Category: Knitted Sweaters and Tops\
Knitted Pullovers

Cascade 220® Sport Frostflow Pullover

Designed by Cheryl Toy

Skill Level:

INTERMEDIATE

Size:
32.75 (37.25, 42, 46.75, 51.25, 56, 60.75, 65.25)”
With 0 – 2” positive/negative ease

Materials:

- Cascade Yarns®
  Cascade 220 Sport®;
  100% Peruvian Highland Wool;
  50 g (1.75 oz) /
  164 yds (150 m);
- 6 (6, 7, 8, 9, 9, 10, 11)
  skeins #1016 Bordeaux
- US 5 (3.75 mm) 32”
  circular (cir),
  24” cir and set of
  5 double-pointed (dpn)
  or size needed to obtain gauge
- Yarn needle
- 10 ring stitch markers (m);
  1 distinctive m for beginning
  of rnd; 1 m for side.
- Stitch holders or waste yarn

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Gauge:
24 sts x 34 rows = 4” (10 cm) Blocked in Stockinette stitch
28 sts x 36 rows = 4” (10cm) Blocked in Twisted Rib

Abbreviations:

BO	= Bind off
CO	= Cast on
K	= Knit
K2tog	= Knit 2 stitches together
P	= Purl
P2tog	= Purl 2 stitches together
RS	= Right side
St(s)	= Stitch(es)
WS	= Wrong side
YO	= Yarn over
Tbl	= Through back loop
Rnd	= Round
M1L	= Make 1 st left leaning (see Special Stitches)
M1R	= Make 1 st right leaning (see Special Stitches)
m	= Marker
Pm	= Place marker
Sm	= Slip marker
Inc’d	= Increased
Dec’d	= Decreased
St st	= Stockinette stitch
Ssk	= Slip, slip, knit 2 slipped sts together
KFB	= Knit into front and back of next st

Special Stitches
Twisted Rib (multiple of 2 sts)
Rnd 1: *K1 tbl, p1; rep from * to end of rnd.
Repeat Rnd 1 for patt

M1L: (Make 1 st left leaning)

Lift strand between sts from front to back, knit through back loop.

M1R: (Make 1 st right leaning)

Lift strand between sts from back to front, knit through front loop.

Notes: This pullover is worked from the bottom up. Sleeves and body are joined at the underarm, then yoke is worked upward.

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Instructions:
Sleeves (make 2)

With dpn's and using the long tail method, CO 42 (42, 42, 42, 56, 56, 70, 70) sts. Pm and join in the rnd. Work in Twisted Rib until piece measures 1.5".

Work rnds 1-37 of Hem Chart.

Inc Rnd: K1, M1L, knit to 1 st before end of rnd, M1R, k1—2 sts inc'd; 44 (44, 44, 44, 58, 58, 72, 72) sts.

Work in St st repeating Inc Rnd every 8th (6th, 5th, 4th, 4th, 3rd, 4th, 4th) rnd 9 (11, 14, 19, 17, 23, 20, 21) more times—62 (66, 72, 82, 92, 104, 112, 114) sts.

Work even in St st until sleeve measures 17 (17, 17.5, 18, 18, 18.5, 18.5, 18.75)" from CO edge or desired length to underarm ending the last rnd 3 (3, 3, 4, 5, 6, 7, 8) sts before end of rnd. Place next 6 (6, 6, 8, 10, 12, 14, 16) sts on hold for underarm. Place remaining 56 (60, 66, 74, 82, 92, 98, 98) sleeve sts on hold for Union Rnd. Break yarn.

Body
With longer circular and using the long tail method, CO 196 (224, 252, 280, 308, 336, 364, 392) sts. Pm and join in the rnd.

Work Twisted Rib over next 98 (112, 126, 140, 154, 168, 182, 196) sts, pm for side,
continue in Twisted Rib to end of rnd.

Work in Twisted Rib until piece measures 1.5" from CO edge.

Work rnds 1-37 of Hem Chart.

Shape Waist:
Dec Rnd: K6, ssk, knit to 8 sts before side m, k2tog, knit to side m, sm, k6, ssk, knit to 8 sts before end of rnd, k2tog, knit to end of rnd—4 sts dec'd; 192 (220, 248, 276, 304, 332, 360, 388) sts.

Knit 10 rnds even.

Inc Rnd: K6, M1L, knit to 6 sts before side m, M1R, knit to side m, sm, k6, M1L, knit to 6 sts before end of rnd, M1R, knit to end of rnd— 4 sts inc'd; 196 (224, 252, 280, 308, 336, 364, 392) sts.

Knit even until body measures 14.5 (14, 13.75, 13.5, 13.25, 12.75, 12.75, 12.5)" from CO edge or desired length to underarm.

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Yoke

Union Rnd: K3 (3, 3, 4, 5, 6, 7, 8), place last 6 (6, 6, 8, 10, 12, 14, 16) sts [3 (3, 3, 4, 5, 6, 7, 8) sts just worked and 3 (3, 3, 4, 5, 6, 7, 8) sts from end of previous rnd] on hold for underarm, knit across back to 3 (3, 3, 4, 5, 6, 7, 8) sts before side m, place next 6 (6, 6, 8, 10, 12, 14, 16) sts on hold for underarm, restore 56 (60, 66, 74, 82, 92, 98, 98) sts held for sleeve to left needle or a spare needle, knit sleeve sts, knit across front, restore 56 (60, 66, 74, 82, 92, 98, 98) sts held for sleeve to left needle or a spare needle, knit sleeve sts, pm for beginning of rnd—296 (332, 372, 412, 452, 496, 532, 556) sts.

Work 0 (2, 2, 2, ,4, 4, 9, 4) rnds even in Stockinette Stitch.

SIZE 32.5 ONLY:

Adjustment Rnd: KFB, knit to end of rnd—297 sts.

SIZE 37.25" ONLY:
Adjustment Rnd: *K2tog, k102, ssk, k2tog, k56, ssk; rep from * once more—8 sts dec'd; 324 sts.

SIZE 46.5" ONLY:
Adjustment Rnd: *K2tog, k128, ssk, k 74; rep from * once more—4 sts dec'd; 408 sts.

SIZE 51.25" ONLY:
Adjustment Rnd: K2tog, k140, ssk, knit to end of rnd —2 sts dec'd; 450 sts.

SIZES 56 (65.25)" ONLY:
Adjustment Rnd: *K2tog, k 152 (176), ssk, k 45 (48), k2tog, 45 (48); rep from * once more—6 sts dec'd; 490 (550) sts.

ALL SIZES RESUME:
Work 0 (2, 0, 2, 4, 6, 0, 4) rnds even in Stockinette Stitch—297 (324, 372, 408, 450, 490, 532, 550) sts.

SIZES 42 (46.75, 51.25, 56, 60.75, 65.25)" ONLY:
Decrease Rnd 1: *K 10 (6, 3, 3, 2, 3), k2tog; rep from * to end of rnd—341 (357, 360, 392, 399, 440) sts.

Work 3 (4, 4, 6, 9, 5) rnds even in Stockinette Stitch.

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SIZE 42 ONLY:
Adjustment Rnd: K2tog, knit to end of rnd—1 st dec'd; 340 sts.

SIZES 42 (46.75, 51.25, 56, 60.75, 65.25)" RESUME:
Decrease Rnd 2: *K 18 (49, 38, 26, 17, 18), k2tog; rep from * to end of rnd—324 (350, 351, 378, 378, 418) sts.

Work 4 (3, 4, 6, 9, 5) rnds even in Stockinette Stitch.

SIZE 65.25 ONLY:
Decrease Rnd 3: *K36, k2tog; rep from * to end of rnd—407 sts.
Decrease Rnd 4: K2tog, k203, ssk, knit to end of rnd—405 sts.

SIZE 46.75" ONLY:
Next Rnd: KFB, knit to end of rnd—351 sts.

ALL SIZES RESUME:
Place removable marker every 27 sts before beginning next sequence.

Work the following decrease sequence changing to shorter circular needles and/or dpn's as necessary.

Yoke Dec Rnd 1: *Ssk, knit to 2 sts before next m, k2tog; rep from * to end of rnd—22 (24, 24, 26, 26, 28, 28, 30) sts dec'd; 275 (300, 300, 325, 325, 350, 350, 375) sts.

Work 4 rnds even in Stockinette Stitch.

Yoke Dec Rnd 2: *K1, ssk, knit to 3 sts before next m, k2tog, k1; rep from * to end of rnd—253 (276, 276, 299, 299, 322, 322, 345) sts.

Work 4 rnds even in Stockinette Stitch.

Yoke Dec Rnd 3: *K2, ssk, knit to 4 sts before next m, k2tog, k2; rep from * to end of rnd—231 (252, 252, 273, 273, 294, 294, 315) sts.

Work 4 rnds even in Stockinette Stitch.

Yoke Dec Rnd 4: * K3, ssk, knit to 5 sts before next m, k2tog, k3; rep from * to end of rnd—209 (228, 228, 247, 247, 266, 266, 285) sts.

Work 1 rnd even in Stockinette Stitch.

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Work rnds 1-42 of Yoke Chart changing to shorter needles and/or dpn's as required—132 (144, 144, 156, 156, 168, 168, 180) sts.

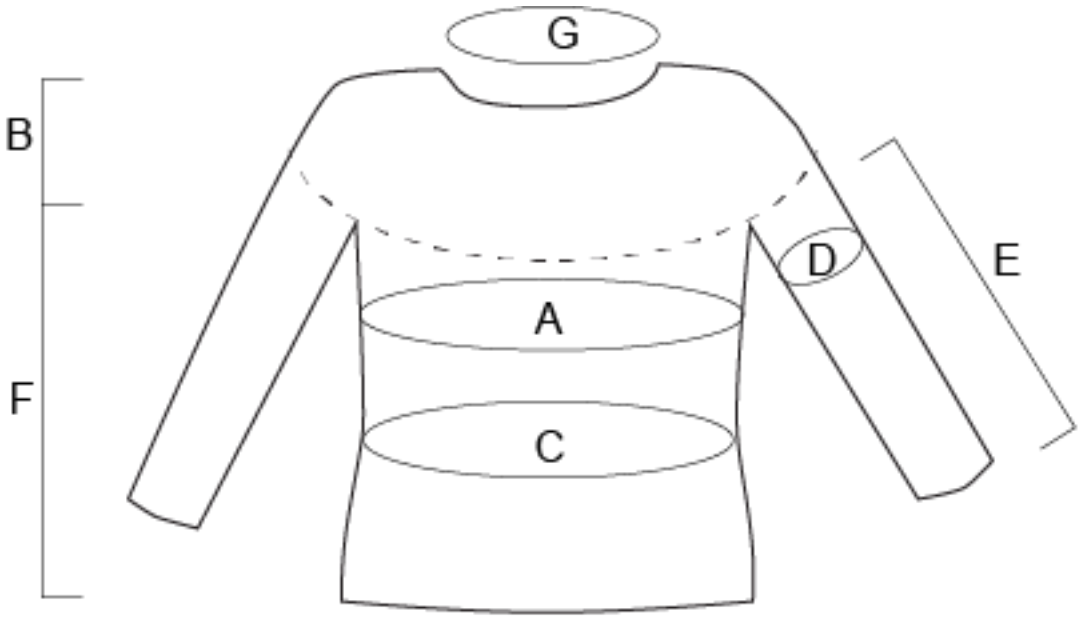
BO in pattern.

Finishing

Place 6 (6, 6, 8, 10, 12, 14, 16) sts held for underarm from sleeve and body on 2 dpn's. Join using the Kitchener Stitch. Repeat for other side.

Weave in ends. Block to dimensions.

FROSTFLOW Schematic



		1	2	3	4	5	6	7	8
		32.75	37.25	42	46.75	51.25	56	60.75	65.25
A	Bust	32.75	37.25	42	46.75	51.25	56	60.75	65.25
B	Yoke Depth	6.25	7	7.75	8.25	8.75	9.25	9.75	10.25
C	Waist	32	36.75	41.25	46	50.75	55.25	60	64.75
D	Upper Arm	10.25	11	12	13.75	15.25	17.25	18.75	19
E	Sleeve Length	17	17	17.5	18	18	18.5	18.5	18.75
F	Body Length	14.5	14	13.75	13.5	13.25	12.75	12.75	12.5
G	Neck Circumference	18.75	20.5	20.5	22.25	22.25	24	24	25.75

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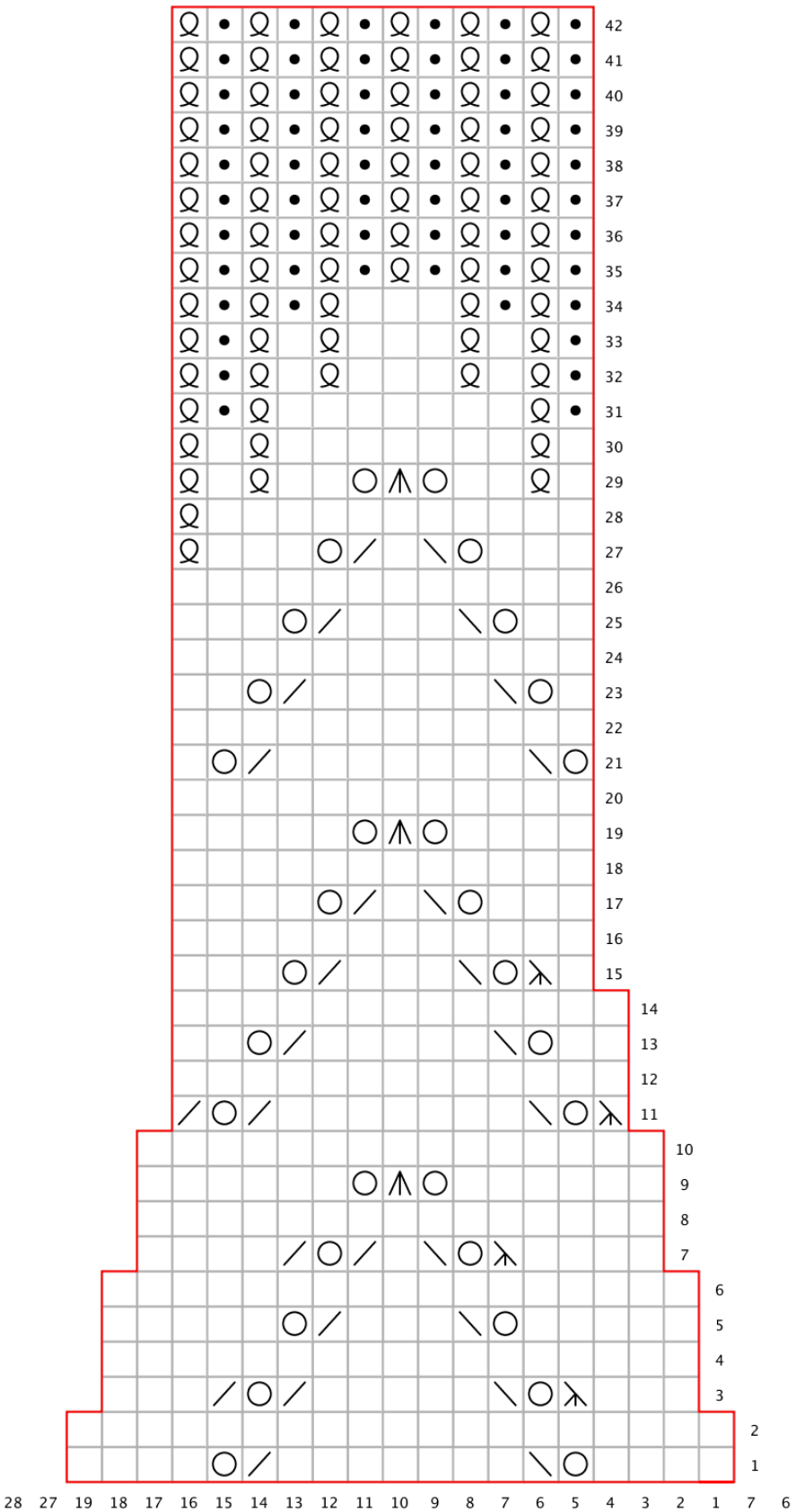
YOKE CHART



KEY

- knit
- yo
- sl1, k1, psso
- k2tog
- central double decrease: Sl 2, k1, psso
- k tbl: Knit through back loop
- purl
- Pattern repeat
- ssk: slip, slip, k2tog

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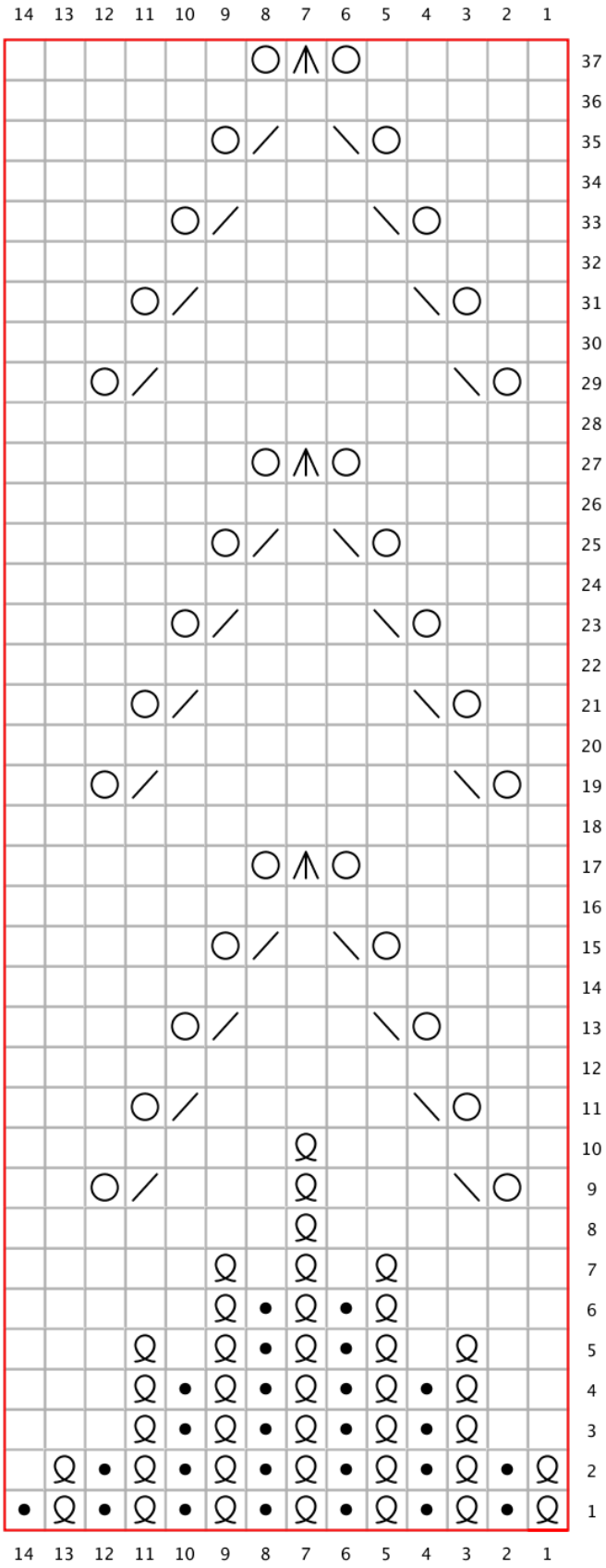
HEM CHART



KEY

- knit
- yo
- sl1, k1, psso
- k2tog
- central double decrease: Sl 2, k1, psso
- k tbl: Knit through back loop
- purl
- Pattern repeat

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