



ORIGINAL GARMENT: 86cm.

## MATERIALS:

5 Hanks **EXPRESS YOURSELF INSPIRE** 100g  
Colour - Ecrú

10mm Knitting needles  
10mm Circular knitting needle

## TENSION:

10 sts x 14 rows = 10cm over stocking stitch  
using 10mm knitting needles.

## MEASUREMENTS:

To fit bust 86cm (small).  
Width across: 140cm.  
(This can be adjusted)

## ABBREVIATIONS:

**beg** - beginning, **dec** - decrease,  
**gs** - garter stitch, **inc** - increase,  
**k** - knit, **n(s)** - needle(s), **p** - purl,  
**patt** - pattern, **rev** - reverse, **rnd(s)** -  
round(s), **R(W)SF** - right (wrong) side  
facing, **rep** - repeat, **st(s)** - stitch(es), **tbl** -  
through back of loop, **tog** - together

## STITCHES USED:

### English fisherman's rib:

St is rev. You can choose the side your  
prefer. For the purpose of this patt, the  
rough side was chosen as the RS of the  
garment.

**1<sup>st</sup> Row (RSF):** K.

**2<sup>nd</sup> Row:** K1, p1 to end of row.

## PATTERN:

Using 10mm ns cast on 41sts,  
Keep a 3sts GS. Border at the beg and  
end of each row throughout.

**1<sup>st</sup> Row:** K.

**2<sup>nd</sup> Row:** K3, (p1, k1) rep to last 4sts, p1, k3.  
Rep these 2 rows until work measures  
28cm.

Begin inc, always inc or dec after/before  
the 3GS edge.

Inc by picking up the thread between sts  
and k tbl thus formed dec by k2tog.

**RSF:** K3 inc, k to last 3 sts, inc, k3.

**Next row:** K3, (p1, k1) to last 3sts – k3.

## NOTE:

Make sure you keep patt correct.  
Rep above to rows until there are 63sts on  
ns. Work 10cm on these sts.

## DIVIDE FOR NECK:

Patt 30sts, k2 tog turn and leave other  
31sts on holder.

Work on the first 31sts.

K2 (kept as border until work is rejoined)  
patt to end of row.

Work 38 rows end at the outer edge,  
break off yarn. Leave these sts on a  
holder.

Rejoin yarn to 2<sup>nd</sup> group of sts at the neck  
edge.

K2, patt to end.

Work 2<sup>nd</sup> group to match 1<sup>st</sup> group end at  
neck edge. Break off yarn.

Join yarn at the outer edge and RSF, k  
across all sts inc 1<sup>st</sup> between 2 parts.  
(= 63sts)

Work 10cm on all sts.

## Dec row:

With RSF k3, k2tog, patt to last 5 sts, k2tog,  
k3.

**Next row:** Keeping sts correct, k3, (p1, k1)  
to last 3 sts, k3.

Rep last 2 rows to 41sts.

Work 28cm to match 1<sup>st</sup> sleeve.

Cast off.

Garment can be left without a collar/polo  
neck, if you so prefer.

## POLO NECK/COLLAR:

Using a 10mm circular ns and with RSF,  
pick up 50sts around the neck.

PM, join and work in rnds RSF at all times, k  
every stitch until work measures 14cm.

Cast off.

Sew up sleeves up to end of shaping.

If you want loose sleeves, a large button  
can be sewn onto the front joining front to  
back at the shaping to prevent garment  
from slipping off shoulder.



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