

filcolana

OBSSESSED WITH QUALITY YARN SINCE 1952



Elbe

Design: Rikke Eliassen // Strikrik

This sweater is inspired by the amazing and brave Lilli Elbe.

Lili Elbe was a Danish artist and one of the first transgender women to undergo gender reassignment surgery. Lili Elbe is a remarkable figure in LGBTQ+ history whose life has inspired books, films and works of art.

Today we have so many choices and options. We must remember to pay tribute to those who have made it possible. We must remember that we don't need to limit ourselves in life. Whether it comes to identity, gender, family types, or a little more down-to-earth topics like colours and constructions, the possibilities are many - thanks to all those who over time have made it possible for us today.

#FilcolanaElbe
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English translation: Kelly Blank



Sizes & Measurements

XS (S) M (L) XL (2XL) 3XL (4XL)

Fits circumference

78-84 (85-90) 91-100 (101-108) 109-118
(119-128) 129-137 (138-148) cm

Circumference (A)

84 (92) 100 (108) 118 (128)
138 (148) cm

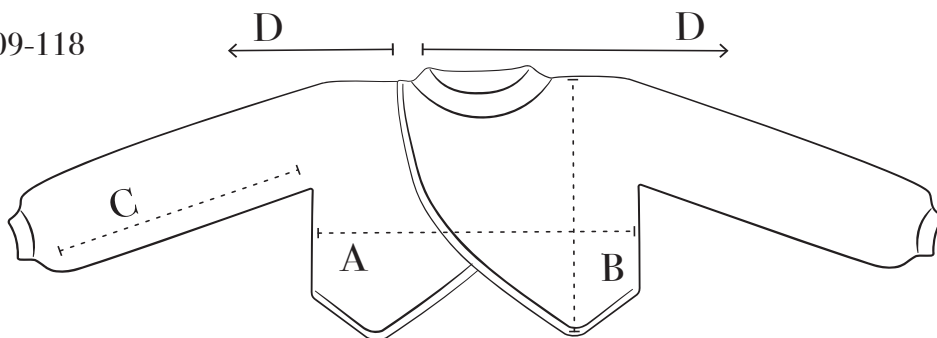
Length (B)

40 (42) 44 (48) 52 (56) 60 (64) cm

Sleeve length (C)

45 (45) 46 (46) 46 (47) 47 (47) cm

Knitting direction (D)



Materials

YARN FROM FILCOLANA

Arwetta color 352 (Red Squirrel)

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

Arwetta color 812 (Granite)

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

Each color is worked with 2 strands held together throughout, except for the i-cord edge, which is worked only with 1 strand.

NEEDLES

4 and 4.5 mm circular needles, 80 cm

4 and 4.5 mm DPNs (omit if Magic Loop technique is used with long circular needles)

NOTIONS

2 stitch markers

1 stitch holder

4 safety pins

Elastic thread

Scrap yarn for the Italian cast on.

Gauge

20 stitches and 30 rows in stockinette, worked with 2 strands Arwetta held together, on 4.5 mm needles = 10 x 10 cm.

The gauge is measured after washing.

The needle size is only a guide.

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



Technique

ABBREVIATIONS

k: knit
p: purl
rnd(s): round(s)
st(s): stitch(es)
tbl: through the back loop
tog: together
BOR: Beginning of round
RS: Right side
WS: Wrong side

SM1, SM2

Stitch marker 1, Stitch marker 2, etc.

M1R (right-leaning increase)

Lift the loop between the two stitches up onto the left needle from back to front and knit it.

M1L (left-leaning increase)

Lift the loop between the two stitches up onto the left needle from front to back and knit it through the back loop.

M1RP

Lift the loop between the two stitches up onto the left needle from back to front and purl it. Seen from the RS, this is a right-leaning increase.

M1RL

Lift the loop between the two stitches up onto the left needle and purl it through the back loop from front to back. Seen from the RS, this is a left-leaning increase.

k2tog-l

Knit the next two stitches as follows: Insert the right needle into the 1st stitch knit-wise, and through the back loop of the 2nd stitch, and knit both these stitches together in the same turn. A left-leaning decrease has been made.

SSP

Slip 2 sts off knit-wise (one after the other), slip them back to the left needle and purl them through the back loop.

SPECIAL TECHNIQUES

Japanese Short Rows

Knit to where the pattern says to turn, turn the work, fasten a safety pin (turn marker) around the yarn, knit back as the pattern indicates, and if necessary, hold onto the marker a little so that it does not slip around onto the other side.

Knit across the turn, as follows:

On the right side: Knit to the “hole” where the previous row was turned, this is where the turn marker is. Pull the turn marker so that the yarn can be pulled up onto the left needle as a yarn over that sits in front of the next stitch, knit this stitch together with the yarn over and remove the turn marker.

On the wrong side: Knit to the “hole” where the previous row was turned, this is where the turn marker is. Loosely take off the first stitch on the left needle and put it back on the left needle. Pull the turn marker so that the yarn can be pulled up onto the left needle as a loop that sits in front of the next stitch, purl the stitch and the loop together through the back loop, and remove the turn marker.

Double Stitch

Slip 1 stitch purl-wise off the needle with the yarn in front of the work (facing you). Bring the yarn over the right needle and down behind the work (away from you) and pull the yarn so that a “double stitch” is made. Continue working according to the pattern’s directions. When the double stitch needs to be worked later, it is worked as one stitch, either knit-wise or purl-wise, as the work shows. This technique is called German Short Rows.

Workflow

The Elbe sweater is knit in the round from the sleeve edge and towards the body.

German Short Rows are used to shape the sleeve cap. When the sleeve cap is finished, a narrow strip is worked which functions as a side piece.

Stitches are picked up along both sides of the side piece and the one side of front and back are worked at the same time, back and forth towards the neck opening. Afterwards, the front and back are worked individually.

When the sleeve and front/back are worked in each color, it is decided which color should be on the outside and the pieces are placed on top of each other and joined to the neckline.



Pattern

LEFT SIDE

Sleeve

Cast on 19 (20) 21 (23) 25 (26) 28 (30) sts with spare yarn on 4 mm needles and knit 2 rows back and forth. Break the yarn.

Join two strands of Arwetta in the same color to the work and purl 1 row. Do not turn the work but join the rnd and continue in the rnd.

Purl 2 rnds.

Next rnd: *p1, insert the right needle under the lowest loop 3 rows down with Arwetta (= 1st row with Arwetta), and knit it*, repeat from * to *, until there is 1 st remaining, pick up the last loop and knit it together with the last st.

There are now 36 (38) 40 (44) 48 (50) 54 (58) sts.

Move the first st to the right needle without knitting it, and insert SM1 to indicate the BOR.

Work 11 rnds in ribbing (k1, p1).

Carefully cut off the scrap yarn.

Next rnd (increasing rnd): *k1, M1L, k1, M1R*, repeat from * to * the whole rnd = 72 (76) 80 (88) 96 (100) 108 (116) sts.

Change to 4.5 mm needles.

Now knit in the round until the sleeve measures 45 (45) 46 (46) 46 (47) 47 (47) cm.

Sleeve cap

1st short row (RS): Knit until 15 sts remain before the BOR marker, turn.

2nd short row (WS): Make 1 Double Stitch, purl until 15 sts remain before the BOR marker, turn.

3rd short row: Make 1 Double Stitch, knit until 2 sts before the Double Stitch from the previous row, turn.

4th short row: Make 1 Double Stitch, purl until 2 sts before the Double Stitch from the previous row, turn.

Work short rows 3-4 for a total of 5 (5) 5 (6) 6 (6) 7 (7) times.

Last short row (RS): Make 1 DS, knit until the BOR marker, knit through both legs of the Double Stitch as one st.

Next rnd: Knit the whole rnd and knit through both legs of each Double Stitch as one st.

Knit 1 rnd.

Side piece

Now the side piece is worked back and forth, while the sleeve sts rest on the needle, as follows:

Knit 4 (5) 6 (8) 11 (14) 18 (22) sts, turn the work, purl 8 (10) 12 (16) 22 (28) 36 (44) sts, turn the work.

The BOR now sits in the middle of the 8 (10) 12 (16) 22 (28) 36 (44) sts on the needle.

Work stockinette back and forth over these 8 (10) 12 (16) 22 (28) 36 (44) sts until the side piece measures 16 (17) 18 (20) 22 (24) 26 (28) cm. Finish with a RS row.





BODY

Now pick up 31 (33) 36 (40) 44 (48) 53 (57) sts long the side piece, over to the resting sleeve sts, in which 3 sts are picked up every 4 rows on the side piece. Knit across all sleeve sts and pick up 31 (33) 36 (40) 44 (48) 53 (57) sts along the other side of the side piece.

Knit 4 (5) 6 (8) 11 (14) 18 (22) sts to the BOR, turn the work and remove the BOR marker. From here the piece is worked back and forth on the needle.

Next row (WS): Purl 3 (4) 5 (7) 10 (13) 17 (21) sts, p2tog, purl until 5 (6) 7 (9) 12 (15) 19 (23) sts remain, p2tog, purl the rest of the row.

There are now a total of 132 (140) 150 (166) 182 (194) 212 (228) sts.



Only sizes XS, S, M and L

Knit 1 row and purl 1 row.

Only sizes XL, 2XL, 3XL and 4XL

Now Japanese Short Rows are worked from the side piece's middle and outward, as follows:

1st short row (RS): Knit - (-) - (-) 3 (4) 4 (4) sts, turn and insert a turn marker on the yarn.

2nd short row (WS): Purl the entire row.

3rd short row: Knit until the "hole" by the turn marker, knit the yarn over (resulting from the turn) and the next st together, k1, turn and insert a turn marker on the yarn.

Work rows 3-4 for a total of - (-) - (-) 3 (4) 6 (8) times.

Next row (RS): Knit across all sts on the needle.

Now short rows are worked across all remaining sts on the side piece, as follows:

1st short row (WS): Purl - (-) - (-) 3 (4) 4 (4) sts, turn and insert a turning marker on the yarn.

2nd short row (RS): Knit the entire row.

3rd short row: Purl to the "hole" by the turning marker, purl the turning cast on and the next st together, p1, turn and insert a turning marker on the yarn.

4th short row: Knit the entire row.

Work short rows 3-4 a total of - (-) - (-) 3 (4) 6 (8) times.

All short rows are complete and from here on the piece is worked back and forth across all sts on the needle.

Next row (WS): Purl the entire row.

All Sizes

Now increases are made on both sides of the work to shape the points, as follows:

Next row (RS): k1, M1L, knit to the last st, M1R, k1.

Next row: Purl the entire row.

Work these two 2 rows a total of 11 (12) 12 (13) 13 (14) 14 (15) times.

There are now a total of 154 (164) 174 (192) 208 (222) 240 (258) sts.

Do NOT break the yarn.

Now the work is divided for the back and front, as follows:

Count 77 (82) 87 (96) 104 (111) 120 (129) sts and insert SM2. The SM sits now in the middle of the row with the same number of sts on either side.

#



Left Back

Next row (RS): K2tog, knit until 4 sts before SM2, k2tog, k2, turn and let the remaining sts rest on the needle while the back is worked.

Next row: P2, p2tog, purl the rest of the row.
Work these two rows a total of 2 (2) 2 (3) 3 (3) 3 (3) times.

There are now 71 (76) 81 (87) 95 (102) 111 (120) sts on the left back.

Next row (RS): K2tog, knit the rest of the row.

Next row: Purl the entire row.

Work these 2 rows a total of 18 (20) 24 (24) 26 (27) 28 (28) times.

There are now 53 (56) 57 (63) 69 (75) 83 (92) sts on the left back.

Next row (RS): K2tog, knit the rest of the row.

Next row: Purl until 2 sts remain, p2tog.

Work these 2 rows a total of 8 (8) 8 (8) 8 (8) 9 (9) times.

There are now 37 (40) 41 (47) 53 (59) 65 (74) sts on the left back.

Next row (RS): K2tog, knit until 3 sts remain, M1R, k3.

Next row: P3, M1RP, purl until 2 sts remain, p2tog.

Work these 2 rows a total of 2 (2) 2 (3) 3 (3) 3 (3) times, **AT THE SAME TIME**, on the last WS row, bind off the sts, as follows:

Binding off row (WS): P2tog, p2, bind off the remaining sts purl-wise.

There are now 3 sts remaining on the needle. Place these sts on a stitch holder and break the yarn.

Left Front

Join the yarn on the RS next to SM2.

Next row (RS): K2, k2tog-l, knit until 2 sts remain, k2tog.

Next row: Purl until 4 sts remain, SSP, p2.

Work these 2 rows a total of 5 times.

There are now 62 (67) 72 (81) 89 (96) 105 (114) sts on the left front piece.

Next row (RS): K2, k2tog-l, knit until 2 sts remain, k2tog.

Next row: Purl the entire row.

Work these 2 rows a total of 5 (5) 5 (6) 6 (6) 7 (7) times.

There are now 52 (57) 62 (69) 77 (84) 91 (100) sts on the left front piece.

Next row (RS): Knit until 2 sts remain, k2tog.

Next row: Purl the entire row.

Work these 2 rows a total of 10 (12) 16 (16) 18 (19) 19 (19) times.

There are now 42 (45) 46 (53) 59 (65) 72 (81) sts on the left front piece.

Next row (RS): K3, M1L, knit until 2 sts remain, k2tog.

Next row: P2tog, purl the rest of the row.

Work these 2 rows a total of 5 (5) 5 (6) 6 (6) 7 (7) times.

There are now 37 (40) 41 (47) 53 (59) 65 (74) sts on the left front piece.

Next row (RS): K3, M1L, knit until 2 sts remain, k2tog.

Next row: P2tog, purl until 3 sts remain, M1LP, p3.

Work these 2 rows a total of 5 times, **AT THE SAME TIME**, on the last WS row, bind off the sts as follows:

Binding off row (WS): P2tog, bind off purl-wise until 2 sts remain, p2.

There are now 3 sts remaining on the needle. Break the yarn and with kitchener stitch sew together the back's 3 sts.

I-cord

Pick sts up along the RS of the left piece, with 1 strand of Arwetta, on 4 mm circular needles.

Start at the middle of the side piece and pick up sts the whole way along the back and front, and finish again at the middle of the side piece.

With 4.5 mm needles (or possibly a 4.5 mm DPN) cast on 4 sts with knitted cast on, as follows:

Knit the first st on the left needle, but let the st stay on the needle, and slip the new st tbl over onto the left needle, repeat from * to * until there are 4 new sts in front of the casted-on sts.

Work the I-cord as follows:

K3, k2togtbl, move the 4 sts from the right needle back to the left needle, repeat from * to * until all the casted-on sts are worked and there are 4 sts remaining on the right needle.

With kitchener stitch, sew the sts on the needle together with the sts from the i-cords first row.



RIGHT SIDE

With 2 strands of Arwetta in the opposite color, work the same as the left piece to #.

Right Front

Next row (RS): k2tog-l, knit until 4 sts remain, k2tog, k2.

Next row: p2, p2tog, purl the rest of the row.

Work these 2 rows for a total of 5 times.

There are now 62 (67) 72 (81) 89 (96) 105 (114) sts for the right front.

Next row (RS): k2tog-l, knit until 4 sts remain, k2tog, k2.

Next row: Purl the entire row.

Work these 2 rows a total of 5 (5) 5 (6) 6 (6) 7 (7) times.

There are now 52 (57) 62 (69) 77 (84) 91 (100) sts on the right front.

Next row (RS): k2tog-l, knit the rest of the row.

Next row: Purl the entire row.

Work these 2 rows a total of 10 (12) 16 (16) 18 (19) 19 (19) times.

There are now 42 (45) 46 (53) 59 (65) 72 (81) sts on the right front.

Next row (RS): k2tog-l, knit until 3 sts remain, M1R, k3.

Next row: Purl until 2 sts remain, SSP.

Work these 2 rows a total of 5 (5) 5 (6) 6 (6) 7 (7) times.

There are now 37 (40) 41 (47) 53 (59) 65 (74) sts on the right front.

Next row (RS): k2tog-l, knit until 3 sts remain, M1R, k3.

Next row: P3, M1RP, purl until 2 sts remain, SSP.

Work these 2 rows a total of 5 times, **AT THE SAME TIME**, on the last WS row, bind off sts as follows:

Binding off row (WS): P3, bind off purl-wise the entire row, the last 2 sts are worked SSP and bound off.

Place the 3 sts on a stitch holder and break the yarn.

Right Back

Join the yarn on the RS next to SM2.

Next row (RS): K2, k2tog-l, knit until 2 sts remain, k2tog.

Next row: Purl until 4 sts remain, SSP, p2.

Work these 2 rows a total of 2 (2) 2 (3) 3 (3) 3 (3) times.





There are now 71 (76) 81 (87) 95 (102) 111 (120) sts on the right back.

Next row (RS): Knit until 2 sts remain, k2tog.

Next row: Purl the entire row.

Work these 2 rows a total of 18 (20) 24 (24) 26 (27) 28 (28) times.

There are now 53 (56) 57 (63) 69 (75) 83 (92) sts for the right back.

Next row (RS): Knit until 2 sts remain, k2tog.

Next row: P2tog, purl the rest of the row.

Work these 2 rows a total of 8 (8) 8 (8) 8 (8) 9 (9) times.

There are now 37 (40) 41 (47) 53 (59) 65 (74) sts for the right back.

Next row (RS): K3, M1L, knit until 2 sts remain, k2tog.

Next row: P2tog, purl until 3 sts remain, M1LP, p3.

Work these 2 rows a total of 2 (2) 2 (3) 3 (3) 3 (3) times, **AT THE SAME TIME**, on the last WS row, bind off the sts as follows:

Binding off row (WS): P2tog, bind off purl-wise until 2 sts remain, p2.

There are now 3 sts remaining on the needle. Break the yarn and with kitchener stitch sew the 3 sts together with the front piece's 3 sts.

I-cord

Work an i-cord along the right piece, in the same way as was done for the left.

Join the pieces

You must now choose which part of the sweater you want most visible/as the outermost layer.

Place one part of the sweater inside the other so that the neck opening of the two parts sit right on top of each other. Fasten the parts with safety pins so that the work does not move. Insert a safety pin through both layers at the center stitch front and back, as well as on each side, and join with kitchener stitch where the SM2 previously was.

NECKLINE

With 4 mm needles and two strands of Arwetta in the same color as the outer part, pick up sts along the RS of the neck opening. Insert the needle through both layers and pick up 3 (3) 2 (2) 2 (2) 2 (2) sts for every 4 (4) 3 (3) 3 (3) 3 (3) row along the neck opening = 90 (96) 108 (114) 106 (110) 114 (114) sts.

Join the rnd and work 11 rnds in ribbing (k1, p1).

Bind off with Italian bind off, as follows:

Break the yarn with a long tail that is about 3 times the circumference of the rib. Thread a darning needle with this yarn.

1. Insert the needle into the 1st st on the left needle purl-wise and pull the yarn through.

2. Insert the needle between the 1st and 2nd st from back to front.

3. Insert the needle knit-wise through the 2nd st from front to back.

4. Insert the needle into the 1st st knit-wise and slip it off the needle.

5. From the front, insert the needle from right to left into the front leg of the 2nd st, pull the yarn through.

6. Insert the needle into the 1st st purl-wise and slip the st off the needle.

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

Finishing

7. From the front, insert the needle into the bound off st from right to left, pull the yarn through.

8. Same as point 6.

Weave the end in thoroughly.

Finishing

Weave in all ends.

You can optionally sew the layers together along the vertical piece for the front and back. Sew with thin elastic thread and with loose back stitches along the inside of the i-cord.

Before sewing, it is a good idea to try the sweater on and put the parts together with a safety pin, so that you get the desired width based on your own exact chest measurement.

Wash the sweater according to the label's instructions and let it dry flat on a towel.