COCOKNITS

SWEATER WORKSHOP

COCOKNITS METHOD FOR KNITTING A SEAMLESS SET-IN SLEEVE

Before You Begin

English Tailoring is very common in ready-to-wear. If you look in your wardrobe, chances are you will find a store-bought sweater or knitwear piece featuring English Tailored shoulders. It is a technique of finishing the shoulders which has several advantages.

- It's much easier to work than a traditional hand-knit sweater finish.

- It's neater looking because the pieces fit together like a puzzle. It fits better because, like turning a heel in a sock, you knit a 3-D "pocket" that fits your shoulder.

- It is less bulky because it moves the seam which normally sits on top of the shoulder to the back of the shoulder.

Most of my traditional sweater patterns are knitted using this technique and it is written into the pattern. I use it for both bottom-up sweaters, which are mostly seamless, and have developed a technique for top-down sweaters, which are completely seamless. This class will allow you see the results without having to knit an entire adult sweater. You can decide if it's a technique you like and wish to use in the future.

In class, we will CO and knit top-down and seamlessly the yoke of a practice cardigan. We should be able to get to the underarms in class, but either way, I have included instructions for you to finish the lower half of the cardigan at home. You will have time in class to learn how English tailoring works.

Overview

Size and Gauge

At approx 4 sts and 6 rows/inch this sweater will knit up to roughly a 12 month size. We are not really worrying about gauge since the purpose is to learn about English Tailoring, but if you want a finished 12 month cardigan, aim for 16 sts and 24 rows in 4" square over St st.

Materials

- 300–400 yards of worsted weight yarn
- a circ needle appropriate for that yarn, usually a US 8–9, the circ needle should be 30" or longer
- extra circ needles or st holders to hold sts
- 6 colored stitch markers
- a skinny (US 0–2) circ needle or dpn for picking up sts

Abbreviations

KLL (INCREASE, KNIT LEFT LOOP)

Insert left needle into left loop of stitch two rows below last completed stitch. Knit this stitch through the back loop.

KRL (INCREASE, KNIT RIGHT LOOP)

Insert right needle into right loop of stitch just below next stitch, place it onto left needle and knit it, then knit the stitch on needle.

PLL (INCREASE, PURL LEFT LOOP)

With left needle come up through the head of the purl not directly under st just purled, but one down from that and purl it through the front loop.

PRL (INCREASE, PURL RIGHT LOOP)

With right needle, scoop up the head just below next purl st, slide it directly over to the left needle and purl it through the back loop.

Please see tutorials on p. 7 and/or videos on cococknits.com

Instructions

Section I

Upper Back

CO 12.

First (WS) row: P2, pm, p8, pm, p2.
RS: k2, sl m, k1, KLL, k to 1 st before next m, KRL, k1, sl m, k2.
WS: P2, sl m, p1, PLL, p to 1 st before next m, PRL, p1, sl m, p2.

Work these two rows a total of 6 times; 12 rows and 36 sts. Cut yarn leaving tail, place sts on hold. NOTE: If using one long circ, you may leave sts "on hold" on this needle, simply ignore them as your work Section II.

Section II

Create Shoulders

RIGHT SHOULDER:
Hold the Back piece with live sts on the bottom, CO on top and RS facing you. Along the slope to the right of the initial CO, pick up 12 sts as follows:

Using a small double-pointed or circular needle, pick up the horizontal "ladders" between the first and second stitches along the side edge, as you would for working blind or mattress stitch. Knit those bars through the back loop as if they were stitches. If you need to pick up fewer stitches than you have bars (which is often the case), you can knit through 2 bars at once (k2tog TBL) as many times as necessary to take up the extra bars.

Work these 12 sts in Stockinette st for 11 more rows; place sts on hold, or if using one long circ needle, slip sts unworked to right needle to hold. Break yarn leaving tail.

LEFT SHOULDER:
Along the slope to the left of the initial CO, join yarn and pick up 12 sts as for Right Shoulder. Make sure you knit this pick-up row from the neck edge down toward the live sts so that you are knitting on the RS. Work in St st for 11 more rows ending with a WS row. Do not break yarn.

Section III

Join and Create Sleeves

On RS K across 10 left shoulder sts, ssk (getting rid of selvage st). Use Magic Loop and pull out a loop (to ease around the corner) pick up and knit 8 sts along the side edge of left front as described above. These sts will form the top of the sleeve. Pull out a loop and on Back sts, k2tog, remove markers and k to last 2 sts, ssk. Pull out a loop and pick up and knit 8 sts

along the side edge of the Right Front to form Sleeve top. Pull out a loop and k2tog, k10 Right Front sts.

Next (WS) place markers as follows (note that you may need to use Magic Loop or two circs for a couple of rows to get around the corners of shoulder/sleeves): p2, place yellow marker, p9 sts Right Front, place violet marker, p8 sts for sleeve, place blue marker, p34 sts for Back, place orange marker, p8 sts for sleeve, place green marker, p9 sts, place red marker, p2 sts for Left Front.

Section IV

Finish Yoke from Worksheet

As you knit, you will be increasing at both the neck edges and for sleeves/body. I have developed the Cocoknits worksheet to keep track of increases. Beginning stitch counts for each section/column:
Left and Right Front: 11 sts.
Left and Right Sleeve: 8 sts.
Back: 34 sts.
Yoke is worked over 20 rows; draw a line under this row on your chart.

FILL IN EACH SECTION OF THE WORKSHEET AS FOLLOWS.

Sleeves
Increase on each edge of sleeves every RS row 10 times. 28 sts for each sleeve.

Back
In the last 8 rows of yoke, increase on Back at armhole edges every RS row 4 times. 42 sts.

Front
ARMHOLE EDGES
In the last 8 rows of yoke, increase on each Front at armhole edge every RS row 4 times.

NECKLINE EDGES
Beginning with row 1, increase on RS at neckline edges (beginning and end of row, just after the red marker and before the yellow marker) every 4th row 4 times. Then every RS row 2 times. 21 sts for each Front.

Once Worksheet is filled in, work through the yoke increasing as follows: 2 sts before a marker, KRL, k2; after a marker, k2, KLL.

After completing chart, place sleeve sts on hold and work on Body.

Beg On Body Sts Only

Remove all previous markers as you work across the next row.
Next RS row: K across Left Front sts, *slip sleeve sts onto waste yarn, backwards loop CO 3 sts for underarm, pm, backwards loop CO 3 stitches*, k across Back, repeat between *s, k across Right Front end of row; 48 sts for Back, 24 sts each Front.

Body

At this point you can do what you like with the body. For the sample, I increased 9 sts evenly in the first row (105 sts) and then worked the following YO pattern:
RS: k1, [k1, YO, k1, k3tog through the back loops, k1, YO] ending k2.
WS: purl.

Work to desired length; sample was 7" from underarm, BO in pattern.

Sleeves

Place 28 sleeve sts on needles. Using long-tail method, onto right needle CO 6 sts, cont with sts from sleeve and knit around. PM for beg of rnd in the middle of the newly CO sts; 34 sts. Work in St st for 5 rnds, then dec as follows: k1, ssk, k to last 3 sts, k2tog, k1.
Repeat this dec every inch as desired. Sample decreased every 6 rnds 5 times to end with 24 sts and 5.5" before working 6 rounds of Garter st. Total sleeve length approx 6" from underarm.

Button Band

I am not a fan of buttons, I prefer snaps which can be sewn on afterward but you can evenly space buttonholes for buttons if you like.

With RS facing and skinny (US 0−2) long circ needle, pick up (do not knit, only pick up) starting at lower Right edge of cardigan. (See tutorial under resources at cocoknits.com for picking up sts neatly.) Pick up 3 sts in a row, skip the 4th all the way up to the Front/Back join, pick up 12 sts across the Back neck, then 3 sts in a row, skip the 4th down to the lower Left edge of cardigan.

Now count your sts, decide where you need to find or lose some stitches in order to neaten and balance each side. Begin with yarn and working needle on RS at lower Right Front. Knit one row, adding or subtracting sts as necessary. In the next WS row, begin pattern. Sample was worked in Garter st for 5 additional rows.
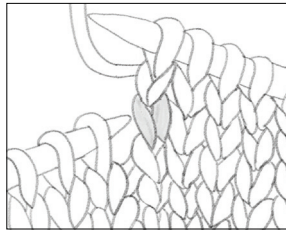
Finishing

Using false grafting or horizontal to horizontal method, seam underarms. Work in ends. Block.
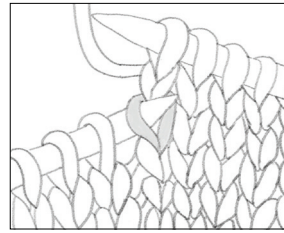
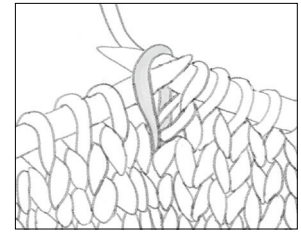# Cocoknits Increase Tutorials

Knit Through Left Loop

KLL

SET-UP
After working a knit stitch, identify the "V" stitch 2 rows below the one on your right needle.

STEP 1
With your left needle, come from behind to scoop up the left loop of this stitch. This loop on the left needle is the new stitch.
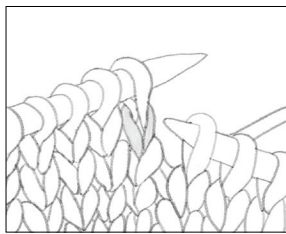
STEP 2
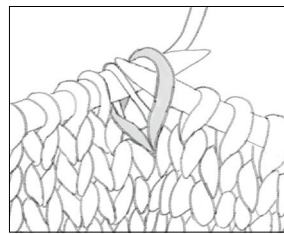Insert the right needle tip through the back loop and knit.
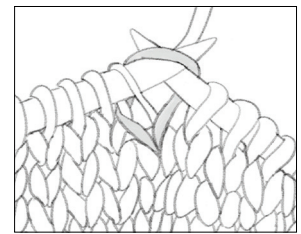
Knit Through Right Loop

KRL

SET-UP
With your right needle, come from behind and scoop up the right loop of the "V" stitch just below the one on your left needle.
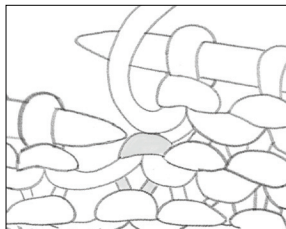
STEP 1
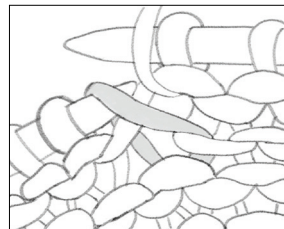Lift this loop up onto your left needle.

STEP 2
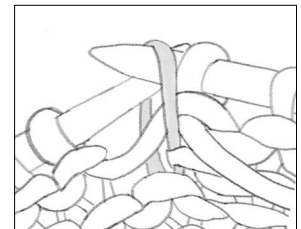Knit the loop.

Purl Through Left Loop

PLL

SET-UP
Identify the purl bump 2 rows below the one on your right needle.

STEP 1
With your left needle, pick up this bar from bottom to top. This loop on your left needle is your new stitch.
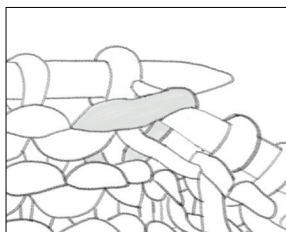
STEP 2
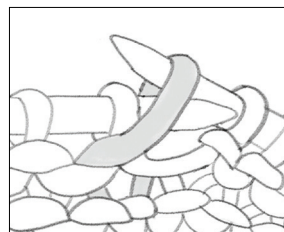Purl through the front loop.
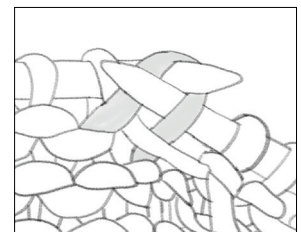
Purl Through Right Loop

PRL

SET-UP
With your right needle, come up through the head of the purl bump just below the one on your left needle, from bottom to top.
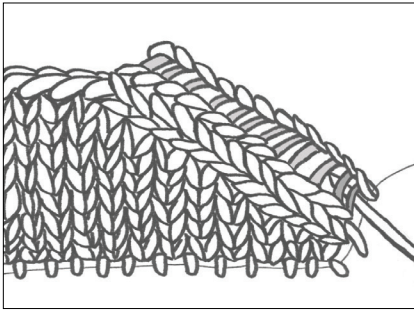
STEP 1
Place this loop on the left needle without twisting.
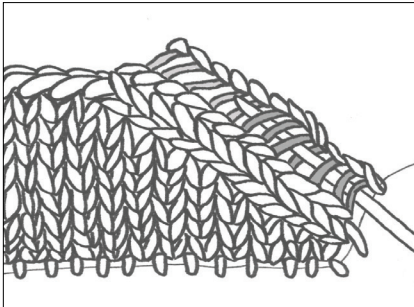
STEP 2
Insert the right needle tip through the back loop of the new stitch, from back to front, and purl.
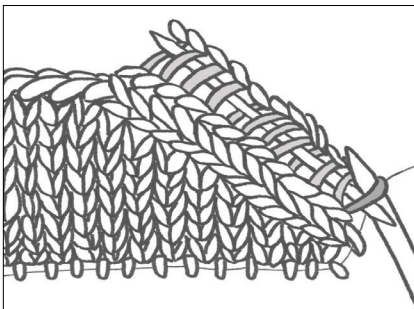
How to Pick up Stitches for the Cocoknits Method

SET-UP

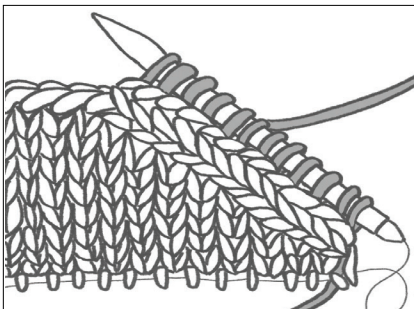Locate ladder stitches, spread apart 1st and 2nd stitch.

STEP 1

Run needle right to left (or bottom to top) under 3 ladder stitches then over the 4th.

STEP 2

Continue working this way. Note that every 4th ladder stitch will still need to be counted and knit.

STEP 3
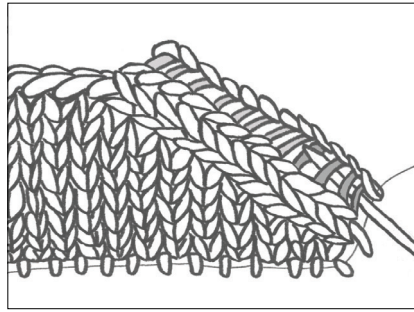
Count ladder stitches, including the "4th ladder stitches" which are behind the needle. This illustration shows a total of 12 ladder stitches.

STEP 4

Slide double-pointed needle so you can knit right to left (or bottom to top).

STEP 5

Treat the ladder stitches as though they are regular stitches and knit each one through the back loop.
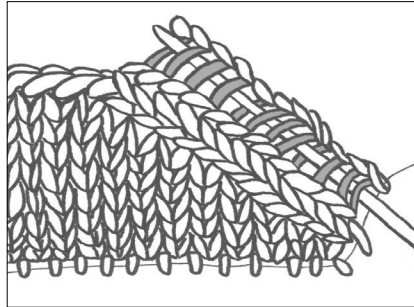
COMPLETED P/U & FIRST ROW KNIT

Note that you ran your needle over every 4th stitch, so you will need to pick up and knit through the back loop every 4th stitch as you come to it.
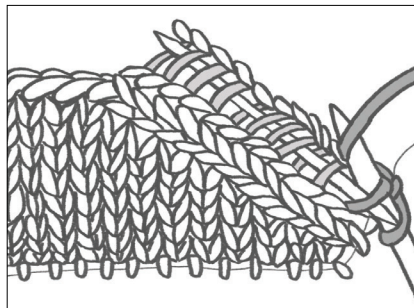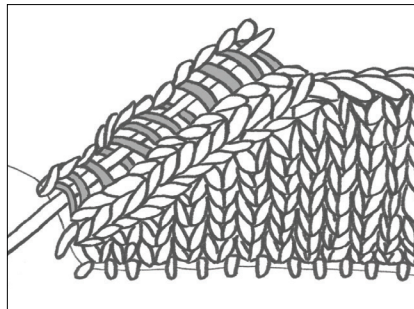
REPEAT FOR LEFT SHOULDER

This time, pick up ladders from left to right (bottom to top) and then knit the ladders from right to left (top to bottom).

Cocoknits Sweater Worksheet

Gauge
____ st per inch
____ rows per inch

Body Shaping (+1)
k2, KLL (after m)
KRL, k2 (2 stitches before m)

	Right Front		Right Sleeve		Back		Left Sleeve		Left Front	
m	____ sts	**m**	____ sts	**m**	____ sts	**m**	____ sts	**m**	____ sts	**m**

begin WS row (direction of knitting →)

begin RS row (direction of knitting ↖)

1 ←
→ 2
3
4
5
6
7
8
9
10
11
12
13
14
15
16
17
18
19
20
21
22
23
24

____ sts	____ sts	____ sts	____ sts	____ sts

Cocoknits Sweater Worksheet

Gauge

____ st per inch

____ rows per inch

Body Shaping (+1)
k2, KLL (after m)
KRL, k2 (2 stitches before m)

	Right Front	Right Sleeve	Back	Left Sleeve	Left Front	
(m)	11 sts	(m) 8 sts	(m) 34 sts	(m) 8 sts	(m) 11 sts	(m)

begin WS row (direction of knitting →)

begin RS row (direction of knitting ↰)

Rows (right side numbering):

- Row 1 ←: + (Right Front) + (Right Sleeve) + (Back) + (Left Sleeve) + (Left Front)
- Row 2 →
- Row 3: + + + +
- Row 4
- Row 5: + + + + +
- Row 6
- Row 7: + + + +
- Row 8
- Row 9: + + + + +
- Row 10
- Row 11: + + + +
- Row 12
- Row 13: + + + + + + + + +
- Row 14
- Row 15: + + + + + + + +
- Row 16
- Row 17: + + + + + + + + + +
- Row 18
- Row 19: + + + + + + + + + +
- Row 20
- Row 21
- Row 22
- Row 23
- Row 24

Bottom totals:

Right Front	Right Sleeve	Back	Left Sleeve	Left Front
21 sts	28 sts	42 sts	28 sts	21 sts

Cocoknits Sweater Worksheet

	RIGHT FRONT ___ sts	RIGHT SLEEVE ___ sts	BACK ___ sts	LEFT SLEEVE ___ sts	LEFT FRONT ___ sts	

Direction of knitting on WS Rows (working flat) →

Direction of knitting on RS Rows (working flat) and all Rnds (working circ) ↑

Row numbers (left side, top to bottom): 2, 4, 6, 8, 10, 12, 14, 16, 18, 20, 22, 24, 26, 28, 30, 32, 34, 36, 38, 40, 42, 44, 46, 48, 50, 52, 54, 56

Row numbers (right side, top to bottom): 1, 3, 5, 7, 9, 11, 13, 15, 17, 19, 21, 23, 25, 27, 29, 31, 33, 35, 37, 39, 41, 43, 45, 47, 49, 51, 53, 55

+1 BEFORE MARKER

+1 AFTER MARKER

PATTERN SOURCE

SIZE

YARN / QUANTITY

NEEDLES

GAUGE

STARTED

FINISHED

YELLOW MARKER ___ sts VIOLET MARKER ___ sts BLUE MARKER ___ sts ORANGE MARKER ___ sts GREEN MARKER ___ sts RED MARKER

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