

# follow your bliss.



by stephanie earp

This versatile sweater couldn't be simpler, with classic circular yoke shaping and tidy twisted rib edgings. The name is a nod to our house brand silk mohair, Bliss by Bon Tricot. The natural cream body changes to a marled hem, giving the knitter a chance to add a dash of their favourite colour. This sample shows our warm red tone, Brick, which shifts to a blush tone when held with the creamy white of the Bonny DK main yarn.

Three neckline options are given in the pattern, and this sweater is very customizable, so follow your bliss and make it your own. Note: yardages given are for turtleneck version.

**Choosing a Size:** This sweater is designed to be worn with 3 - 5" of positive ease in the bust. Sample shown is size 2.

## YARN

Yarn A: 4 (4, 4, 5) (5, 5, 6, 6) (6, 7, 7) skeins of **Bonny DK by Bon Tricot** (40% alpaca, 40% merino, 20% silk, 252 yds / 230 m - 100 g), colourway Meringue

Yarn B: 2 (2, 2, 2) (2, 2, 3, 3) (3, 3, 3) skeins of **Bliss Mohair by Bon Tricot** (72% kid mohair, 28% silk, 459 yds / 420 m - 50 g), colourway Meringue

Yarn C: 1 skein of **Bliss Mohair by Bon Tricot** (72% kid mohair, 28% silk, 459 yds / 420 m - 50 g), colourway Brick

## NEEDLES & NOTIONS

5 mm (US 8) 16, 24 & 32" / 40, 60 & 80 cm circular and/or double pointed needles or preferred needles for small circumference knitting.

1 stitch marker

Tapestry needle

Stitch holders or waste yarn

## GAUGE

18 sts x 24 rows to 4" / 10 cm on US 8 / 5 mm needles in stockinette stitch using Yarns A & B held together, after blocking.

## SIZES

1 (2, 3, 4) (5, 6, 7, 8) (9, 10, 11)

## FINISHED MEASUREMENTS

**Bust Circumference:** 35 (38, 41, 44) (48, 52, 55, 59) (63, 65, 67)" / 90 (97, 104, 111) (122, 132, 139, 150) (159, 164, 171) cm.

**High crew & turtleneck opening:** 16 (16, 16, 16) (17.75, 18.5, 18.5, 19.5) (19.5, 20, 20.75)" / 40.5 (40.5, 40.5, 40.5) (45, 47, 47, 49.5) (49.5, 51, 53) cm.

**Low crew neck opening:** 18.5 (18.5, 18.5, 21.25) (21.5, 23, 24, 26.5) (26.5, 26.5, 28.5)" / 47 (47, 47, 54) (54.5, 58.5, 61, 67) (67, 67, 72) cm.

**Yoke Depth:** 9 (9.5, 9.75, 10) (10.25, 10.5, 10.75, 11) (11.5, 12, 12.25)" / 23 (24, 25, 25.5) (26, 26.5, 27, 28) (29, 30.5, 31) cm.

**Upper Arm:** 10.5 (11.5, 13.25, 14.25) (16, 16.75, 17.75, 20) (20.75, 21.75, 22.5)" / 26.5 (29, 33.5, 36) (40.5, 42.5, 45, 51) (53, 55, 57) cm.

**Body Length from Underarm:** 15" / 38 cm.

**Sleeve Length:** 16 (16, 16, 16) (16, 16, 16, 16.5) (16.5, 16.5, 16.5)" / 40.5 (40.5, 40.5, 40.5, 42) (42, 42, 42) cm.

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## PATTERN

### YOKE:

To help you follow your bliss when making this sweater, several neckline options are given. Before starting, read through the yoke section noting the directions for your style and size.

#### For high crew and turtleneck styles only:

With 16" needles and Yarn A and Yarn B held together, cast on 72 (72, 72, 72, 80, 84, 84, 88, 88, 90, 94) sts, PM for BOR and join to work in the round.

#### For low crew neck only:

With 16" needles and Yarn A and Yarn B held together, cast on 84 (84, 84, 96, 96, 104, 108, 120, 120, 120, 128) sts, PM for BOR and join to work in the round.

#### All Styles:

**Ribbing Round:** \*K 1 tbl, p 1 tbl, rep from \* to end.

#### For high and low crew necks only:

Rep Ribbing Round 1 until ribbing measures 1" / 2.5 cm.

Knit 1 rnd.

#### For turtleneck only:

Rep. Ribbing Round until ribbing measures 7" / 18 cm.

**Short Row Turn:** Slip BOR marker, k 1, turn work. DS. Slip BOR marker.

*This reverses the direction of knitting (switching the right and wrong sides) so that the turtleneck has a nice finish when doubled over.*

Knit 1 rnd, resolving DS when you come to it.

#### Both high crew and turtleneck styles:

##### Set Up Increase Round 1:

**Sizes 1 - 3:** \*K 6, m1r, rep from \* to end.

**Sizes 4 & 10:** \*K 3, m1r, rep from \* to end.

**Size 5:** \*K 5, m1r, rep from \* to end.

**Size 6:** \*(K 4, m1r) x 4, k 5, m1r, rep from \* to end.

**Size 7:** \*K 3, m1r, k 4, m1r, rep from \* to end.

**Sizes 8 & 9:** \*(K 3, m1r) x 3, k 2, m1r, rep from \* to end.

**Size 11:** \*(K 3, m1r) x 13, (k 2, m1r) x 4, rep from \* to end.

84 (84, 84, 96) (96, 104, 108, 120) (120, 120, 128) sts.

Knit 3 rnds.

#### All styles:

##### Set Up Increase Round 2:

**Size 1:** \*K 21, m1r, rep from \* to end.

**Size 2:** \*K 7, m1r, rep from \* to end.

**Size 3:** \*(K 4, m1r) x 4, k 5, m1r, rep from \* to end.

**Size 4:** \*K 6, m1r, rep from \* to end.

**Sizes 5, 7 & 8:** \*K 3, m1r, rep from \* to end.

**Size 6:** \*(K 3, m1r) x 3, k 4, m1r, rep from \* to end.

**Size 9:** \*K 2, m1r, k 3, m1r, rep from \* to end.

**Size 10:** \*(K 2, m1r) x 6, k 3, m1r, rep from \* to end.

**Size 11:** \*(K 2, m1r) x 3, k 3, m1r, rep from \* to end.

88 (96, 104, 112) (128, 136, 144, 160) (168, 176, 184) sts.

Knit 2 rnds.

*Change to longer needles as required.*

**Increase Round 1:** \*K 4, m1r, rep from \* to end.  
Knit 4 (5, 5, 5) (5, 5, 5, 6) (6, 6, 6) rnds.

**Increase Round 2:** \*K 5, m1r, rep from \* to end.  
Knit 4 (5, 5, 5) (5, 5, 5, 6) (6, 6, 6) rnds.

**Increase Round 3:** \*K 6, m1r, rep from \* to end.  
Knit 4 (5, 5, 5) (5, 5, 5, 6) (6, 6, 6) rnds.

**Increase Round 4:** \*K 7, m1r, rep from \* to end.  
Knit 4 (5, 5, 5) (5, 5, 5, 6) (6, 6, 6) rnds.

**Increase Round 5:** \*K 8, m1r, rep from \* to end.  
Knit 4 (5, 5, 5) (5, 5, 5, 6) (6, 6, 6) rnds.

**Increase Round 6:** K 9, m1r, rep from \* to end.

220 (240, 260, 280) (320, 340, 360, 400) (420, 440, 460) sts.

Knit even in stockinette until yoke measures 9 (9.5, 9.75, 10) (10.25, 10.5, 10.75, 11) (11.5, 12, 12.25)" / 23 (24, 25, 25.5) (26, 26.5, 27, 28) (29, 30.5, 31) cm from first Set-Up Increase Round.

#### High and low crew neck styles only:

*Short row shaping with German short rows will lift the back neck for a more comfortable fit. These can be added to the turtleneck style as well if desired, but aren't needed to keep the back neck warm the same way.*

**Short Row 1 (RS):** K 66 (72, 78, 84, 96, 102, 108, 120, 126, 132, 138), turn.

**Short Row 2 (WS):** DS, p to 66 (72, 78, 84, 96, 102, 108, 120, 126, 132, 138) sts past BOR marker, turn.

**Short Row 3:** DS, k to 4 sts before previous DS, turn.

**Short Row 4:** DS, p to 4 sts before previous DS, turn.

Rep. Short Rows 3 & 4; 2 (2, 3, 3, 3, 3, 3, 4, 4, 4, 4) times more.

**Next Round:** DS, knit to marker.

Knit 1 rnd, resolving DS's as you come to them.



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## All Styles:

### Separate Sleeves and Body:

**Next Round:** K 35 (38, 40, 43) (49, 52, 55, 60) (63, 66, 69) sts, put 40 (44, 50, 54) (62, 66, 70, 80) (84, 88, 92) sts on hold, with backward loop method cast on 8 (8, 10, 10) (10, 10, 10, 10) (10, 10, 10) sts, k 70 (76, 80, 86) (98, 104, 110, 120) (126, 132, 138) sts, put 40 (44, 50, 54) (62, 66, 70, 80) (84, 88, 92) sts on hold, with backward loop method cast on 8 (8, 10, 10) (10, 10, 10, 10) (10, 10, 10) sts, k to end.

156 (168, 180, 192) (216, 228, 240, 260) (272, 284, 296) sts.

Work even in stockinette until body measures 8" / 20 cm from underarm.

Break Yarn B. Join Yarn C and holding it together with Yarn A, continue in stockinette until body measures 12" / 30.5 cm from underarm, or 3" / 8 cm less than desired length.

**Ribbing Round:** \*K 1 tbl, p 1, rep from \* to end.

Rep Ribbing Round until hem measures 3" / 8 cm.

Bind off in rib.

### SLEEVES:

Read ahead to "at the same time" instructions for colour change.

Put held sleeves stitches on 16" / 40 cm circular needles, or preferred needles for smaller circumference knitting.

Starting at the centre of the underarm, pick up and knit 4 (4, 5, 5) (5, 5, 5, 5) (5, 5, 5) sts, k 40 (44, 50, 54) (62, 66, 70, 80) (84, 88, 92) sts, pick up and knit 4 (4, 5, 5) (5, 5, 5, 5) (5, 5, 5) sts, PM and join in the round.

Knit 3 rounds.

**Decrease Round:** K 1, k2tog, k to last 2 sts, ssk. (2 sts dec'd)

Working in stockinette, rep Decrease Round every 14 (12, 7, 6) (5, 4, 3, 3) (3, 3, 3) following rounds, 4 (5, 8, 9) (12, 13, 15, 19) (19, 19, 19) times more, 5 (6, 9, 10) (13, 14, 16, 20) (20, 20, 20) times total.

38 (40, 42, 44) (46, 48, 48, 50) (54, 58, 62) sts.

### At the same time:

When sleeves measures 8" / 32 cm, break Yarn B. Join Yarn C and holding it together with Yarn A, continue in stockinette until sleeve measures 13 (13, 13, 13) (13, 13, 13, 13.5) (13.5, 13.5, 13.5)" / 33 (33, 33, 33) (33, 33, 33, 34) (34, 34, 34) cm from underarm, or 3" / 8 cm less than desired length.

**Ribbing Round:** \*K 1 tbl, p 1, rep from \* to end.

Rep Ribbing Round until hem measures 3" / 8 cm.

Bind off in rib.

## FINISHING

To block, soak garment in wool wash and 1/4 cup vinegar (or add a dye catcher to stop colour running) then press out excess water and lay flat to dry, shaping to measurements on schematic.

Weave ends when garment is completely dry.

## ABBREVIATIONS

k: Knit

p: Purl

PM: Place marker

BOR: beginning of round

PM: Place marker

k2tog: Knit 2 together (decrease)

Rep: Repeat

Dec'd: Decreased

Inc'd: Increased

### ssk: left leaning decrease

Slip the first stitch knitwise, slip the second stitch purlwise then slide the left-hand needle into the front part of both stitches and knit them together. YouTube Tutorial: <https://youtu.be/MKL5xoI22bs>

### m1r: Make one right - increase

With your left needle, pick up the bar between the stitches from back to front, then use the right needle to knit this bar through the front loop. YouTube Tutorial: <https://youtu.be/nkOwLvcG7m8>

### DS - German Short Rows - Double Stitch

After turning, bring yarn to front, then slip stitch just worked to right needle. Bring working yarn up, over and back to pull on the slipped stitch until it moves up to show two legs. This is your double stitch. Bring yarn into position to work next and following stitches as usual while keeping the tension. To resolve double stitches, work into both legs as if knitting or purling 2 together. YouTube Tutorial: <https://youtu.be/s1ax20Z5iBU>

