions below for the first increase round for your size. Repeat from * until the end of the round.

| Size | Increase #1 |
|------|-------------------|
| 1 | K18 *k2, m1 (117) |
| 2 | *k2, m1 (129) |
| 3 | *k2, m1 (135) |
| 4 | *k2, m1 (135) |
| 5 | *k2, m1 (135) |
| 6 | *k2, m1 (135) |
| 7 | *k2, m1 (138) |
| 8 | *k2, m1 (141) |
| 9 | *k2, m1 (141) |

5. Work two rounds using MC.
6. Follow the instructions for the second increase row for your size. If your size has an "x" then move on to the chart (working it all the way to the top). Once you complete the chart, your yoke should measure approximately 10", if you want a longer yoke, feel free to knit more rows until desired yoke length. The best way to determine the perfect yoke length is to add extra needles to open up your work, try on your sweater, and test where your armpit of the sweater will land. Once you reach desired yoke length, move on to torso and sleeve separation, your stitch count will remain the same.

| Size | Increase #2 |
|------|--------------------------------|
| 1 | x |
| 2 | K3, *k21, m1 (135) |
| 3 | *k15, m1 (144) |
| 4 | *k5, m1 (162) |
| 5 | K27, *k3, m1 (171) |
| 6 | K27 *k2, m1 (189) |
| 7 | K18, *k2, m1 (198) |
| 8 | K30, m1, *K1, m1, k2, m1 (216) |
| 9 | K15, *k1, m1, k2, m1 (225) |

7. After completing the second increase, knit two rounds, then move on to the chart (working it all the way to the top). Once you complete the chart, your yoke should measure approximately 10", if you want a longer yoke, feel free to knit more rows until desired length. The best way to determine the perfect yoke length is to add extra needles to open up your work, try on your sweater, and test where your armpit of the sweater will land. Once you reach desired yoke length, move on to torso and sleeve separation.

Torso and Sleeve Separation

Some sizes require a minor increase row to have the proper amount of stitches for separating.

| Sizes: | Separation Instructions: |
|--------|--|
| Size 1 | k32, put 40 stitches on spare needles or scrap yarn, add two stitches using backward loop cast on, k64, put 40 stitches on spare needles or scrap yarn, add two stitches using backward loop cast on then k32. |
| Size 2 | <ul style="list-style-type: none"> ● Increase row: *k29, m1 repeat from * until the end of the row (240). ● Separation: k36, put 44 stitches on spare needles or scrap yarn, add two stitches using backward loop cast on, k72, put 44 stitches on spare needles or scrap yarn, add two stitches using backward loop cast on, then k36. |
| Size 3 | k40, put 48 stitches on spare needles or scrap yarn, add two stitches using backward loop cast on, k80, put 48 stitches on spare needles or scrap yarn, add two stitches using backward loop cast on, then k40. |
| Size 4 | <ul style="list-style-type: none"> ● Increase row: *k35, m1 repeat from * until the end of the row (288). |

| | |
|--------|---|
| | <ul style="list-style-type: none"> • Separation: k44, put 52 stitches on spare needles or scrap yarn, add two stitches using backward loop cast on, k88, put 52 stitches on spare needles or scrap yarn, add two stitches using backward loop cast on, then k44. |
| Size 5 | *k48, put 56 stitches on spare needles or scrap yarn, add two stitches using backward loop cast on, k96, put 56 stitches on spare needles or scrap yarn, add two stitches using backward loop cast on, then k48. |
| Size 6 | <ul style="list-style-type: none"> • Increase row: *k41, m1 repeat from * until the end of the row (336). • Separation: k52, put 60 stitches on spare needles or scrap yarn, add two stitches using backward loop cast on, k104, put 60 stitches on spare needles or scrap yarn, add two stitches using backward loop cast on, then k52. |
| Size 7 | *k56, put 64 stitches on spare needles or scrap yarn, add two stitches using backward loop cast on, k112, put 64 stitches on spare needles or scrap yarn, add two stitches using backward loop cast on, then k56. |
| Size 8 | <ul style="list-style-type: none"> • Increase row: *k47, m1 repeat from * until the end of the row (384). • Separation: k60, put 68 stitches on spare needles or scrap yarn, add two stitches using backward loop cast on, k120, put 68 stitches on spare needles or scrap yarn, add two stitches using backward loop cast on, then k60. |
| Size 9 | *k64, put 72 stitches on spare needles or scrap yarn, add two stitches using backward loop cast on, k128, put 72 stitches on spare needles or scrap yarn, add two stitches using backward loop cast on, then k64. |

Torso

Using MC, work the torso stitches in the round until desired length minus 2", then add 2" of ribbing in a k1, p1 fashion. Once you've finished the ribbing, bind off in a k1, p1 fashion as well.

Split hem: instead of doing 2" of ribbing in the round, lay your sweater flat, divide between front and back stitches, then knit the front hem stitches back and forth repeatedly either in k1, p1 to create a rib, or just stick with knit stitch and create a garter hem. Repeat the same instructions for back stitches.

Sleeves

Pick up the stitches for one sleeve, pick up two stitches, place marker, and *knit 10 rounds then k1, k2tog, knit until the last three stitches then SSK, k1. Repeat from * until desired length minus 2". Add 2" of ribbing in a k1, p1 fashion and then bind off in a k1, p1 fashion as well. IF YOU WANT tighter sleeves, feel free to do the decrease rows after every 5 rounds. IF YOU WANT tighter cuffs do this

decrease row before ribbing: *k4, k2tog, repeat from * until the end of the row then knit the last few stitches (if any remain).

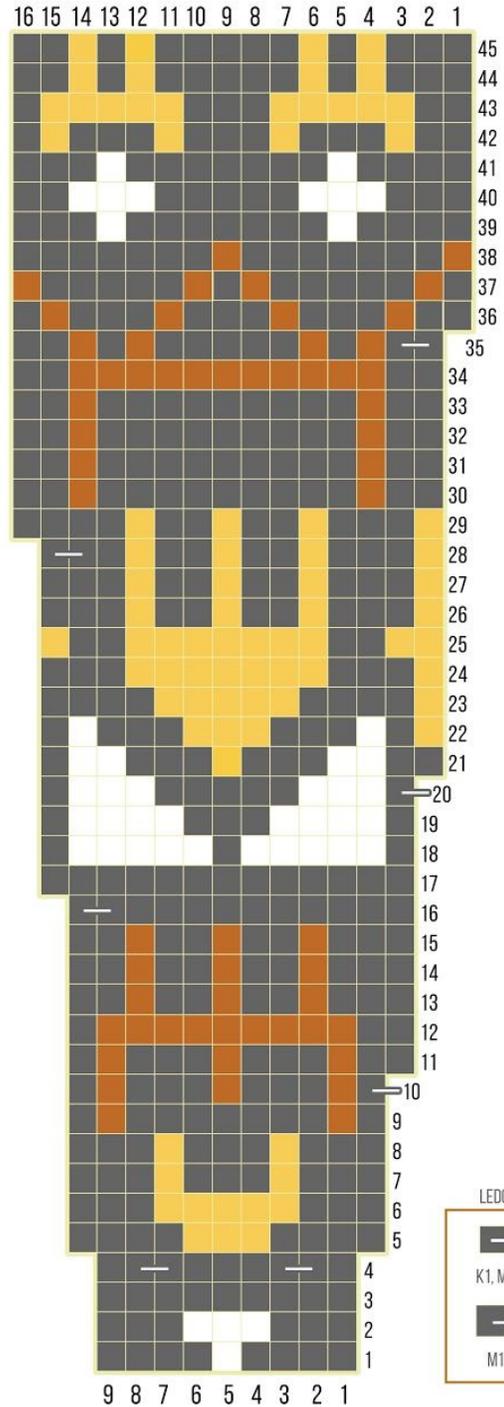
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SALUBRIOUS

S W E A T E R

DURING TIMES LIKE THESE IT'S IMPORTANT TO BE ABLE
 TO FIND WAYS TO LET YOUR BRAIN REST. REST IS NOT
 SELFISH, IN FACT IT IS ONE OF THE MOST IMPORTANT
 THINGS YOU CAN DO TO LIVE A BALANCED AND
 HEALTHY LIFESTYLE. KNITTING HAS ALWAYS BEEN A
 RELAXING AND ENJOYABLE PASTIME FOR ME, AND I
 HOPE THIS SWEATER IS NOTHING BUT THAT FOR YOU.

LOVE, MORGAN



Hey, you!

Let's pause for a second and connect a little deeper, I've got something really important to say:

I believe that we are all here on this Earth for a purpose, so if you're reading this, you're here for a reason. Your life was not a mistake and *you* are not a mistake. If you don't know what you're supposed to do here on this Earth and you're just sitting down to do some leisure crafting, I want to dispense some hope and love into your life. Whatever you are passionate about, follow it, get better at it, and never give up on it, regardless of who supports you or *doesn't* support you. Sometimes you're more supported by those around you than you feel, but the first person you need to convince that your dream is worth pursuing is **you**. This letter isn't here to inspire you to quit your day job, it's a message to *never quit your day dream*, because when we quit what fuels our creative side, we become dull, tired machines.

I believe the bible and I deeply believe that God loves me and has a purpose for my life. AND I believe beyond a shadow of a doubt that He loves you and has good plans for every single one of your lives. I included this message because I know that God blesses those who risk their fame and popularity by sticking out their necks for His name and purpose. If you're a Christian, we need to step up our game, we need to trust that loving others without inhibition is better than judging others for their outward appearance or actions. I get it, sometimes it's easier to judge other people because it makes us feel safer and more wanted, but the deal is, we are all equals and no one is "worth" more or less than any single human on this planet who has ever existed.

You are loved, you are worth loving, and you are capable of spreading love, so do it.

Sincerely,
Morgan