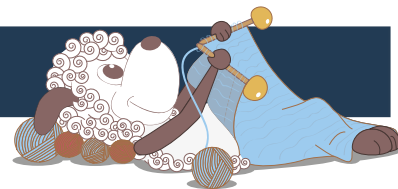


Fabienne - a feminine cardigan with embroidery



Design: Rachel Søgaard

The collaboration between knitting designer Rachel Søgaard and embroiderer Karen Marie Dehn has resulted in this beautiful, feminine cardigan. The short length of the body and the three-quarter length sleeves with a true set-in sleeve cap, gives Fabienne a lovely classic silhouette.

From the front hems and up the cardigan Karen Marie has embroidered gorgeous flowers in a playful pattern of colour and texture.

This cardigan is simple to knit, which gives you the time to focus on the embroidery – it is completely up to you how much or how little you want to add, naturally.

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English translation: Signe Strømgaard

Materials for knitting

400 (450) 450 (500) g Peruvian Highland Wool by Filcolana in colour 355 (Green tea)

4 mm and 4,5 mm circular needle, 80 cm

4 mm and 4,5 mm double-pointed needles

Stitch markers

A length of scrap yarn – preferably cotton yarn, for the provisional cast-on

6 buttons

Materials for embroidery

Soluvlies (water soluble stabiliser)

Tilia by Filcolana in colour 335 (Peach Blossom), 341 (Winter Peach) and 361 (Madeira Rose)

Peruvian Highland Wool fra Filcolana in colour 254 (Coral), 255 (Limelight), 334 (Light Blush) and 345 (Rosewood)

Merci by Filcolana in colour 609 (Rosehip), 615 (Filur) and 1636 (Papaya)

Arwetta Classic by Filcolana in colour 254 (Coral) and 361 (Madeira Rose)



Embroidery needle size 22-20 with a sharp point
Textile spray adhesive

Sizes

S (M) L (XL)

Measurements

Body, chest: 80-88 (89-96) 97-104 (105-112) cm
Cardigan, chest: 97 (105) 113 (121) cm
Sleeve length: 34 cm (all sizes)
Total length: 48 (50) 52 (54) cm

Gauge

20 sts and 28 rows in stockinette stitch on 4,5 mm
needles = 10 x 10 cm.

Special abbreviations

Slp: Slip 1 stitch, knit the next stitch, pass the slipped stitch over the knit stitch.

M1R (Make 1 Right): from the back, lift the horizontal strand between stitches with the left needle and knit through the front loop.

M1L (Make 1 Left): from the front, lift the horizontal strand between stitches with the left needle and knit through the back loop.

Sl1 wyif: Slip 1 stitch purl-wise with the yarn held to the front.

Italian bind-off

Note: The beginning step is different depending on if the first stitch is a knit or a purl stitch:

If the first stitch is a knit stitch: Start at step 1 and continue from there.

If the first stitch is a purl stitch: Start at step 4, but do not let the stitch fall off the needle. Continue from there.

1. Insert the needle through the 1st stitch on the left needle as if to purl.
2. Insert the needle between the 1st and 2nd stitch from back to front.
3. Insert the needle through the 2nd stitch as if to knit.
4. Insert the needle through the 1st stitch as if to knit and let the stitch fall off the needle.
5. Insert needle through front leg of the 2nd stitch, from front to back and from right to left.
6. Insert the needle in the 1st stitch on the left needle as if to purl and let the stitch fall off the needle. Repeat step 2-6 to last stitch. Sew down the last st as in step 4.

All sts have now been bound off. Weave in end.

Directions for knitting

The cardigan is worked from the bottom up. The sleeve and body are worked in stockinette stitch to the armholes, then the parts are joined for the yoke, which is worked with decreases to form "set-in sleeves". The shoulders are knitted together and then edges are knitted on.



Body

Cast on 189 (205) 221 (237) sts on a 4 mm circular needle using the long-tail cast-on or using the Italian cast-on as follows:

Cast on 95 (103) 111 (119) sts with the contrasting length of scrap yarn on a 4 mm needle.

Knit 2 rows.

Break the yarn.

Join Peruvian Highland Wool, slip the first stitch on all rows and knit 1 row, purl 1 row, knit 1 row.

Next row: *P1, insert right needle under the chain in the knitting 3 rows below the sts on the needle (i.e. the first row worked in Peruvian Highland Wool), and knit it *, repeat from * to * to the last stitch on the needle, p1.

There are now a total of 189 (205) 221 (237) sts on the needle.

Work back and forth in rib (k1, p1), as the sts present until the work measures 5 cm. Carefully cut away the scrap yarn from the cast-on.

Change to a 4,5 mm needle and work in stockinette stitch, while placing markers on the first row as follows: Work 46 (50) 54 (58) sts, place a marker, work 97 (105) 113 (121) sts, place a marker, work 46 (50) 54 (58) sts.

Continue back and forth in stockinette stitch until the work measures 30 (31) 32 (33) cm. End on a RS row.

Next row (WS): *Purl to 7 sts before marker, bind off 14 sts*, repeat from * to * once more, purl to end of row.

There are now 83 (91) 99 (107) sts on the back and 39 (43) 47 (51) sts on each front.

Let the work rest, while the sleeves are being worked.

Sleeves

Cast on 48 (52) 56 (60) sts on 4 mm double-pointed needles using the long-tail cast-on or using the Italian cast-on as follows:

Cast on 25 (27) 29 (31) sts with the contrasting length of scrap yarn on 4 mm double-pointed needle. Knit 2 rows.

Break the yarn.

Join Peruvian Highland Wool, slip the first stitch on all rows and knit 1 row. Join in the round and purl 2 rounds.

Next round: *P1, insert right needle under the chain in the knitting 3 rows below the sts on the needle (i.e., the first row worked in Peruvian Highland Wool), and knit it*, repeat from * to * to the last stitch on the needle, pick up the last chain and knit it together with the last stitch.

There are now a total of 48 (52) 56 (60) sts on the needle.

Place a marker for the beginning of the round.

Work in the round in in rib (k1, p1), as the sts present until the work measures 5 cm. Carefully cut away the scarp yarn from the cast-on.

Change to 4,5 mm double-pointed needle and work in stockinette stitch, while increases 12 sts evenly across the first round. There are now a total of 60 (64) 68 (72) sts on the needle.

Continue in stockinette stitch, while working increases every 10th round a total of 5 times as follows: K1, M1L, knit to the last stitch, M1R, k1.

There are now a total of 70 (74) 78 (82) sts on the needle.

Continue straight in stockinette stitch until the sleeve measures 34 cm or desired length.

Next round: Bind off 7 sts, knit to the last 7 sts, bind off these sts.

There are now a total of 56 (60) 64 (68) sts on the needle.

Work a second sleeve the same way as the first.

Yoke

Join the sleeve and body on the 4,5 mm circular needle by placing the sleeve over where sts were bound off for the armholes on either side of the body. Place markers the 4 places where sleeves and body meet to mark where decreases are worked. There are now a total of 273 (297) 321 (345) sts on the needle.

Continue back and forth in stockinette stitch, while working decreases as follows (RS): *Knit to 2 sts before marker, skp, slip marker, k2tog*, repeat from * to * 3 more times, knit to end of row (8 sts have been decreased).

Work decreases as established every RS row 5 (6) 7 (8) more times. End on a WS row. There are now a total of 225 (241) 257 (273) sts on the needle (73 (79) 85 (91) sts on the back, 33 (36) 39 (42) sts on each front and 44 (46) 48 (50) sts on each sleeve).

Now move the markers 1 in on fronts and back respectively. Meaning the first markers is moved 1 stitch to the right, the second marker is moved 1 stitch to the left, the third marker is moved 1 stitch to the right and the fourth marker 1 stitch to the left. Now decreases are worked only on the sleeves as fol-

lows (RS): *Knit to marker, slip marker, *skp, knit to 2 sts before next marker, k2tog, slip marker*, repeat from * to * once more, knit to end of row (4 sts have been decreased).

Work decreases on the sleeves as established every RS row a total of 15 times. There are now a total of 16 (18) 20 (22) sts on each sleeve.

At the same time, begin binding off sts for the neck edge when decreases have been worked 10 times (while the decreases on the sleeves continue) as follows:

Bind off 10 (11) 12 (13) sts at the beginning of the row twice, then bind off 2 sts at the beginning of the row 4 times, then bind off 1 stitch twice. There are now a total of 133 (147) 161 (175) sts on the needle. Next row (RS): *Knit to marker, remove marker, k1, bind off 14 (16) 20 sts (sleeve) – there is 1 stitch left on the needle before the marker, after the bound off sts, remove marker*, repeat from * to * once more, knit to end of row.

Back

Continue back and forth in stockinette stitch across the sts for the back, while casting off 1 new stitch at both ends of the first row. There are now a total of 75 (81) 87 (93) sts on the needle.

Work 8 (10) 11 (13) rows in stockinette stitch. Let the back sts rest.

Left front

Join the yarn from the WS. Purl to end of row, then cast on 1 new stitch in extension of the sts on the needle at the armhole edge. There are now a total of 18 (20) 22 (24) sts on the needle.

Continue back and forth in stockinette stitch across these sts for a total of 10 (12) 14 (15) rows, counted from where the yarn was joined. Let the sts rest.

Right front

Cast on 1 new stitch on the right needle, then continue across the sts for the right front from the WS, purl to end of row. There are now a total of 18 (20) 22 (24) sts on the needle.

Continue back and forth in stockinette stitch across these sts for a total of 10 (12) 14 (15) rows, counted from where the yarn was joined. Let the sts rest.

Shoulders

Place the sts for one front and the same number of sts from the same side of the back on two needles, hold the two sets of sts parallel, RS to RS, and bind them off together using the 3-needle bind-off. Repeat for the other shoulder.

Neck edge

Using a 4 mm circular needle and starting at the right front edge, pick up and knit 1 stitch for each of the bound off sts along the neck edge and pick up and knit 3 sts for every 4 rows along the straight edge section of the neck edge, knit across the 35 (37) 39 (41) resting back sts, and continue picking up and

knitting sts along the left side of the neck edge the same as for the right side. There are approx. 89 (95) 101 (107) sts on the needle.

Work 2,5 cm back and forth in rib (k1, p1). End on a WS row.

Next row (RS): *Sl1 wyif, k1*, repeat from * to *, end with sl1 wyif.

Next row: *K1, sl1 wyif*, repeat from * to *, end with k1.

Bind off using the Italian bind-off technique (see top of pattern).

Left front edge

Pick up and knit approx. 3 sts for every 4 rows from the RS along the left edge with a 4 mm needle, for a total of approx. 97 (101) 105 (109) sts. Work 2,5 cm back and forth in rib (k1, p1). End on a WS row.

Work the last 2 rows the same as on the neck edge. Bind off using the Italian bind-off technique.

Right front edge

Pick up and knit sts from the RS along the right front edge the same as for the left front edge. Work in rib, but work 6 buttonholes on the 4th row as follows: Knit to where the buttonhole is placed.

1. Hold the yarn in front of the work, slip the next stitch purl-wise. Move the yarn to the back of the work between the needles. Slip the next stitch purl-wise. Pass the first stitch over the second as for a regular bind off. Repeat steps until 4 sts have been bound off. Slip the last stitch back on the left needle.

2. Turn work and hold yarn behind work. Cast on 5 sts using a knitted cast-on as follows: Insert right needle between the first and second stitch on the left needle, pull the working yarn through to the front and place the loop of yarn (stitch) on the left needle. Repeat until 5 sts have been cast on.

3. Turn work, slip the first stitch on the right needle to the left needle and knit it together with the next stitch on the left needle through the back loops.

Finishing

Weave in all ends.

Sew the little hole under each sleeve and sew the top of the sleeves to the shoulders.

Gently wash the work according to the directions of the yarn label and lay it to dry on a flat surface.

Embroidery

The flowers can be embroidered freehand with the template and photos as inspiration – or the directions below can be followed.

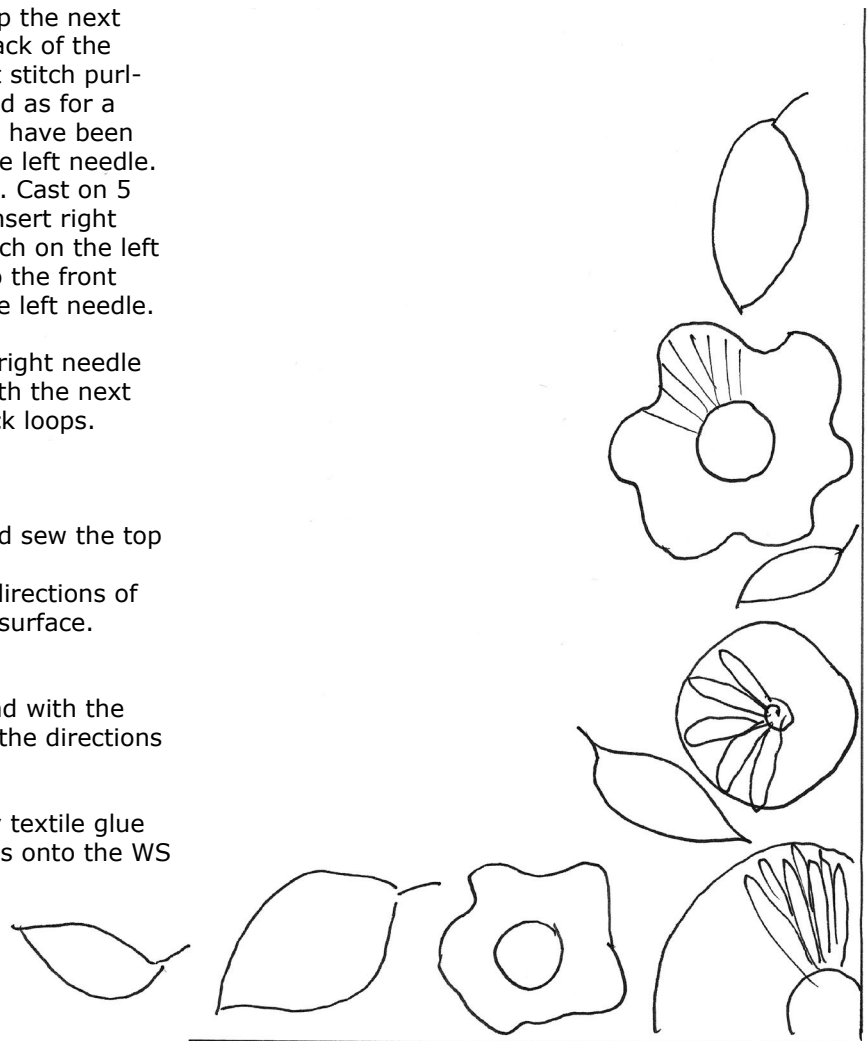
Draw the motif onto the Soluvlies, spray textile glue onto the Soluvlies and place the soluvlies onto the WS of the cardigan.

Baste along the contour lines of the larger shapes, optionally with sewing thread in a colour that will be clearly visible on the RS. Do not baste the smaller details, like the smaller leaves, and take care that the basting stitches are longer on the RS than on the WS so they are easier to see.

Embroider the flowers with satin stitch and mille fleur/chain stitch – the template shows which stitch is used for each flower. Mille fleur are embroidered around a circle and preferably have several rounds of “petals” which are staggered from each other. Use different types and different combinations of yarn to get a varied look to the flowers. Tilia look beautiful held double. The centre of the flowers can be worked in either satin stitch or French knots.

Embroider the leaves in either satin stitch or long and short stitch depending on the type of yarn and the size of the leaf.

Remove any visible basting stitches, cut off any excess soluvlies, wash the cardigan gently and rinse thoroughly. Press the work from the WS.



Info: Soluvlies is a water soluble material that helps stabilise your work, so you do not tighten your stitches too much. Be very careful not to tighten your stitches too much and keep a close eye on the knitted stitches around your embroidery to make sure they do not distort.

Note: When embroidering onto knitting, be very careful to insert your needle into the yarn and not into the air between the stitches.

Tip: Tilia can be a bit fiddly when you pull the yarn through the knitted fabric. Take care to straighten the yarn so it doesn't form knots.

See how to embroider the stitches (in Danish) on Youtube – Karen Marie Dehn

