

NO FRILLS CARDIGAN



Sizes:	XS (S) M (L) XL
Width across back:	53 (56) 59 (62) 66 cm
Length mid back:	83 (85) 88 (91) 93 cm
Gauge:	21 sts x 28 rows in stockinette st on size 4 mm needles = 10 x 10 cm/4 x 4 inches
Suggested needles:	4 mm/US size 6 circular needles, with 80 and 100 cm/32 and 40 inches cable length, 4
	mm double pointed needles for the sleeves (unless using the magic loop technique)
Yarn:	350 (350) 400 (450) 500 g Arwetta from Filcolana (Mustard 136) (50 g = 210 m/230
	yards) held together with 175 (175) 200 (225) 250 g Tilia from Filcolana (Mustard 136)
	(25 g = 195 m/213 yards) or Angel from Permin (Karry) (25 g = 210 m/230 yards)
Other notions:	Scrap yarn to put sts on hold, darning needle

PATTERN

No Frills Cardigan is an oversized cardigan that is worked top-down and shaped with raglan increases. It follows a seamless construction and requires very little finishing. The neck band is worked in rib st and it continues vertically into the front bands of the cardigan. Lastly, setin pockets are worked on the front. It is worked holding the two suggested yarns together for extra warmth and color mixing. Its simple design makes it a really wearable, timeless piece.

Sizing

No Frills Cardigan is worked with 20-25 cm positive ease. Size XS (S) M (L) XL corresponds to a chest circumference of about 85 (90) 95 (100) 110 cm. Take your measurements before you start knitting to decide which size is the right for one for you.

Yoke

Introductory note: First, you will work a neck band using the provisional cast on technique. Next, you will pick up sts along one side of the neck band (i.e. crosswise) and then you will work the rest of the yoke back and forth across all sts. This will create the foundation for the body of the cardigan (side sts of the neck band) and for the front bands (live sts of the neck band on both sides).

Neck band

Start by casting on 17 sts with size 4 mm needles on a piece of scrap yarn using the **provisional cast on** technique (if you are not familiar with the technique, you can find several instructional videos for example on YouTube). This way, the cast on sts are still "alive" so that you can easily pick them back up later and knit them with an almost invisible joint.

Work in rib as follows:

Row 1 (RS): *K 1, p 1* repeat from * to * until 1 st remains on the needle, k 1 (edge st).

Row 2 (WS): K 1 (edge st), work in rib pattern (k the k sts and p the p sts) until 1 st remains, slip the last st purlwise with the yarn in front (to create a neat edge).

Repeat these 2 rows until the neck band measures 14.5 (15) 15 (16) 16 cm, end with a WS row. Let the sts rest on a stitch holder without cutting the working yarn.

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Pick up the resting sts in the other end of the neck band (the ones on scrap yarn, from the provisional cast on) and work (using a new thread) as follows:

Row 1 (RS): K 1 (edge st), *p 1, k 1* repeat from * to * until 2 sts remain on the needle, p 1, slip the last st purlwise with the yarn in front.

Row 2 (WS): K 1, work in rib pattern until 1 st remains on the needle, k 1 (edge st).

Repeat these 2 rows for 14.5 (15) 15 (16) 16 cm, end with a WS row. Cut the yarn. You now have a 29 (30) 30 (32) 32 cm neck band with an almost invisible cast on edge in the middle, which will be "hidden" in the back.

Raglan

Next, you will pick up sts along one side of the neck band (crosswise of the rib pattern) and then you will work back and forth across all sts to create the rest of the yoke. Do it as follows: Place the 17 resting sts (i.e. the end of the neck band you worked first, where your working yarn is hanging) on a long circular needle and in continuation of the sts on the needle evenly pick up 63 (65) 65 (69) 71 sts along the side with the edge sts. After the picked up sts, work in rib pattern across the 17 sts of the neck band so that you have all 97 (99) 99 (103) 105 sts on the needle.

The yoke is now worked back and forth across all these sts.

Work back across all sts working the **16 first and last sts** in rib pattern (but remember to slip the last st purlwise with the yarn in front and k the first st on all rows) and purling the picked up sts (including the edge sts that are no longer edge sts, they become part of the body). You are now on the RS.

Divide for raglan increases as follows (note that there is a raglan st between each raglan increase, 4 raglan sts in all).

17 (17) 17 (17) 17 sts (left front), 1 raglan st, 8 (8) 8 (9) 9 sts (left sleeve), 1 raglan st, 43 (45) 45 (47) 49 sts (back), 1 raglan st, 8 (8) 8 (9) 9 sts (right sleeve), 1 raglan st, 17 (17) 17 (17) 17 sts (right front).

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Raglan increases are worked on the RS as follows:

* Work in pattern to the raglan st, insert the left needle into the thread from the back and k it (M1R), k the raglan st, insert the left needle into the thread from the front and k it tbl (M1L). * Repeat from * to * 4 times in total and k until the end of the row.

Continue working back and forth in stockinette st (except for the 16 first and last sts^{**}) and work raglan increases on RS rows a total of total of 30 (32) 35 (38) 41 times. **At the same time** increase the number of sts on each side of the rib of the front bands on every 12th row (a RS row) a total of 7 (8) 8 (9) 10 times as follows:

Work 16 sts of rib, insert the left needle into the thread from the front and k it tbl, work as described until 16 sts remain on the needle, insert the left needle into the thread from the back and k it, work 16 sts of rib.

** The 16 first and last sts are always worked in rib pattern (but remember to slip the last st purlwise with the yarn in front and k the first st on all rows).

Once you have worked the yoke you are missing 2 (2) 2 (2) 3 increases on each side of the rib of the front bands. Your stitch count is as follows: 52 (55) 58 (62) 64 sts (left front), 1 raglan st, 68 (72) 78 (85) 91 sts (left sleeve), 1 raglan st, 103 (109) 115 (123) 131 sts (back), 1 raglan st, 68 (72) 78 (85) 91 m (right sleeve), 1 raglan st, 52 (55) 58 (62) 64 m (right front) (= 347 (367) 391 (421) 447 sts.)

Body

Next, you will separate the sleeves from the body. Let the 68 (72) 78 (85) 91 sleeve sts on each side rest while finishing the body. You can leave them on spare cables, stitch holders or scrap yarn. Include the raglan sts in the sts for the body.

Cast on 6 sts under each sleeve with your preferred in-row cast on method (= 223 (235) 247 (263) 277 sts). Work back and forth in rib across the first and last 16 sts and stockinette st across the rest. Remember to slip the last st purlwise with the yarn in front and k the first sts on all rows (to create a neat edge) and remember to keep increasing the number of sts of the fronts on every 12th row as described above 2 (2) 2 (2) 3 more times (= 227 (239) 251 (267) 283 m).

Continue until the body from the armhole measures 31 (32) 33 (34) 35 cm. End by working a WS row. At this point, you can try the cardigan on to see if this is the right placement of the pockets for you.

Separate sts for the pockets as follows:

Work 16 sts of rib, k 14 (16) 18 (21) 24 sts, place 25 (26) 27 (28) 29 sts on scrap yarn or a st holder and cast on the same number of sts using the backward loop cast on method, k 117 (123) 129 (137) 145 sts, place 25 (26) 27 (28) 29 sts on scrap yarn and cast on the same number of sts using the backward loop cast on method, k 14 (16) 18 (21) 24, work 15 sts of rib, slip the last st purlwise with the yarn in front.

Work back and forth across all sts again (the pocket sts rest while you work across the new sts instead) until the whole cardigan mid back measures 75 (77) 80 (83) 85 cm or up to the desired length. Work 8 cm of rib (k 1, p 1) and loosely cast off in rib pattern.

Sleeves

Sleeves can be worked on 4 mm double pointed needles or using the magic loop technique.

Put the live sts for one sleeve back in the needles. Pick up 6 sts in the sts that were cast on under the sleeve when knitting the body (= 74 (78) 84 (91) 97 sts) and start the round at the center of these.

Work in the round in stockinette st until the inside length of the sleeve is 38 (38) 40 (42) 43 cm or the desired length, while **at the same time** decreasing by 2 sts on every 8th (8th) 7th (7th) 6th round a total of 12 (12) 14 (15) 18 times as follows: K 1, k2tog, k until 3 sts remain on the round, slip 1 st knit-wise, slip 1 st purlwise, insert the needle into both sts and k them tbl, k 1 (= 50 (54) 56 (61) 61 m). Upon reaching the desired length, reduce the number of sts to 40 (40) 44 (50) 52 sts by working k2tog 10 (14) 12 (11) 9 times evenly spaced. Work 8 cm of rib (k 1, p 1) and loosely cast off in rib pattern.

Knit the other sleeve identically.

Pockets

Place the resting sts for one pocket back on the 4 mm, 80 cm circular needles and pick up 25 (26) 27 (28) 29 sts on the sts that where cast on. The pocket is worked in the round in

stockinette st using the magic loop method, so that the inside of the pocket is RS stockinette st. Work in the round until the pocket measures 17 cm approximately. Cast off while knitting together the opposite sts one by one (this way you will not have to seam the pocket afterwards).

Finishing

Weave in all ends - no seaming is required!

Abbreviations

cm: centimeter
in: inches
st/sts: stitch/stitches
RS: right side of your work
WS: wrong side of your work
k: knit
p: purl
M1R: "make one" increase that leans to the right, by picking up the thread between two stitches from behind and knitting the new stitch normally
M1L: "make one" increase that leans to the left, by picking up the thread between two stitches from in front and knitting the new stitch twisted through the back loop
k2tog: knit 2 sts together
Rib st: k1, p1 and in all rows/rounds knit the stitches as they present themselves
Stockinette st flat: k across RS rows, p across WS rows
Stockinette st in the round: k across all rounds

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