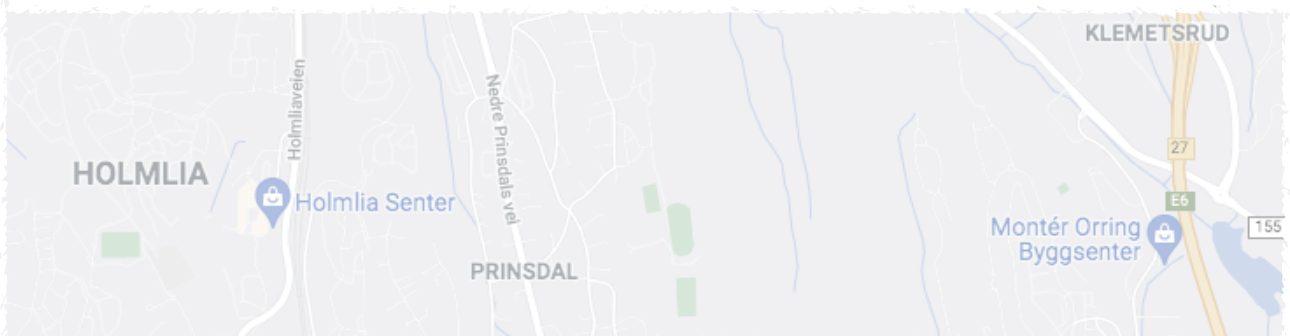




Knitting from Søndre Nordstrand



Dear Knitter,

In October 2021, Hamze Hashi Adan was killed on the grounds of Lofsrud school in Mortensrud in Oslo. From my flat about 200 m away, I heard the shots and thought they were fireworks. After all, when is a person ever shot dead on the street here in Norway?

Afterwards, Søndre Nordstrand—a majority-minority district in the south of Oslo—made headlines. Mortensrud, a neighbourhood in this district, had already acquired a bad reputation with a string of violent incidents in 2020, including a targeted killing in nearby Prinsdal and an attempted murder. The mainstream press attempted to balance its coverage of the situation by publishing op-eds and interviews with locals. Nevertheless, trolls and racists on social media came out in force.

Referencing the immigrant background of many residents here, they called us “unintegratable candidates for deportation” and “unbidden guests.” They didn’t seem to realise that we’re just like any other Norwegians: we might originate from abroad, but we still eat *lapskaus* and *pinnekjøtt*, hoist the flag on Constitution Day, and bake gingerbread for Christmas. We play football, go skiing, and celebrate birthdays with hot dogs and cake just like everyone else.

And we knit. Yes, even I, an immigrant, engage in the ultimate Norwegian hobby. *Knitting from Søndre Nordstrand* contains four patterns inspired by traditional Norwegian textiles, from woven “skillbragd” blankets to Selbu mittens to embroidered headdresses.

The patterns for the Stenbråten cowl, Lofsrud beanie, Bjørnholt wristers, and Mortensrud mittens are available for free. If you live here, I hope you’ll wear them with pride; and if you’ve never set foot here, I hope you’ll see that Søndre Nordstrand is more than its reputation.

With warm holiday greetings,

Lanja

Oslo, December 2021



**Yarn**

sport weight yarn in 4 colours:

100 m / 109 yards in main colour

30 m / 34 yards in contrast colour 1

35 m / 38 yards in contrast colour 2

35 m / 38 yards in contrast colour 3

The sample cowl was knitted in Rauma
Finull.

Needles

circular needles (50 cm) in size 2.5 and 3
mm / US 1.5 and 2.5

Gauge

29 sts = 10 cm/4" over Chart 2

Finished Measurements

circumference 52 cm / 20.5"

height 17 cm / 6.75"

Stenbråten

The eight-pointed Selbu star is famous both in Norway and abroad.

I've used three contrast colours to create extra visual interest. However, the cowl can also be effectively knitted with just one or two contrast colours.

st(s) <i>stitch(es)</i>	rnd(s) <i>round(s)</i>	k <i>knit</i>	p <i>purl</i>	yo <i>yarn over</i>
MC <i>main colour</i>	CC <i>contrast colour</i>	inc <i>increase</i>	dec <i>decrease</i>	rep <i>repeat</i>
tbl <i>through the back loop</i>	st st <i>stockinette stitch</i>	k2tog <i>knit 2 sts together</i>		rem <i>remaining</i>

Notes on Construction: Stenbråten cowl

The cowl is knitted in the round.

To change the circumference, cast on more/fewer sts in multiples of 10.

To change the height, work more reps of Rnds 1-24 of Chart 2.

Cowl

With smaller needles and CC1, cast on 140 sts. Place marker and join in a rnd. Work Chart 1.

On the next rnd, inc 10 sts as follows: * k14, yo *, rep from *-* to end = 150 sts.

K 1 rnd, working all yo's tbl.

Change to larger needles and work Chart 2.

Change to smaller needles. With MC, k 2 rnds st st.

On the next rnd, dec 10 sts as follows: * k13, k2tog *, rep from *-* to end = 140 sts.

Work Chart 3. Bind off loosely in pattern.

Finishing

Weave in ends. Block.

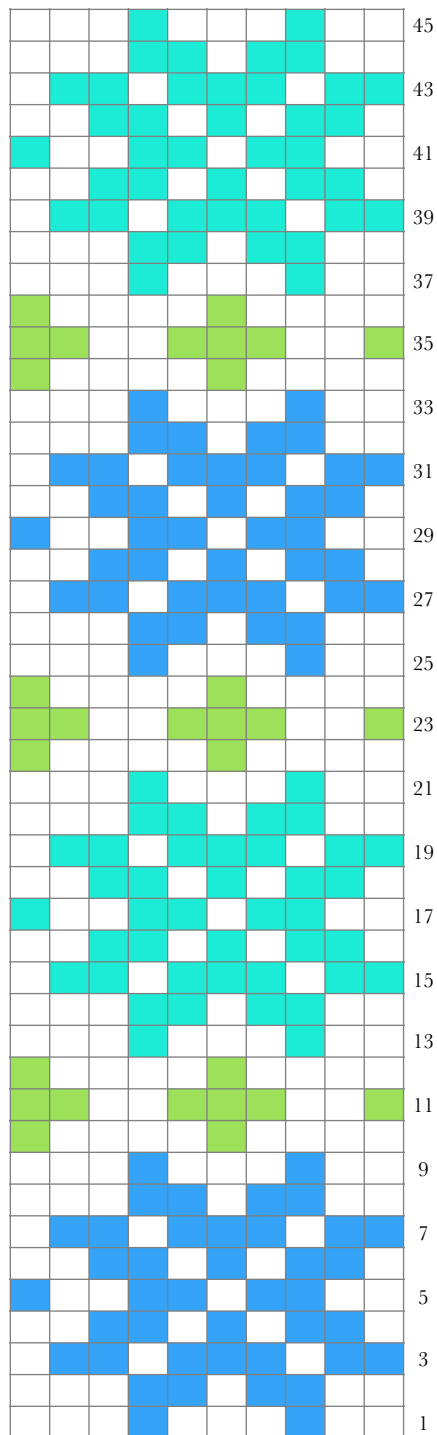


Chart 2 - Stenbråten

-		
-		5
-		3
-		1

Chart 3 - Stenbråten

- MC
- CC1
- CC2
- CC3
- | ktbl
- p

-		5
-		3
-		1

Chart 1 - Stenbråten







Yarn

sport weight yarn in 3 colours:

100 m / 109 yards in main colour
40 m / 44 yards in contrast colour 1
5 m / 6 yards in contrast colour 2

The sample hat was knitted in Rauma
Finull.

Needles

circular needles (50 cm) in size 2.5 and 3
mm / US 1.5 and 2.5

Gauge

30 sts = 10 cm/4" over Chart 2

Finished Measurements

circumference 51 cm / 20"
height 20.5 cm / 8"

Lofsrud

This heart-petaled rose motif comes from
Selbu.

The borders with the crosses are knitted in
a second contrast colour that is
indistinguishable from the first contrast
colour in the photograph.

st(s) <i>stitch(es)</i>	rnd(s) <i>round(s)</i>	k <i>knit</i>	p <i>purl</i>	yo <i>yarn over</i>
MC <i>main colour</i>	CC <i>contrast colour</i>	inc <i>increase</i>	dec <i>decrease</i>	rep <i>repeat</i>
tbl <i>through the back loop</i>	st st <i>stockinette stitch</i>	k2tog <i>knit 2 sts together</i>		rem <i>remaining</i>

Notes on Construction: Lofsrud beanie

The beanie is worked in the round from the bottom up.

Beanie

With smaller circular needles and CC1, cast on 132 sts. Place marker and join in a round. Work Chart 1 around.

On the next rnd, increase 8 sts evenly spaced as follows: * k 17, yo, k16, yo *, rep from *-* to end = 140 sts.

Knit the next rnd, working all yo's tbl.

Change to larger needles and work Chart 2 around.

Change to smaller needles. With MC, work st st until piece measures approximately 14.5 cm/ 5.75" from cast on edge, placing markers every 10 sts on final rnd. For a slouchy beanie, work another 2.5-3.5 cm / 1-1.5".

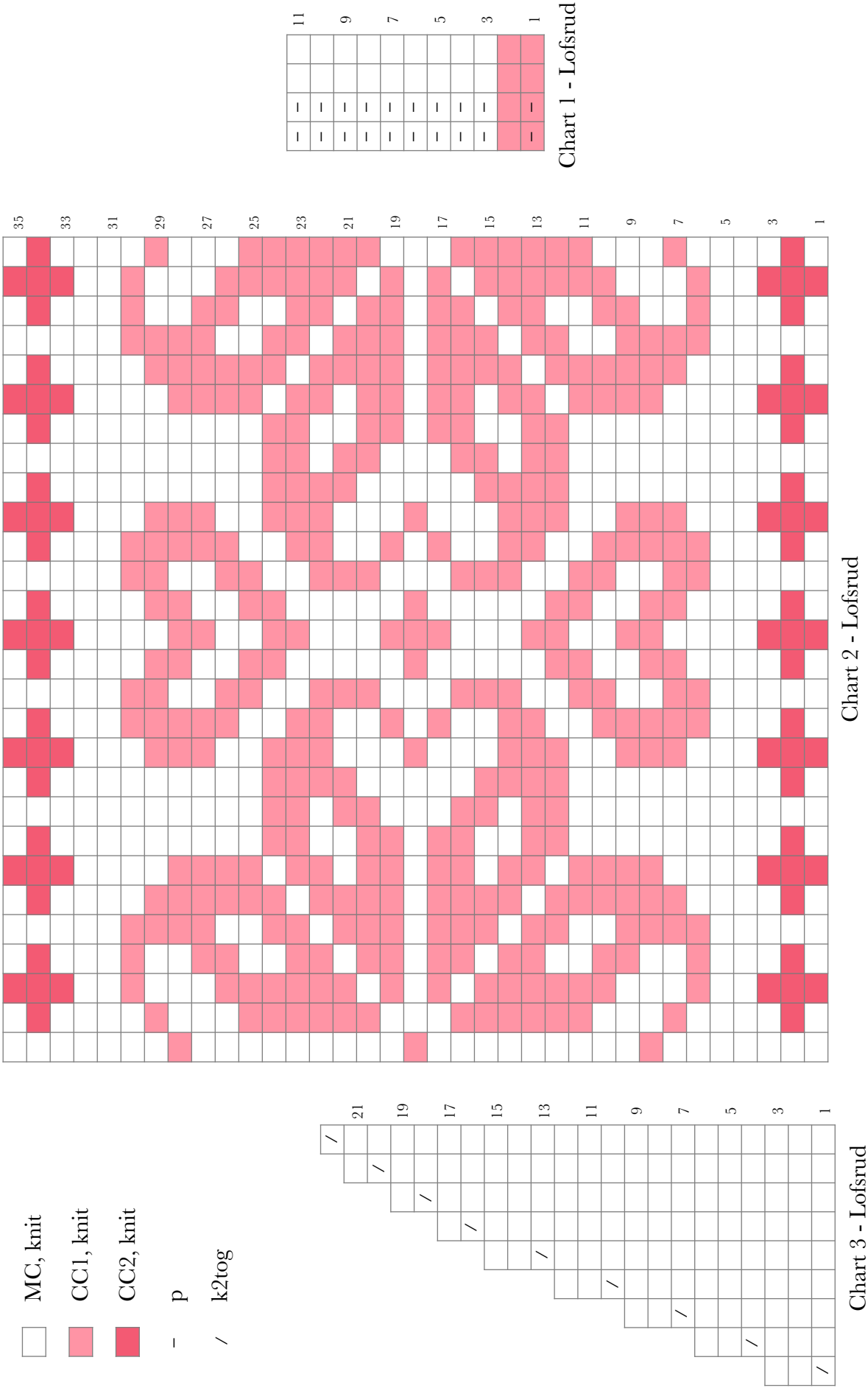
Work Chart 3 around, changing to double-pointed needles as necessary = 14 sts after Rnd 22.

On the next rnd, work k2tog around = 7 sts.

Draw up rem sts.

Finishing

Weave in ends. Block.









Yarn

sport weight yarn in 5 colours:

80 m / 87 yards in main colour
 10 m / 11 yards in contrast colour 1
 20 m / 22 yards in contrast colour 2
 30 m / 33 yards in contrast colour 3
 10 m / 11 yards in contrast colour 4

The sample wristers were knitted in Rauma Finull.

Needles

set of double pointed needles 2.5 and 3 mm / US 1.5 and 2.5

Gauge

16 sts = 5 cm / 2" over Rnds 6-47 of Chart 1

Finished Measurements

circumference 19 cm / 7.5"
 height 16 cm / 6"

Bjørnholt

These motifs on these wristers are loosely based on a blanket knitted in 1926 by Berit Endresdotter Myhre. She was in turn inspired by patterns from woven blankets ("skillbragdepper").

st(s) <i>stitch(es)</i>	rnd(s) <i>round(s)</i>	k <i>knit</i>	p <i>purl</i>	yo <i>yarn over</i>
MC <i>main colour</i>	CC <i>contrast colour</i>	inc <i>increase</i>	dec <i>decrease</i>	rep <i>repeat</i>
tbl <i>through the back loop</i>	st st <i>stockinette stitch</i>	k2tog <i>knit 2 sts together</i>		rem <i>remaining</i>

Notes on Construction: Bjørnholt wristers

The wristers are knitted in the round.

They can also be knitted in just two colours: the main colour and a single contrast colour. In that case you will need 70 m / 77 yards of the contrast colour.

Wrister

Cast on 56 sts with MC and smaller needles. Work Rnds 1-5 of Chart 1. Change to larger needles and work Rnds 6-49, decreasing 2 sts on final rnd = 54 sts.

Work Rnds 1-4 of Chart 2. Change to smaller needles and work Rnds 6-9. Bind off loosely.

Knit a second wrister.

Finishing

Weave in ends. Block.

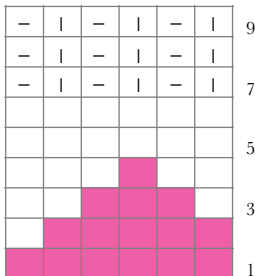


Chart 2 - Bjørnholt

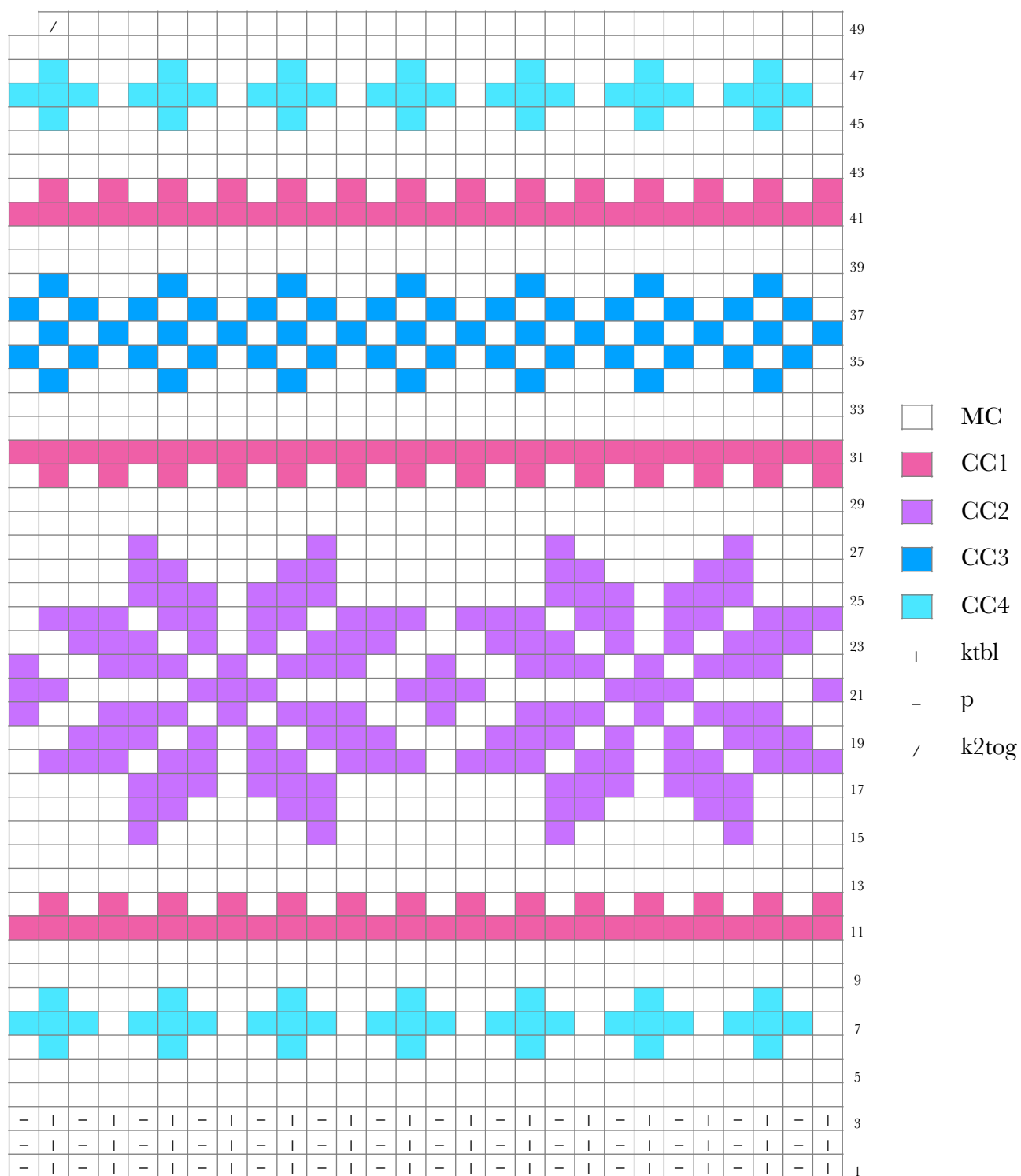


Chart 1 - Bjørnholt



**Yarn**

sport weight yarn in 2 colours:

125 m / 137 yards in main colour

100 m / 109 yards in contrast colour

The sample mittens were knitted in
Rauma Finull.

Needles

set of double-pointed needles 2.5 and
3 mm / US 1.5 and 2.5

Gauge

15 sts = 5 cm / 2" over palm pattern of
Chart 1

Finished Measurements

circumference 19 cm / 7.5"

length 24 cm / 9.5"

11.5 cm / 4.5" from cuff to thumb

5" / 13 cm / 5" from thumb to tip

Mortensrud

The palm pattern originates from Selbu while the snowflakes come from eastern Sami knitting traditions and embroidered headdresses ("skaut" or "svartenastduk") from Voss.

st(s) <i>stitch(es)</i>	rnd(s) <i>round(s)</i>	k <i>knit</i>	p <i>purl</i>	yo <i>yarn over</i>
MC <i>main colour</i>	CC <i>contrast colour</i>	inc <i>increase</i>	dec <i>decrease</i>	rep <i>repeat</i>
tbl <i>through the back loop</i>	st st <i>stockinette stitch</i>	k2tog <i>knit 2 sts together</i>		rem <i>remaining</i>

Notes on Construction: Mortensrud mittens

The mittens are knitted in the round.

Fig. 1 shows the backward loop cast-on used for the thumb.

Mitten Body

With CC and smaller needles, cast on 60 sts using a long-tail cast-on. Join in a round and work Rnds 1-6 of Chart 1.

Change to larger needles. Work Rnds 7-37 of Chart 1. Then mark thumb on Rnd 38 as follows:

Right mitten:

K 3 sts, place next 11 sts on stitch holder, cast on 11 sts in pattern using the backwards loop cast-on, continue to end of rnd.

Left mitten:

K 17 sts, place next 11 sts on stitch holder, cast on 11 sts in pattern using the backwards loop cast-on, continue to end of rnd.

Work the rest of Chart 1 = 16 sts after Rnd 79. Using Kitchener stitch, graft rem sts.

Thumb

Place the 11 thumb sts on one of the larger needles.

With MC and larger needles, pick up 15 sts along the top of the thumb hole: 2 sts in each gap and 11 sts across the cast-on sts = 26 sts total.

Join in a round and work Chart 2A - Right Thumb or Chart 2B - Left Thumb. Draw up rem sts.

Finishing

Weave in ends. Block.

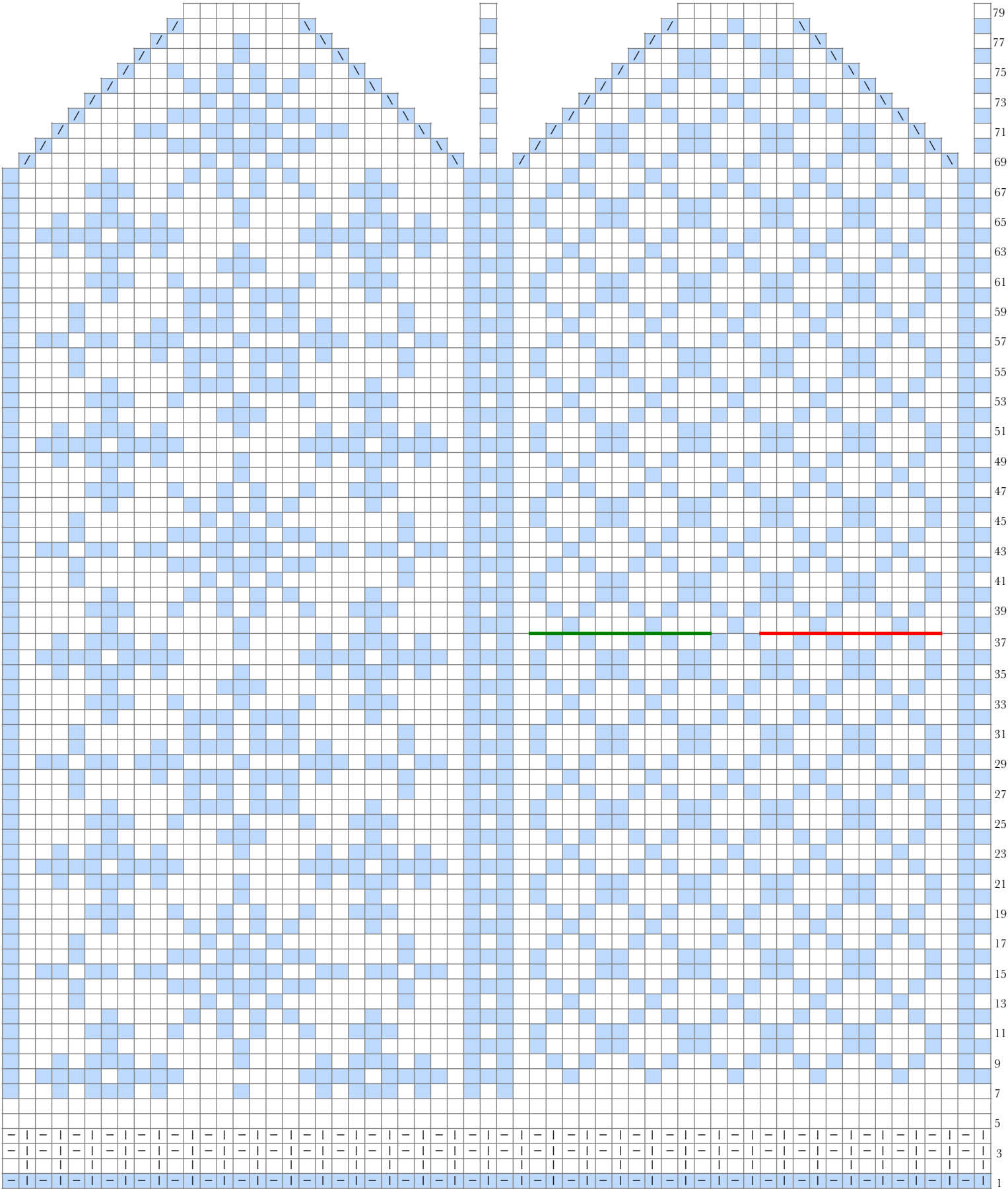




Fig. 1 - Backwards Loop Cast-On

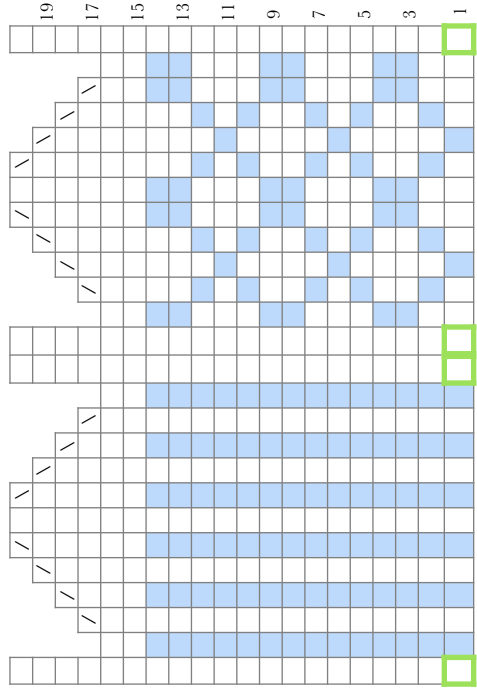


Chart 2B - Left Thumb

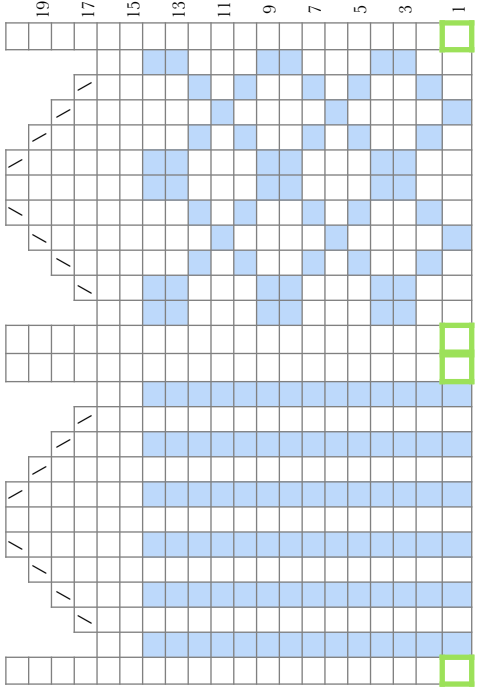


Chart 2A - Right Thumb

- MC, knit
- CC, knit
- k tbl
- p
- ssk
- k2tog
- right thumb sts
- left thumb sts
- sts picked up in the gap on previous rnd

