

# filcolana

OBSESSED WITH QUALITY YARN SINCE 1952



## Run The World

Design: Katja Dyrberg // Popknit

**A statement sweater in strong colors and a colorful message.**

**This sweater draws on historical cues from 1970s “chicken knitting” or hønsestrik, and color combinations juxtaposed with a modern pattern construction and contemporary materials which softens the contrasts, and points to a future of hope for a nicer and softer world.**





# Sizes & Measurements

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

## Fits chest circumference

73-80 (80-87) 88-93 (94-99) 100-107  
(108-116) 117-126 (127-136) cm

## Circumference (A)

96 (104) 112 (120) 128 (136) 144 (152) cm

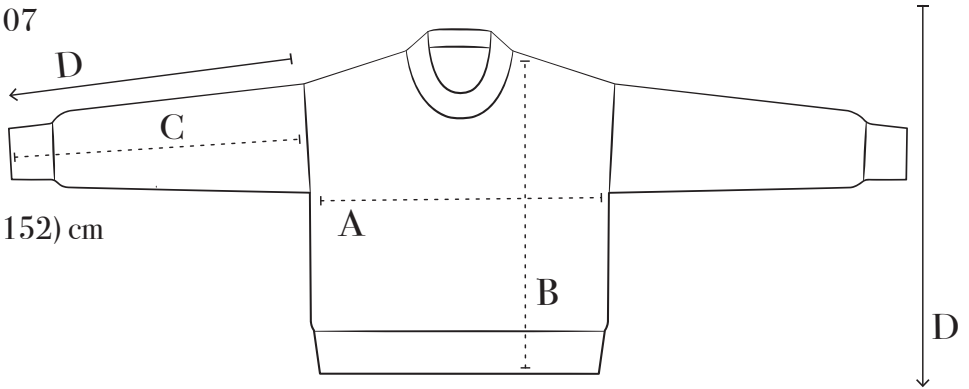
## Length (B)

60 (61) 63 (65) 67 (69) 71 (72) cm

## Sleeve length (C)

52 (52) 52 (50) 49 (48) 46 (44) cm

## Knitting direction (D)



## Materials

### YARN FROM FILCOLANA

#### Main color:

**Pernilla from Filcolana color 369 (Slightly Purple)**

250 (300) 300 (350) 350 (400) 450 (500) g

and

**Tilia from Filcolana color 278 (Delicate Orchid)**

100 (125) 125 (150) 150 (175) 200 (225) g

**The main color is worked with 1 strand of each yarn type held together.**

#### Contrast color:

**Tilia color 218 (Chinese Red)**

75 (75) 75 (75) 100 (100) 125 (125) g

**The contrast color is worked with 3 strands of Tilia held together.**

### NEEDLES

3.5, 4, and 4.5-mm circular needles, 40 and 80-120 cm

3.5, 4, and 4.5 mm DPNs (can be omitted if working with Magic Loop technique on long circular needles).

## Materials

### NOTIONS

2 stitch markers

2 stitch holders

## Gauge

20 stitches and 28 rows in stockinette with either 1 strand Pernilla and 1 strand Tilia held together, or 3 strands Tilia held together, on 4.5 mm needles = 10 x 10 cm

The gauge is measured after washing.

The needle sizes are 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.

**Pay attention:** It may be necessary to change needles when you work the pattern when knitting with only 1 color. Measure the tension as you go, so you can adjust the needle size, if necessary, when you change between working with just one-color and working the pattern with two colors.

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# Technique

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## ABBREVIATIONS

**BOR:** beginning of the round

**k:** knit

**p:** purl

**rnd(s):** round(s)

**sl1pw:** slip 1 stitch purl-wise

**SM:** stitch marker

**st(s):** stitch(es)

**tbl:** through the back loop

### wyif

With yarn held in front of the work

### wyib

With yarn held in the back of the work

### M1R

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

### M1R-P

With the left needle, lift the strand between two stitches from back to front and purl it. Seen from the right side, a right-leaning increase is made.

### M1L

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

### M1L-P

With the left needle, lift the strand between two stitches from front to back and purl it through the back loop. Seen from the right side, a left-leaning increase is made.

### K2tog-l

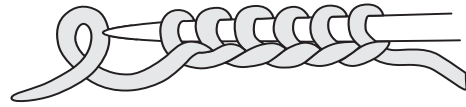
Work the next two stitches as follows: insert the right needle into the 1st stitch, and through the back loop into the second stitch, these two stitches are knit together at the same before slipping off the needle. There is now a left-leaning decrease.

## SPECIAL TECHNIQUES

### 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.



### Fair Isle/Stranded knitting

Stranded knitting, or fair isle, refers to a technique when working a pattern/motif with multiple colors interchangeably on the same row/round.

### Dominance

When knitting with two colors, one color will stand out more than the other, depending on how the yarn is carried behind the work. The color you hold closest to yourself will be the dominant color. In this design, the contrast color is the dominant color.

### Ladderback

This technique is used when working stranded knitting with long floats between the contrast color sts. The method forms “ladders” on the wrong side of the work, that holds the long floats in place.

### Setting up the ladderback:

The ladderback stitch is the first stitch in the ladder. Knit to where the ladderback stitch will be (in the chart the anchor stitch is marked with a line between the 8<sup>th</sup> and 9<sup>th</sup> stitch). Bring the thread you are knitting with between the needles and out to the front of the work (towards you), tilt the work slightly towards you so that you can see the wrong side from above, carefully insert the right needle under the “neck” of the stitch that is under the first stitch on the left needle and knit the stitch with the color that should run on the back of the work, bring the working yarn between the needles again, to the back of the work and knit the first stitch on the left needle with this.

### How to knit the ladderback stitch:

The ladder stitches are extra stitches on the round that are worked as follows:

Knit to the ladder stitch, bring the working yarn between the needles and to the front of the work (towards you), knit the ladder stitch with the non-working yarn, bring the working yarn in between the needles again, back to the work’s back side, and continue knitting.

### Finishing the ladderback:

Knit to 1 stitch before the ladder stitch, insert the right needle into the 1st stitch knit-wise, but let the stitch stay on the left needle, insert the needle into the 2<sup>nd</sup> stitch on the left needle through the back loop, pull the yarn through both stitches and let them slide off the needle.



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## Workflow

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Run The World sweater is worked from top-down with a European shoulder construction. Here stitches are casted on for the neck, after which the piece is worked back and forth with increases on both sides on every row to shape the shoulders. Once the entire shoulder width is reached, the piece is worked straight down to the bottom of the armhole, where the stitches are then left to rest.

Along each shoulder seam, stitches are picked up for the front. The front pieces are worked separately with increases towards the neck to shape the neck opening. New stitches are then picked up for the neck opening's bottom and the front piece is joined. The front piece is worked straight down to the bottom of the armhole.

The body is then joined and worked in the round, while also starting the pattern according to the chart. The pattern is worked with stranded knitting using the ladderback technique, where the long non-working yarn is on the work's back side and is knit like a net.

To finish, edges are worked back and forth in twisted rib for the front and back, whereby a slit is formed on each side.

Stitches are picked up along the armholes and the sleeves are worked in the round with decreases along the sleeve's underside and finished with a wide edge in twisted rib.

Finally, stitches are picked up along the neckline, which is worked in twisted ribbing.

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## Chart

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The chart is read from right to left for all rounds.

Find charts on the last page.





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# Pattern

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## BACK

Cast on 38 (40) 40 (42) 42 (44) 44 (46) sts onto 4.5 mm circular needles with 1 strand of each yarn type in the main color. Work back and forth.

Dividing row (wrong side): p4, insert SM, purl until 4 sts remain, insert SM, p4.

Now begin increases on each side as follows:

**1st row (right side):** k4, slip SM to the right needle, M1L, knit until SM, M1R, slip SM to the right needle, k4.

**2nd row:** p4, slip SM, M1R-P, purl until SM, M1L-P, slip SM, p4.

Repeat rows 1-2 for 13 (14) 16 (17) 19 (20) 22 (23) more times.

Repeat the 1<sup>st</sup> row 1 1 (1) 0 (1) 0 (1) 0 (1) 1 more time.

There are now 96 (102) 108 (116) 122 (130) 136 (144) sts on the needle.

Work 4 rows in stockinette without any more increases.

Insert a SM on the outermost st of each side, from where the armhole is measured.

Continue working down in stockinette, until the piece measures 15 (16) 16 (17) 17 (18) 18 (19) cm from the SM. Finish with a wrong side row.

Break the yarn and let the sts rest on a stitch holder.

## Left front

Place the back piece in front of you with the cast-on edge upwards (away from you) and with 4.5 mm needles and holding together 1 strand of each yarn type in the main color, pick up 35 (37) 40 (43) 46 (49) 52 (55) sts along the left shoulder (from the cast-on edge's outer st to the marked st by the armhole).

Work back and forth in stockinette until the piece measures 7 cm from the picked-up sts. Finish with a wrong side row.

Now increases are made for the neck opening, as follows:

**1st row (right side):** k4, M1L, knit the rest of the row.

**2nd row:** Purl the entire row.

Repeat these 2 rows 4 (5) 5 (5) 5 (5) 5 (5) more times = 40 (43) 46 (49) 52 (55) 58 (61) sts.

Break the yarn and let the sts rest on a stitch holder.

## Right front

Place the back piece in front of you with the cast-on edge upwards (away from you) and with 4.5 mm needles and holding together 1 strand of each yarn type in the main color, pick up 35 (37) 40 (43) 46 (49) 52 (55) sts along the right shoulder (from the marked st by the armhole to the outer st on the cast-on edge).

Work back and forth in stockinette until the piece measures 7 cm from the picked-up sts.

Now increases are made for the neck opening, as follows:

**1st row (right side):** Knit until 4 sts remain, M1R, knit the rest of the row.

**2nd row:** Purl the entire row.



Repeat these 2 rows 4 (5) 5 (5) 5 (5) 5 (5) more times = 40 (43) 46 (49) 52 (55) 58 (61) sts. Finish with a wrong side row.

### Join the front

**Next row (right side):** Knit across the right front sts until there are 4 sts left, M1R, k4, cast on 14 (14) 14 (16) 16 (18) 18 (20) sts with backwards loop method. Move the left front sts back to the needle and k4, M1L, knit the rest of the row.

There are now 96 (102) 108 (116) 122 (130) 136 (144) sts on the needle.

Continue back and forth in stockinette until the piece measures 25 (26) 27 (28) 29 (30) 31 (32) cm, measured from the picked-up sts on the shoulder and down along the armhole. Finish with a wrong side row.

### BODY

**Next row (right side):** Work stockinette across the front piece's sts, cast on 0 (2) 4 (4) 6 (6) 8 (8) sts with backwards loop cast on, move the back sts back to the needle and continue in stockinette across these sts, cast on 0 (2) 4 (4) 6 (6) 8 (8) sts with backwards loop cast on and at the same time insert a SM to indicate the BOR



in the middle of the newly casted-on sts (for XS, insert a SM between the front and back).

There are now 192 (208) 224 (240) 256 (272) 288 (304) sts.

Knit 2 rnds.

**Next rnd:** With the contrast color (as the dominant color), work according to the chart and be aware that the chart's first round has a ladderback stitch in the contrast color, between the 8<sup>th</sup> and 9<sup>th</sup> st in chart A.

### Only sizes XXS, S, L and 2XL

Repeat Chart A 12 (-) 14 (-) 16 (-) 18 (-) the whole rnd.

### Only sizes XS, M, XL and 3XL

Work chart B one time, repeat chart A - (12) - (14) - (16) - (18) times, work chart C one time.

### All sizes

Continue working straight down until all 53 rnds in the chart are worked. Be aware that the ladder stitches are bound off in the last rnd of the chart (as described in the special techniques section).

Break the contrast color.

Work 2 more rnds with only the main color.

Now the piece is divided into the front and back, and the ribbing edge is worked back and forth on both pieces, so that a slit is formed on both sides, as follows:

Change to 3.5 mm needles.

### Front ribbing edge

**1st row (right side):** sl1pw wyif, work [k1tbl, p1tbl] 23 (25) 27 (29) 31 (33) 35 (37) times, k2togtbl, [p1tbl, k1tbl] 23 (25) 27 (29) 31 (33) 35 (37) times, k1, turn the work.

There are now 95 (103) 111 (119) 127 (135) 143 (151) sts for the front.

Let the remaining 96 (104) 112 (120) 128 (136) 144 (152) sts for the back rest on the needle or a stitch holder.

**2nd row:** sl1pw wyif, work [p1tbl, k1tbl] until 2 sts remain, p1tbl, k1.

**3rd row:** sl1pw wyif, work [k1tbl, p1tbl] until 2 sts remain, k1tbl, k1.



**4th row:** sl1pw wyif, work [p1tbl, k1tbl] until 2 sts remain, p1tbl, k1.

Repeat rows 3-4 until the ribbing edge measures 8 cm. Finish with a wrong side row.

**Next row (right side):** sl1pw wyif, work [k1tbl, sl1pwtbl wyif], until 2 sts remain, k1tbl, k1.

**Next row (wrong side):** sl1pw wyif, work [sl1pwtbl wyif, k1tbl], until 2 sts remain, sl1pwtbl, k1.

Work the last 2 rows 1 more time.

Bind off with Italian bind off, as follows:

Break the yarn with a length that is about 3 times the ribbing's length. Use a darning needle.

The first 2 and last 2 sts are worked knit-wise.

1. Insert the needle through the first 2 sts on the left needle as if to purl together, pull the yarn through.
  2. Insert the needle in between the left needle's 2<sup>nd</sup> and 3<sup>rd</sup> sts from back to front.
  3. Insert the needle through the 3<sup>rd</sup> st from front to back.
  4. Insert the needle through the first 2 sts as if to knit together and slip both sts off the needle.
  5. From the front, insert the needle from right to left into the front leg of the 2<sup>nd</sup> st, pull the yarn through.
  6. Insert the needle through the 1<sup>st</sup> st purl-wise and slip it off the needle.
  7. Insert the needle between the 1<sup>st</sup> and 2<sup>nd</sup> st from back to front.
  8. Insert the needle through the 2<sup>nd</sup> st from front to back.
  9. Insert the needle into the 1<sup>st</sup> st knit-wise and slip it off the needle.
  10. As point 5.
  11. As point 6.
- Repeat points 7-11 until there are 3 sts remaining on the left needle.

**Finishing:**

From the front, insert the needle from right to left into the last 2 sts as if to purl together, pull the yarn through.

12. Insert the needle into the 1<sup>st</sup> st purl-wise and slip it off the needle.

13. Insert the needle into the last 2 sts as if to knit together and slip both off the needle.

Weave the end in thoroughly.

**Back ribbing edge**

With 3.5 mm needles and from the right side, holding together 1 strand of each yarn type of the main color,

knit the resting sts from the back's edge, as was done for the front.

**SLEEVES**

Start at the center of the armhole and with 4.5 mm needles and 1 strand of each yarn type held together in the main color, pick up 82 (86) 90 (94) 98 (102) 106 (110) sts along the right side of the armhole. Insert a SM to indicate the BOR and join in the rnd.

Work in the rnd in stockinette as follows:

Work 9 (9) 9 (9) 8 (8) 7 (6) rnds straight down.

**Next round (decreasing round):** k1, k2tog-l, knit until 3 sts before the BOR SM, k2tog, k1.

Repeat these 10 (10) 10 (10) 9 (9) 8 (7) rnds 9 (9) 9 (9) 11 (11) 12 (12) more times, until there are 62 (66) 70 (74) 74 (78) 80 (84) sts left.

Continue straight down until the sleeve measures 44 (44) 44 (42) 41 (40) 38 (36) cm, from the armhole.

**Next rnd:** Decrease 2 (4) 6 (6) 4 (6) 8 (10) sts evenly throughout the rnd = 60 (62) 64 (68) 70 (72) 72 (74) sts.





Change to 3.5 mm needles.

### Ribbing edge

Work in the rnd in twisted ribbing (k1tbl, p1) until the ribbing edge measures 8 cm.

**Next rnd:** k1tbl, sl1pw wyif\*, repeat from \* to \* the whole rnd.

**Next rnd:** \*sl1kwtbl wyib, p1\*, repeat from \* to \* the whole rnd.

Repeat the last 2 rnds 1 more time.

Bind off with Italian bind off, as follows:

Break the yarn with a length that is about 3 times the circumference of the ribbing edge, and thread the darning needle.

1. Insert the needle into the 1<sup>st</sup> st on the left needle purl-wise and pull the yarn through.
2. Insert the needle between the 1<sup>st</sup> and 2<sup>nd</sup> st from back to front.
3. Insert the needle through the 2<sup>nd</sup> st from front to back.
4. Insert the needle into the 1<sup>st</sup> some knit-wise and slip off the needle.
5. From the front, insert the needle from right to left into the front leg of the 2<sup>nd</sup> st, pull the yarn through.
6. Insert the needle into the 1<sup>st</sup> st purl-wise and slip off the needle.

Repeat points 2-6 until there is 1 (purl) st left on the left needle.

### Finishing:

7. From the front, insert the needle from right to left through the first bound off st, pull the yarn through.
8. As point 6.

Weave the ends in thoroughly.

Work the other sleeve the same way.

### NECKLINE

With 3.5 mm needles and 1 strand of each yarn type held together, pick sts up along the right side of the neckline, as follows:

Start at the back's right shoulder, and pick up 3 sts in the shoulder seam itself, pick up 30 (32) 32 (34) 34 (36) 36 (38) sts along the neck and pick up 3 sts in the left shoulder seam, pick up 19 sts along the straight part of the neck, pick up 10 sts along the slanted piece, 12 (14) 14 (16) 16 (18) 18 (20) sts at the bottom of the neck, pick 10 sts up along the slanted piece, and 19 sts along the straight piece towards the shoulder = 106 (110) 110 (114) 114 (118) 118 (122) sts.

Insert a SM to indicate the BOR and join in the rnd.

Work in the rnd in twisted ribbing (k1tbl, p1), until the neckline measures 8 cm.

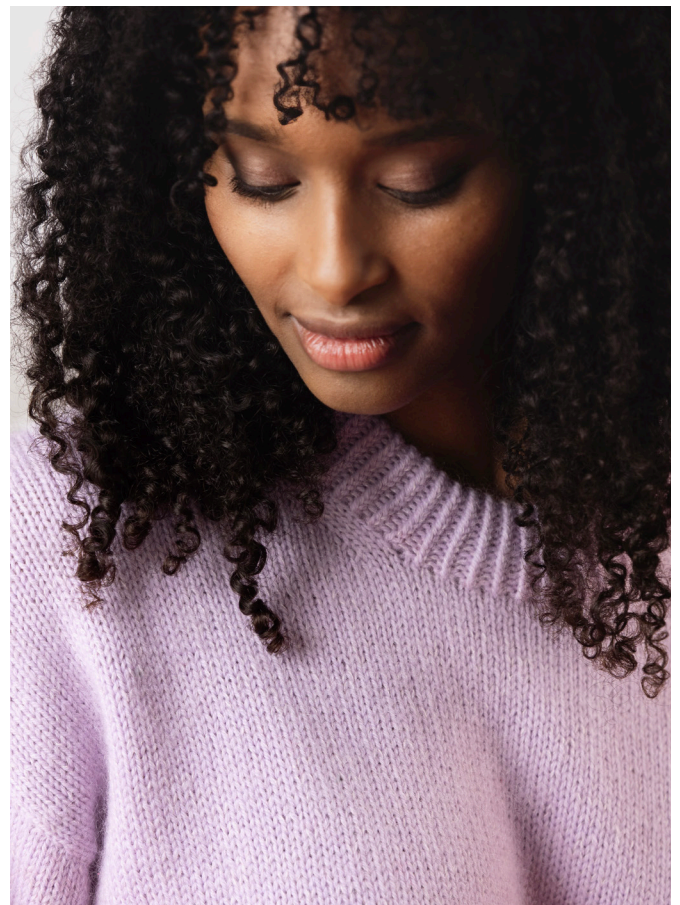
Fold the edge down with the wrong side against the wrong side, so that it sits double. Now the piece will be bound off while at the same time attaching the neckline onto the first rnd (with the picked-up sts), as follows: Lift 1 picked-up st from the picked-up edge onto the left needle, so this st is in front of the first st on the needle, k2tog, \*lift the next picked-up st from the picked-up edge onto the left needle and k2tog; on the right needle pull the other st over the first as a normal bind off\*, repeat from \* to \* until all sts are bound off.

Be aware that binding off can become too loose or too tight, depending on how tight or loose you knit. It can be helpful to use a bigger or smaller needle for binding off.

### FINISHING

Weave in all ends.

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

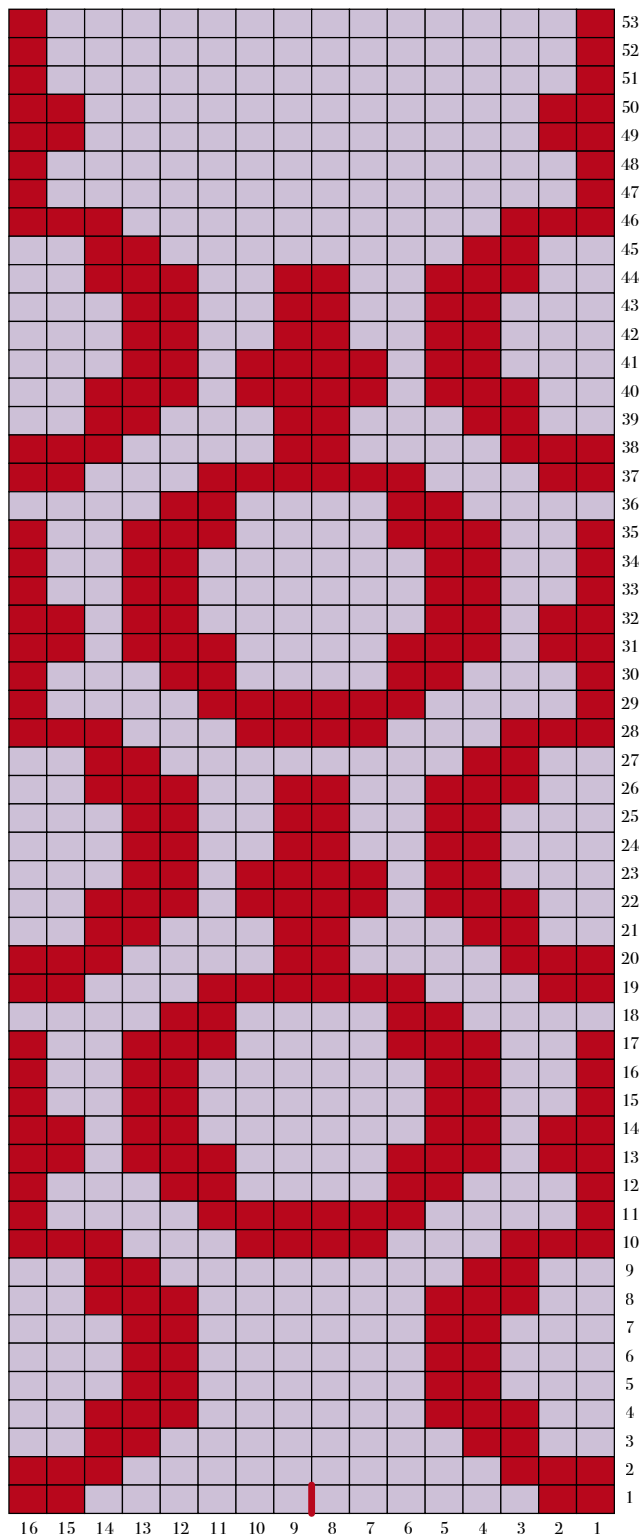




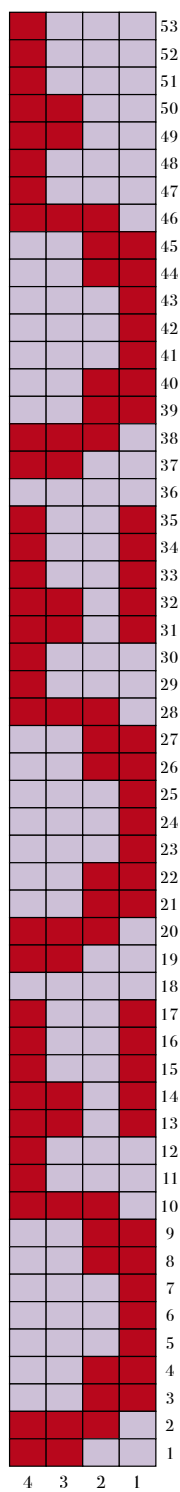


# Charts

### CHART A



### CHART B



### CHART C

