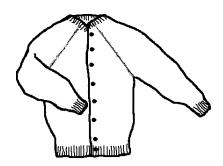
### SPINCRAFT PATTERN

Box 327, Salmon, ID 83467 - spincraft@ spindling.com PAT # 29-Sw: copyright 4/99 Connie Delaney - illegal to copy





# SURE-TO-FIT CARDIGAN

(from the top down)

This basic sweater design can be made from any yarn to fit any person. No seams! When you are done knitting you are ready to wear the sweater. It is knit all in one piece from the top down and can be tried on for fit as you go. In fact, it should be tried on for fit regularly as you knit. A sure success for the beginning knitter; an unlimited pallet for those with creative minds.

The following instructions are for a sweater in plain stockinette stitch, but any color or texture pattern can be used: knit-purl combinations, colors, cables or lace.

#### **SIZE**

Can be made to fit any size.

#### **MATERIALS:**

- 20 to 24 ounces any kind of yarn
- Circular needles in size to fit your yarn: 32", 16"
- Double pointed needles, and 32" circular needle, 2 sizes smaller than above
  - 8 stitch markers
  - Misc: Ruler, calculator, scratch paper

#### **CALCULATIONS:**

For this sweater we are going to figure out how many sts to cast on by finding wraps per inch to determine the size of yarn, thus giving us an approximate gauge.

Take a ruler and carefully wrap yarn around it filling up exactly 1 inch. Wrap so that the sides of the yarn strands are touching each other, but do not scrunch the yarn together. If you wrap meticulously you will get a pretty accurate count. This is not a totally accurate method of determining gauge, but for something not terribly critical, like the neck of this sweater, it is good enough and will give you a better fit than if I said something like, use a medium yarn and cast on 50 sts.

Now. Consult the chart (first page) to help determine the size needle to use and approximate gauge. If you like to knit swatches for a perfect gauge, go ahead and knit one.

If you are feeling uncertain about this haphazard method of starting this sweater, relax,



Style	Lace	Fngr	Sprt	Wrstd	Blky
	18+	16	14	12	10
gauge	8+	6-8	5-6	4-5	3-4
needle	00-2	1-4	2-6	4-8	6-10

the beginning of this sweater is like knitting a swatch. You'll be able to try for a fit after a few rows. If things have gone wrong you can rip out and start again.

#### **MEASUREMENTS:**

Measure the person who will be wearing the sweater in the following places:

- (1) Neck (measure the actual neck, not collar size)
- (2) from point where neck meets shoulder down to comfortable spot below armpit in a diagonal for a raglan sleeve
- (3) arm length from sleeve underarm point to wrist
- (4) body length from sleeve underarm to hips
  - (5) wrist.

Look this person deep in the eyes and ask them how they want the collar to fit. Do they want a nice tight collar that will keep the slightest hint of a winter breeze from their neck [if so decrease a few sts from the following calculation (A)], do they want a loose floppy collar so that scratchy wool will never touch their delicate skin [if so increase (A) slightly], or do they want a perfect tailored fit [if so keep (A) the way it is.]

#### **CALCULATIONS:**

To determine the number of sts to cast on and how to divide for sleeves do the following calculations on a calculator. Do not fret because the calculation for front sts is so small - you will increase for front creating a nice sloping collar. I've included the calculations for 2 sweaters I made so you can see how it works, my neck measurement was 13.

Tip: remember how to round a decimal number? If decimal is .5 or above you round up, if it is .4 or less, you round down.

Enter approx. gauge	4	5.5
(A) Multiply by neck		
measurement 52	72	
(B) Subtract 4 seam sts	48	68
(X) Back: Divide B	24	34
by 2 & round		
(Y) Sleeves: Divide X	8	11
by 3 & round		
( <b>Z</b> ) Fronts: Divide Y	4	6
by 2 & round		
$(\mathbf{N}) = \mathbf{Z} + \mathbf{Y} + \mathbf{X} + \mathbf{Z} + \mathbf{Y} + 4$	52	72

#### **BEGIN:**

Cast on **N** sts, slip them down on your circular needle, arrange them loosely and try them on sample neck. They should fit about 3/4 of the way around the neck loosely, or all the way around pulled tight. As you begin the sweater you will increase for the rest of the neck sts so they make a slope and don't choke the person who will be wearing this sweater.

<u>Row 1:</u> do not join sts - place markers to indicate sleeve seams thusly:

Front:  $k \mathbf{Z}$ , marker, k1, marker

Sleeve: k Y, marker, k1, marker

Back: k **X**, marker, k1, marker Sleeve: k **Y**, marker, k1, marker

Front: k **Z**.

Row 2, and all even rows: P across

Row 3: Increase in 1st st, \* k to st before marker, increase in that st, sl marker, k1, sl marker, increase in next st \*, rep from \* to \* to last st, increase in last st.

Rep rows 2 & 3 until total sts of both front panels equals number of sts on back minus  $\mathbb{Z}$ .

Next rs row: Cast **Z** sts onto needle. Turn around and k those Z sts. Do not increase in the first st, knit across row continuing sleeve increases as before (increasing on both sides of marker pairs), do not increase last st, cast on **Z** sts.

<u>First repeat row:</u> (wrong side) k **Z** sts, p across row - except k last **Z** sts (this makes front border).

<u>Second repeat row:</u> K across increasing on both sides of marker pairs as established.

{This is a perfect spot to stop and try on the collar so you can knit the rest of your sweater in that warm glow of security knowing you will achieve a perfect fit. You should be able to bend the circular needle around your neck to see if it fits. To be extra, double sure, slip sts to string and try on. If you decide the collar does not fit, adjust your initial calculation (A) and start over.}

On next row, make a button hole in the center of **Z** sts, left side for man's sweater, right side for woman's sweater (to make buttonhole, YO, k 2 tog). From this point on make buttonholes on border sts spaced 1 1/2" apart for full length of sweater (for very fine sweaters you may want the buttonholes spaced closer together, for thick sweaters you may want them spaced further apart).

Continue working repeat rows increasing at sleeve markers and knitting first Z sts of each row for border. Work yoke in this manner until seam sts (where the markers and increases are) equal the raglan measurement (2) from shoulder to armpit (I went 12" on my sweater). This is a critical measurement, do not stretch your work while measuring. To be certain of size, take your stitches off needle onto long piece of string and try it on. Seams should fit comfortably under the arm.

# DIVIDE FOR BODY AND SLEEVES:

When yoke of sweater is right length - k across front body sts including seam st, transfer sleeve sts to st holder, k seam st, k across back sts including seam st, transfer second sleeve sts to holder, knit across rest of front sts.

Next row: k across row, when you come to the seam sts on sleeve underarm, k them together.

For sweater body knit back and forth in stockinette st. For a less bulky fit you may want to decrease one st at underarm every 1" for 3" (3 decreases each side). Work even until you've reached 2" less than desired length. Change to circular needle 2 sizes smaller and finish with k2, p2 ribbing for 2". Remember to keep maintaining the border sts and adding buttonholes when needed. Bind off.

#### **SLEEVE:**

Take up sleeve sts from one st holder onto circular needle which is short enough to knit with in the round, join yarn. To prevent a hole in the armpit - First round: look at your work and you will see a gap shaped like a V at the armpit of the sleeve. With your left needle, pick up a loop from each side of the V, slip the last st from right needle onto left needle. K the 2 sts and 2 loops together, then k around. Second round: k the last st of the first round and first st of the second round together.



TO SHAPE SLEEVES: Place a marker to determine center underarm st. Decrease 2 st, one on each side of center st, every 5th row throughout length of sleeve. To make sure it fits well keep trying sweater on and gauging how the decreases are affecting shape. Adjust number of rows between decreases to get a fit you like - remember to keep track of what you do so second sleeve can be made to match. Change to 16" circular needle or double pointed needles as needed.

When sleeve is getting to proper length measure body ribbing to determine correct number of sts for cuff (Hint: wrap it around your wrist). When you've reached your desired length, mi-

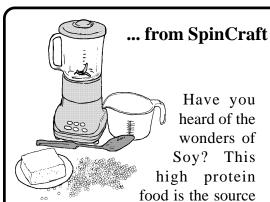


NEW! The most complete guide to spindling ever. From your first day to silk thread. Best methods for all spindle types: high whorl, low whorl, supported cotton spindles and the Navajo spindle. Tells how to make your own spindles. The book you've wished for.

nus 3", decrease evenly around to get this number. Change to double pointed needles which are 2 sizes smaller, and work k2, p2 ribbing for 3". Bind off.

#### **COLLAR:**

With small size circular needle, pick up sts evenly along collar and work k1, p1 ribbing for 1". Bind off and work in ends. Block sweater.



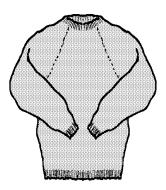
of five phytochemicals that seem to prevent cancer cells from forming. Soy is low on the glycemic index - which means it helps promote weight loss or maintenance of ideal weight - AND - it contains natural hormones that ease the symptoms of menopause and prevent bone loss. We all need to eat more soy.

Here's the secret: make your own and it tastes great! It's easy. This booklet tells how to do it in fifteen minutes!

# Quick Soy Milk & Tofu

by Connie Delaney

\$4.00 + \$2 shipping & handling



# SURE-TO-FIT PULLOVER

(from the top down)

This is a simple sweater design that can be made from any yarn to fit any person. No seams! It is knit all in one piece from the top down and can be tried on for fit as you go. A sure success for the beginning knitter; an unlimited pallet for those with creative minds.

The following instructions are for a sweater in plain stockinette stitch, but any knit pattern can be used: knit-purl combinations, colors, cables, lace. Use a sample from your favorite pattern book.

#### **MATERIALS:**

- 20 to 24 ounces of yarn
- Main needles: Circular in size to fit your yarn in the following lengths: 32", 16"
- Ribbing needles: Circular, and double pointed 2 sizes smaller than above
- Stitch markers: 3 green, 4 black, and 1 red (loops of yarn work well)
- Misc. items: Ruler, calculator, scratch paper, tape measure

**NOTE:** Sweater is knit in one piece, starting at neck, and increasing for raglan sleeves. Any size yarn and needles will do. Start at neck with 16" round needles and change to larger size when piece becomes too big.

Note: Colored markers are placed to indicate starting position (red), start and finish of front and back (black) and sleeves (green.)

Increases are done by knitting in front and back of st.

#### **CALCULATIONS:**

Wrap your yarn around a ruler filling up exactly 1 inch. Wrap so that the sides of the yarn strands are touching each other, but do not scrunch the yarn together. If you wrap meticulously you will get a pretty accurate count. Consult the following chart to help determine the size needle to use.

With main size needles, knit a swatch 20 sts wide by 20 rows long and measure the number of sts you get per inch. This is your gauge (**G**).

**MEASUREMENTS:** Measure the person who will be wearing the sweater in the following places:

- (A) diameter of head.
- (**R**) from point where neck meets shoulder, down to comfortable spot below armpit in a diagonal for a raglan sleeve
  - (T) arm length from underarm-point to wrist
  - (V) body length from underarm to hips.

To determine the number of sts to cast on and how to divide for sleeves do the following math on a calculator, I've included the calculations for 2 sweaters I made so you can see how it works. My head measurement (A) was 20. Round all numbers. Tip: remember how to round a decimal? If decimal is .5 or above you round up, if it is .4 or less, you round down.

Enter gauge <b>G</b>	4	7	
Multiply by A	80	140	
X = Subtract 4 sea	m sts	76	136
$\mathbf{Y} = \text{divide } \mathbf{X} \text{ in ha}$	lf	38	68
$\mathbf{Z} = \text{divide } \mathbf{Y} \text{ by } 3.$	5	11	19
S = subtract 2 from	n ${f Z}$	9	17
$N = \text{multiply } \mathbf{Z} \text{ tim}$	nes 2.5	28	48
$\mathbf{B} = \text{subtract 2 from}$	n <b>N</b>	26	46
C = Z + Z + N + N	<b>V</b> + <b>4</b>		
(number to cast on	)	<u>82</u>	<u>138</u>

#### NECK:

Start at neck: with 16" ribbing circular needles, cast on **C** sts. Place red marker to mark beginning. Join being careful not to twist stitches. Work a firm k1, p1 ribbing for 1 1/2 inches. To insure proper fit, slip collar sts to string and try on. Adjust gauge and recalculate if necessary.

Place markers for sleeves:

NEXT ROW: Change to main 16" needles. K1, place black marker, increase in next st, work **B** sts (body), increase in next st, place black marker, k1, place green marker, increase in next st, work **S** sts (sleeve), increase in next st, place green marker, k1, place black marker, increase in next st, work **B** sts (body), increase in next st, place black marker, k1, place green marker, increase in next st, work **S** sts (sleeve), increase in next st.



Style	Lace	Fngr	Sprt	Wrstd	Blky
Wraps		16	14	12	10
gauge	8+	6-8	5-6	4-5	3-4
needle	00-2	1-4	2-6	4-8	6-10

#### YOKE

EVEN ROW: Knit all stitches (or begin pattern stitch of your choice: always knit the st between the double markers).

INCREASE ROW: Increase one st before and after each marker pair, knit st between markers.

Work previous two rows, increasing each side of marker pairs every-other-row, until yoke is length "R". Change to 32" main needles when necessary. Seam will be approx. 11" for size 12, 12" for size 14, 13" for size 16-18. To insure correct fit: sl a string through sts and remove needles. Try on the sweater. When seams meet under arms you are ready to divide sleeve and body.

#### **BODY:**

K across body sts, slip sleeve sts to holder, cast on **G** sts, k across back, slip sleeve sts to holder, cast on **G** sts, join. Keep red marker to mark beginning.

Work body until desired length. (Note: For a tapered fit you may wish to decrease at underarm each side every 2" as you work body.) When correct length, change to ribbing needles and work k1, p1 ribbing for 2" or to taste. Bind off.

#### **SLEEVES:**

With main 16" needles, take up sts from one sleeve. Pick up 4 sts from sts cast on for body. Join.

K around, decreasing 2 sts at center seam every 6 rows. Work in this manner until desired length (try it on occasionally).

To get a perfect wrist ribbing, measure your wrist with rib at bottom of body. Count number of sts. Change to ribbing DP needles. Decrease to desired number. Finish off in k1, p1 ribbing. Make second sleeve to match. Work in ends. Wash and block.