

Helgi - a faroese inspired sweater for men and women



Design: Rachel Søgaard

Inspired by classic faroese sweaters and worked on larger needles. A lovely, warm pull-over for cold days.

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English translation: Signe Strømgaard

Materials

Naturgarn by Filcolana 600 (600) 700 (700) g in color 101, 200 g in color 995 and 200 g in color 993
8 mm circular needle, 80 cm long and 7 mm circular needle, 60 cm long.
8 mm double-pointed needles

Sizes

S (M) L (XL)

Measurements

Body chest: 84 (92) 100 (108) cm
Sweater chest: 92 (100) 108 (116) cm
Sleeve length: 43 (43) 45 (45) cm
Total length: ca. 72 cm

Gauge

11 sts and 14 rows in stockinette stitch and in pattern on 8 mm needles = 10 x 10 cm

Abbreviations

skp: slip 1 stitch, knit the next stitch, pass the slipped stitch over the knit stitch.

Directions for knitting

Front and back are worked in the round from the bottom up to the armholes. Then the body rests on the needles while the sleeves are knit. Finally sleeves and body are joined and the yoke is knit.



Body

Cast on 112 (120) 128 (136) sts using color 101 and a 8 mm circular needle. Join in the round and work 12 rnds of k1, p1 ribbing.

Work a total of 12 rnds of ribbing.

Place a marker for the beginning of the rnd and another one after 56 (60) 64 (68) sts, to mark the "side seams". One stitch on either side of both marker are worked in color 101 on all rnds. Continue by knitting 1 (2) 4 (4) rnds in stockinette stitch. Then work the pattern according to the chart (see page 2), repeating all 15 sts, starting where the arrow for your size indicates.

Work straight in pattern until the work measures approx. 43 (43) 45 (45) cm, ending on row 25. (24.) 23. (22.) of the chart. Then bind off for the armholes: Next rnd: Bind off 2 sts, knit 52 (56) 60 (64) sts after the bound off sts, bind off 4 sts, knit 52 (56) 60 (64) sts after the bound off sts, bind off the last 2 sts. Let the sts rest on the needle.

Sleeves

Cast on 26 (28) 30 (32) sts using color 101 and 8 mm double-pointed needles. Join in the round and place a marker for the beginning of the round. Work 12 rnds of k1, p1 ribbing.

Continue in stockinette stitch and increase 4 sts evenly across the 1st rnd. Work a total of 1 (2) 4 (4) rnds of stockinette stitch. Work in pattern according to the chart while increasing 1 st by lifting the chain before the first st of the rnd onto the left needle and knitting it through the back loop every 5th rnd using color 101.

Continue the increases until there are 46 (48) 50 (52) sts on the rnd.

Work straight in pattern until the sleeve measures approx. 43 (43) 45 (45) cm, ending of row 25. (24.) 23. (22.) of the chart.

Bind off the first and last 2 sts of the rnd on the next rnd (4 sts total).

Let the sts rest and knit a second sleeve the same way as the first.

Yoke

Join the sleeves to the body over where sts were bound off. Mark the beginning of the rnd where the back meets the left sleeve. Continue to work in pattern in the rnds while working the following decreases:

Next rnd: Skp, work to the last 2 sts of the left sleeve, *k2tog, skp*, work to the last 2 sts of the front, work from * to *, work to the last 2 sts of the right sleeve, work from * to *, work to the last 2 sts of the back, k2tog.

Note: All decreases are worked in color 101.

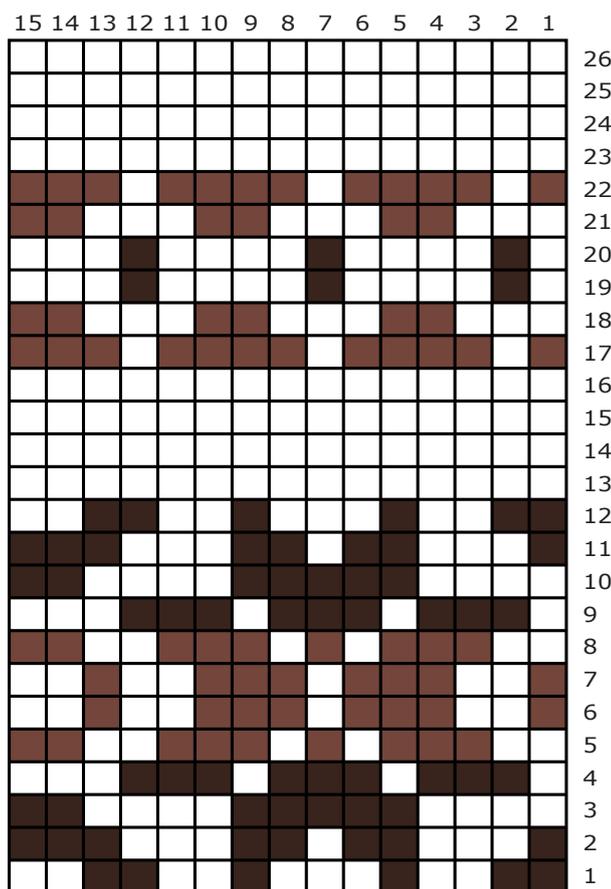
Repeat the decreases every other rnd another 10 (11) 12 (13) times, then on every rnd a total of 4 times.

Change to a 7 mm circular needle and work in k1, p1 ribbing while AT THE SAME TIME working decreases evenly distributed across the rnd, so there are 66 sts left on the needle. Work a total of 12 rnds of ribbing. Bind off in pattern.

Finishing

Sew up the little holes under the sleeves.

Rinse the work, put it through a (dry) spin cycle and lay it on a flat surface to dry.



↑ ↑ ↑ ↑ Size XL back/front
 ↑ Size XL sleeves
 ↑ Size L back/front + sleeves
 ↑ Size M sleeves

↑ ↑ ↑ Size S back/front
 ↑ Size M sleeves
 ↑ Size M back/front

□ Color 101
 ■ Color 993
 ■ Color 995