
FREYJA

by Ragga



 **KNITTING**
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Sizes: XS (S) M (L) 1X (2X) 3X (4X) 5X (6X)

Tip: print out the pattern and highlight all numbers for the size you are going to knit.

Gauge: 19 stitches / 24 rows = 10x10 cm / 4x4" on needles No. 4.5 mm / US7

Yarn: unspun Lopi wheels. Grey No.9102 - 5 (5) 5 (5) 6 (6) 6 (7) 7 (7) wheels, White No.0001 - 1 wheel. Optional for crocheting the edge: Rowan kidsilk / Shibui silk cloud / BC kidmohair or another variety of fine mohair yarn.

Needles: Circular 80 cm / 32" No. 4.5mm / US7 and your preferred type of needles No. 4.5 / US7 for knitting smaller diameters (double pointed needles or a shorter circular needle or same needle using magic loop).

Other: 4 stitch markers, darning needle, 4 pieces of scrap yarn, button(s) for your cardigan.

FREYJA is a lovely lopapeysa (Icelandic for the classic woollen yoke sweater/cardigan). It is knitted from the lightweight and versatile unspun Lopi. The pattern is an old eight petal rose taken from the Icelandic "Sjónabók", a collection of old patterns found in Icelandic art and handicrafts through the ages.

Freyja was the goddess of love, beauty and fertility in old Norse mythology. In modern times Freyja is often used to poetically symbolize Iceland, the nature and the earth. Freyja is also a common Icelandic name.

The use of wool has followed Icelanders ever since the settlement of the vikings around 870 ad. The Icelandic sheep breed has remained the same ever since and the North-Atlantic climate produces a very special kind of wool. It consists of two types of fibers, the þel (pronounced thel) which is the fine and soft wool found closest to the sheep's body, and the tog, long and glossy water repellent fibers on the outside. This unique combination of fibers makes it possible to knit from the wool without spinning it first.

Working with lopi is a different experience for many knitters. Unspun, it can easily be pulled apart but just as easily joined together again. The fibers stick really well to each other which also makes steeks very doable when making lopi cardigans. Thus cardigans are knitted in the round and steeked afterwards with only a single stitch added for the steek. With lopi, steeking is a much less scary process than with many other types of yarn.

When knitting with unspun lopi, gauge can vary a lot between knitters. So PLEASE check your gauge before starting this project...

ABOUT THE PATTERN

The cardigan is knit in the round, starting from the bottom. All stitches are knit, except for one purled stitch in the middle front. This is the steek stitch. A slight shaping of the waist is incorporated and a few short rows are used to increase the length of the back piece and the height of the back of the neck for a more flattering look. When the body is knit up to the underarms it is set aside and the sleeves knit separately. The three pieces are then joined together on a circular needle except for a few stitches for grafting under the sleeves. Then it's time to knit the yoke and incorporate the yoke pattern using fair-isle colourwork technique. All the while continuing with the single purled stitch in the middle. In this sweater there are only 2 colors so the pattern knitting is very doable. After casting off at the neckline, the underarm stitches are grafted together using the Kitchener stitch. Then it's time for steeking. A sewing machine is used to make two double seams in the front on each side of the purled stitch. Keep the stitch straight and short. Don't ever use zig-zag for this... disaster could happen! When the seams are in place, find a sharp pair of scissors and cut along the purled stitches in between the seams. Be brave... this is lopi so it's ok. Voila! You have a cardigan. The last step is to crochet 2-3 rows of edging all around the opening. Consider adding a strand of kid-mohair or some other strong and fuzzy (or even glittery) type of yarn for this. The buttonholes are made in the crochet edging – so after this there's nothing left but sewing on some cute buttons and donning the nice cardigan.

NOTES ON TECHNIQUES USED

When joining in the round, make sure the stitches are not twisted along the circular needle.

Don't be hard on the unspun lopi... it breaks easily so knit in a relaxed and gentle way. If however it happens, don't panic, just pull out the ends and lay them gently together or rub them a little bit between your palms. Knit on!

Decreases and increases for the waist shaping are symmetrical pairs but the yoke decreases are all made by simply knitting 2 stitches together.

The short rows made to shape the back of the cardi are made as follows: knit to the turning point indicated, turn your work. Now the wrong side is facing you. Make a yarn over, purl to the next turning point. Turn your work, make a yarn over and continue knitting in the round. When you get to your first wrap, treat the wrap as a normal stitch and knit it together with the stitch to the left. When you come all the way around to the stitch before the second wrap, do an improved SSK (as Elizabeth Zimmermann and Meg Swansen have described it): slip the stitch knitwise, slip the wrap purlwise and knit them together through the back loops. Continue working in the round as if nothing happened!

When using two colours at the same time in the pattern, remember to carry the strands loosely along the backside of your work. Always hold the pattern colour closer to your work.

When crocheting the edge, please use your fantasy (and stash) to create a nice combination of colours and/or textures. You can use almost any type of yarn and any size of crochet hook for this. Don't be afraid to experiment – the edge can easily be pulled out if it doesn't look good.

Increases for the waist shaping are made as follows: M1R: lift the top strand between your needles by bringing the left needle under the strand from behind. Knit into the front of the resulting loop. M1L: lift the top strand between your needles by bringing the left needle under the strand from the front. Knit into the back of the loop. This way you make neat symmetrical increases without leaving any holes.

Sizes	XS	S	M	L	1X	2X	3X	4X	5X	6X
Finished bust measurement	83cm/ 33"	87cm/ 34"	95cm/ 37"	100cm/ 39"	108cm/ 42"	118cm/ 46"	127cm/ 50"	136cm/ 53"	145cm/ 57"	155cm/ 61"
Arm length to underarm	43cm/ 17"	43cm/ 17"	44cm/ 17.5"	46cm/ 18"	46cm/ 18"	47cm/ 18.5"	47cm/ 18.5"	49cm/ 19"	49cm/ 19"	49cm/ 19"
Body length to armhole	38cm/ 15.5"	40cm/ 16"	42cm/ 16.5"	43cm/ 17"	44cm/ 17.5"	45cm/ 18"	45cm/ 18"	45cm/ 18"	45cm/ 18"	45cm/ 18"

LET'S KNIT FREYJA

The body: With one strand of unspun lopi and 80 cm / 32" 4.5mm / US7 needles cast on 169 (177) 192 (202) 221 (240) 258 (275) 292 (311) stitches. Join in the round and purl the first stitch – this is your middle front stitch – but knit all the others. Mark the two middle stitches on each side by placing stitch markers on either side of them. After knitting the first 5 rounds work a short row over the back stitches. Place your turning points on each side between the marked stitches. Work another short row after the next 5 rounds. For sizes 1X to 6X work a third short row after 5 more rounds. Continue until

ABBREVIATIONS

SSK	slip 2 stitches knitwise, one at a time, (or the first on knitwise and the second one purlwise), knit them together through the back loops.
K2tog	knit 2 stitches together.
M1R	make a right leaning increase.
M1L	make a left leaning increase.

your work (measure the front side) measures 5.5 (6) 6 (7) 9 (9) 9 (10) 10 (10) cm / 2 (2.5) 2.5 (3) 3.5 (3.5) 3.5 (4) 4 (4)". In the next round, work decreases on each side of the marked side stitches. Decrease row: *when two stitches are left before the first marker, do an SSK, lift marker, knit the two middle stitches, lift second marker, k2tog. Repeat on the other side of the sweater. Knit 5 rounds. Repeat from* for a total of 5 (5) 6 (6) 7 (8) 8 (8) 8 (8) decrease rows. At this point you should have 149 (157) 168 (178) 193 (208) 226 (243) 260 (279) stitches on your needles. Now comes the second part of the waist shaping – the increase rounds: *knit to the first marker, M1R, lift marker, knit the 2 middle stitches, lift marker, M1L. Knit 5 rounds. Repeat from * for a total of 2 (2) 3 (3) 3 (4) 4 (4) 4 (4) increase rounds. Continue until your work measures 38 (40) 42 (43) 44 (45) 45 (45) 45 (45) cm / 15.5 (16) 16.5 (17) 17.5 (18) 18 (18) 18 (18) ". You should now have 157 (165) 180 (190) 205 (224) 242 (259) 276 (295) stitches on your needles. Set your work aside and knit the sleeves.

The sleeves: Cast on 36 (39) 41 (41) 44 (47) 56 (62) 66 (69) stitches. Place a marker at the beginning and join in the round. Knit all stitches until sleeve measures 17 (18) 19 (21) 21 (22) 22 (24) 24 (24) cm / 6.5 (7) 7.5 (8) 8 (8.5) 8.5 (9.5) 9.5 (9.5)". In the next round, work 2 increases: after the first stitch (M1L) and before the last stitch (M1R) of the round. Knit 5 rounds. Repeat increase row every 6 rounds for a total of 6 (6) 6 (7) 8 (10) 10 (10) 10 (10) times. By now you should have 48 (51) 53 (55) 60 (67) 76 (82) 86 (89) stitches on your needles. Knit until the sleeve measures 43 (44) 45 (46) 46 (47) 47 (49) 49 (49) cm / 17 (17) 17.5 (18) 18 (18.5) 18.5 (19) 19 (19)". Put 7 (8) 9 (10) 10 (12) 11 (12) 12 (12) stitches under the middle arm on a piece of scrap yarn. These are the stitches that will later be used for grafting the underarm. Set aside and knit the other sleeve the same way.

Join the body and sleeves: Start by marking the underarm stitches on each side of the body. Using a darning needle and 2 pieces of scrap yarn, thread the middle 7 (8) 9 (10) 10 (12) 11 (12) 12 (12) stitches on each side of the body. Start knitting the body (right front). When reaching the scrap yarn stitches (right side), slip them off needle and knit the stitches from one of the sleeves, with the scrap yarn stitches on the sleeve and on the body facing each other. Knit the back stitches of the body and when reaching the scrap yarn sts (left side), repeat the process, knitting the stitches from the second sleeve then remaining

front stitches. Now you should have a total of 225 (235) 250 (260) 285 (310) 350 (375) 400 (425) stitches on your needles.

Knit the yoke: Now it's time to follow the yoke pattern. Knit two rows, then work a short row over the back stitches, with your turning points 15 stitches into the sleeves. For sizes 1X to 6X, work another short row over the back stitches after 3 rounds. All decreases in the yoke are made by knitting 2 stitches together. Cast off the neckline using a loose cast-off method.

Finishing: Graft the underarm stitches using the Kitchener stitch. For a good result, put the stitches on a pair of double point needles before starting. Weave in all loose ends.

Steek: with a sewing machine adjusted to a short straight seam, sew a double seam on each side of the middle purled stitch along the length of the sweater. This is best done with the sweater turned inside out. Cut between the seams with a pair of sharp scissors. Be brave and remember you're working with lopi!

Crochet finishing: start at the back of the neck and using one strand of lopi and one of kid-mohair, crochet around the whole edge of the cardigan. Work into 2 of every 3 stitches around the neckline and the lower edge and into every second stitch along the front opening for an even result. Do the same for the sleeve openings crocheting into 2 of every 3 stitches or into every stitch for a more flaired result. Work a second round of single crochet (UK: double crochet) adding buttonholes in the appropriate places. A buttonhole is made as follows: crochet to the place of the buttonhole, make a chain of 2-4 stitches (depending on the button size), pass over 2-4 sts, continue single crochet to the next buttonhole, working same number of sts between buttonholes. The number of buttons is totally up to you.

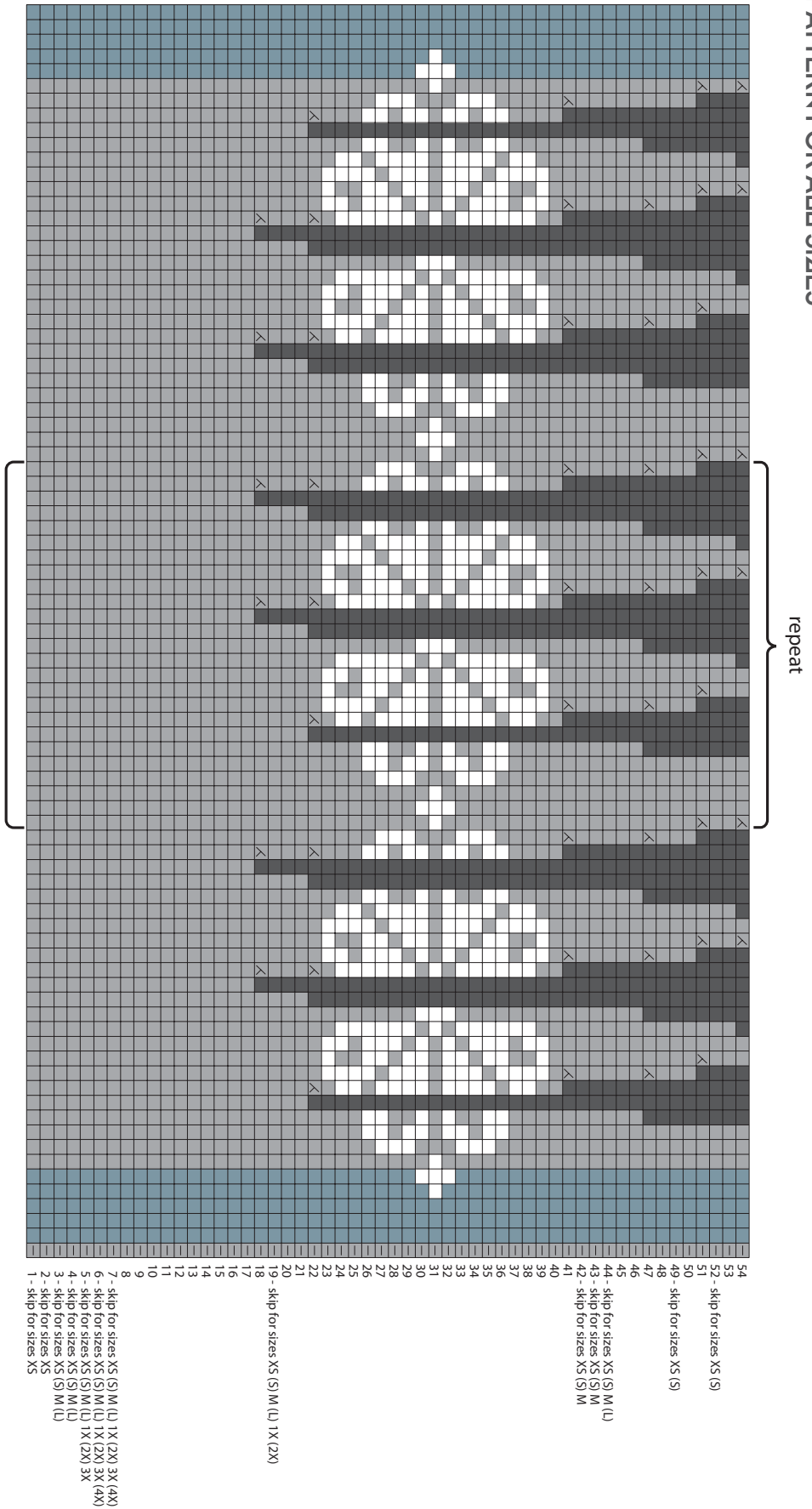
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PATTERN FOR ALL SIZES



- White
- Gray
- purl
- k2tog
- only for S-L-1X-2X
- no stitches

