

filcolana

OBSESSED WITH QUALITY YARN SINCE 1952



Breaking Free

Design: Stine Radicke // Stine Radicke Knitwear Design

Breaking Free symbolizes the ties, norms and standards women have been subject to for centuries.

Wear Breaking Free and invite conversation about equality and women's lives.

#FilcolanaBreakingFree
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English translation: Kelly Blank



Sizes & Measurements

XS (S) M (L) XL (2XL) 3XL

Fits chest circumference

82 (90) 98 (106) 116 (126) 136 cm

Circumference (A)

88 (96) 104 (112) 121 (131) 141 cm

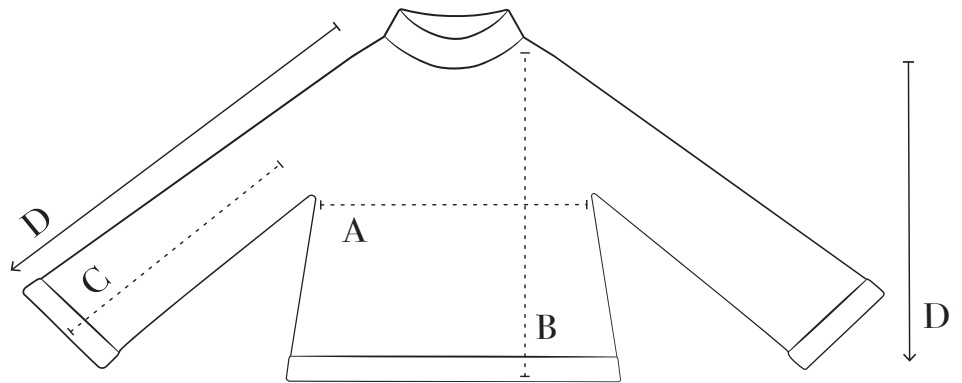
Length (B)

54 (55) 56 (57) 58 (59) 60 cm

Sleeve length (C)

43 (43) 43 (42) 42 (41) 41 cm

Knitting direction (D)



Materials

YARN FROM FILCOLANA

Main color

Saga color 952 (Medium Grey)

150 (150) 200 (200) 200 (250) 250 g

and

Tilia color 319 (Blue Violet)

125 (125) 125 (150) 150 (175) 175 g)

I-cord color

Saga color 366 (Sugar Almond)

50 g (all sizes)

NEEDLES

4 mm circular needles, 80 cm

2 DPNs 2.5 mm for the i-cord

NOTIONS

8 stitch markers

2 stitch holders

7-8 pins

1 safety pin

Gauge

20 stitches and 28 rounds in stockinette with 1 strand Saga and 1 strand Tilia held together on 4 mm = 10 x 10 cm.

The gauge is measured after washing.

The needle size is a guide.

If you have more stitches per 10 cm, change to bigger needles. If you have fewer stitches per 10 cm, change to smaller needles.

Technique

ABBREVIATIONS

st(s): stitch(es)

k: knit

p: purl

rnd: round

BOR: beginning of the round

M1L

With the left needle, lift the strand between the two stitches from front to back and knit it through the back loop.

SPECIAL TECHNIQUES

Double stitch (DS)

Slip 1 stitch purl-wise with yarn in front of the stitch (facing you). Bring the yarn over the right needle and down behind the work (away from you) and pull the yarn up so that a “double stitch” is created. Continue knitting according to the instructions in the pattern. When knitting the double stitch, knit this as one stitch. This technique is called German Short Rows.

Backwards loop cast on

Make a loop of yarn as follows: place the long tail (with the skein of yarn at the other end), over the thread that is on the needle. Knit through this loop with the right needle from the front and pull tightly so that the ring becomes a stitch. Repeat this for the desired number of stitches.



Workflow

Breaking Free is worked with 1 strand Tilia and 1 strand Saga in the round from top to bottom on circular needles. Increases are made evenly throughout the yoke.

When the yoke and all increases are made, the work is divided for the body and sleeves, and each piece is worked separately.

The hems are folded and knit to the wrong side or sewn together with loose whip stitches, if preferred.

Finally, a long i-cord is made, which is sewn to the body according to the sketch with loose stitches.





Pattern

NECK

Cast 96 (96) 96 (104) 104 (112) 112 sts onto a 4 mm needle with 1 strand of each yarn type held together. Insert a BOR marker and join in the rnd.

Work 5 cm in stockinette, then purl 1 round (the folding line), and then work 5 cm in stockinette.

Knit the live sts to the cast-on edge, as follows: Fold the cast-on edge to the WS, lift the first st of the cast-on edge to the left needle and knit it together with the first st on the left needle, * lift the next st from the cast-on edge onto the left needle and knit it together with the first st on the left needle *, repeat from * to * for the whole rnd.

Alternatively, the hem can be sewn down with loose whip sts later when the sweater is finished.

Now work short rows back and forth to give height to the neck, as follows:

1st short row (RS): knit 28 (28) 28 (30) 30 (32) 32 sts, turn.

2nd short row (WS): Make 1 DS, purl 55 (55) 55 (59) 59 (63) 63 sts, turn.

3rd short row (RS): Make 1 DS, knit until 3 sts after the DS from the previous row, turn.

4th short row (WS): Make 1 DS, purl until 3 sts after the DS from the previous row, turn.

Repeat short rows 3-4 five more times.

Last short row (RS): Make 1 DS, knit to the BOR marker.

Knit 1 rnd.

Now increases are made throughout the yoke, as follows:

1st rnd: Work * k8, M1L *, repeat from * to * the whole rnd.

2nd - 4th rnd: Knit the whole rnd.

5th rnd: Work * k9, M1L *, repeat from * to * the whole rnd.

6th - 8th rnd: Knit the whole rnd.

Continue as follows with increases every 4th rnd,

where 1 st is increased in between the increases every increasing rnd, until increases are made a total of 15 (16) 17 (17) 19 (19) 21 times = 276 (288) 300 (325) 351 (378) 406 sts.

Continue in the rnd in stockinette until the yoke measures 24 (25) 26 (27) 28 (29) 30 cm, measured mid-front.

Divide the work for the body and sleeves, as follows:

Next rnd: Knit 42 (43) 44 (49) 52 (57) 61 sts (mid-back), cast on 4 (10) 16 (16) 18 (18) 18 sts with backwards loop cast on, place the next 54 (58) 62 (65) 72 (75) 80 sts (sleeve) to rest on a stitch holder, knit 84 (86) 88 (97) 103 (114) 124 sts (front), cast on 4 (10) 16 (16) 18 (18) 18 sts with backwards loop cast on, place the next 54 (58) 62 (65) 72 (75) 80 sts (sleeve) to rest on a stitch holder, knit 42 (43) 44 (49) 52 (57) sts (mid-back).

BODY

There are now 176 (192) 208 (227) 243 (264) 282 sts for the body.

Next rnd: Knit the whole rnd, and the new sts for the armholes are worked through the back loops (only for this rnd).

Continue in the rnd in stockinette, until the body measures 30 cm from the new armhole sts.

Purl 1 rnd.

Knit 4 cm in stockinette.

Hem

Knit the sts to the WS of the blouse in the same way as was done for the neckline, where the sts are picked up in the same row, 4 cm up from the purled rnd, or bind off the rnd and then sew the hem with loose whip sts.

SLEEVES

Place the resting sleeve sts back onto 4 mm circular needles.

Start in the middle of the armhole and with 1 strand of each yarn type held together, pick up the 2 (5) 8 (8) 9 (9) 9 sts up along the RS of the newly casted-on sts, knit the resting sts, and pick up 2 (5) 8 (8) 9 (9) 9 sts along the bottom of the armhole = 58 (68) 78 (81) 90 (93) 98 sts.

Insert a BOR marker and join in the rnd.



Work in the rnd in stockinette until the sleeve measures 41 (40) 39 (38) 37 (36) 35 cm, measured from the armhole.

Purl 1 rnd.

Work 3 cm in stockinette.

Hem

Sew the sts to the sleeve's WS the same way as was done for the hem of the body or bind off the sts and then sew them down with loose whip stitches.

Work the other sleeve the same way.

FINISHING

Weave in all ends.

Wash the sweater according to the label and leave it to dry flat on a towel.

I-CORD

Make an i-cord approx. 4 meters, as follows:

Cast 4 sts onto a 2.5 mm DPN with 1 strand of each yarn type held together.

* K4, don't turn, but slide the sts back to the end of the needle so that they can be worked from the RS again *, repeat from * to *, until the i-cord measures 4 meters.

Let the live sts rest on a stitch holder or a safety pin.
Break the yarn.

Attach the start of the i-cord to the inner side of the hem, at the bottom of the right side of the back (see the illustration).

Make a bow with the i-cord towards the center of the back, and lead it up over the right shoulder, and attach it to the shoulder with a pin.

Form a bow down along the right sleeve and attach the i-cord to the right side of the front.

Bring the i-cord over the right breast, under the left breast, and over the left shoulder, over the back and attach it to the left shoulder.

Form a bow over the left shoulder blade and attach the i-cord to the left sleeve.

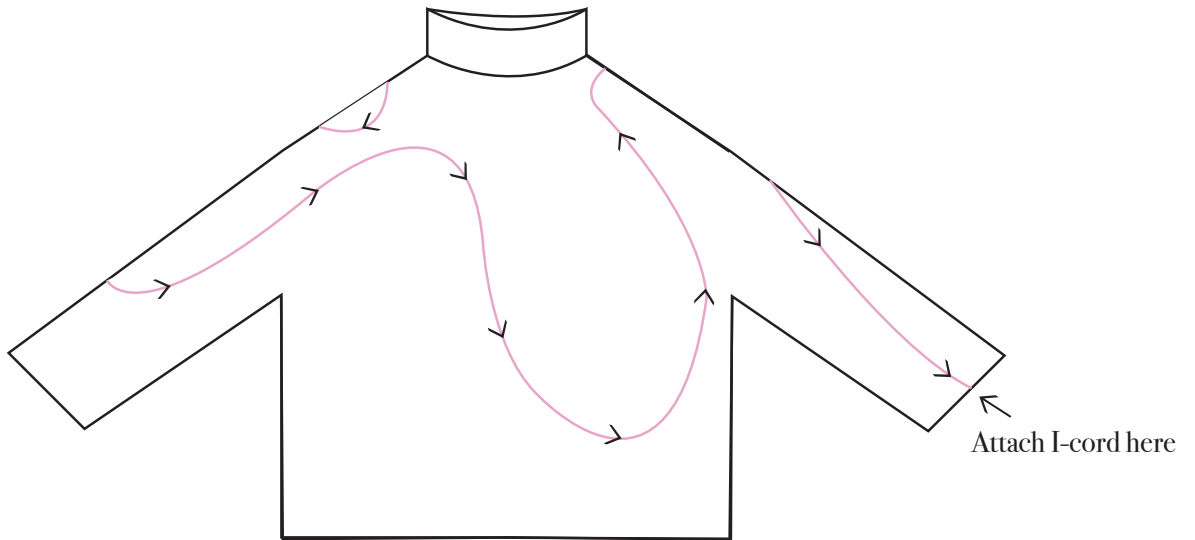
Let the i-cord fall along the left sleeve, and if necessary, thread a little of the i-cord up so that the length fits, pull the yarn end through and sew it to the inner side of hem on the left sleeve.

Sew the i-cord to the blouse between the fixed points.

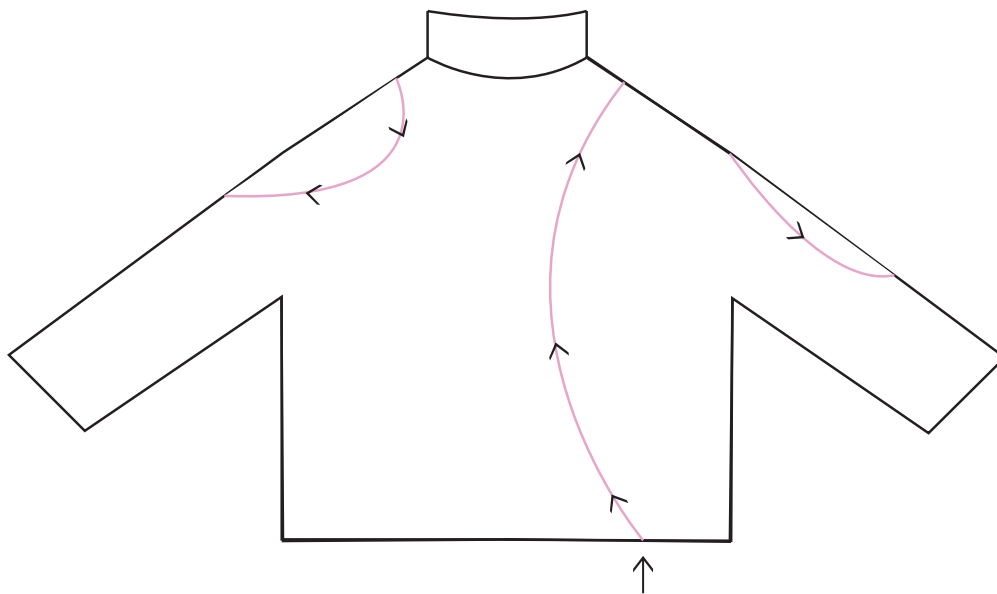
Be sure that the i-cord does not stretch and pull on the blouse.



Front



Back



Start here and place the I-cord in the direction that the arrows show