

# ROWAN

## SOPHIA

Design & Pattern by Quail Studio

ZB229-00003-UK








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Design & Pattern by Quail Studio

Craft 

Skill Level 

ROWEB-00003-UK 

**YARN USED:** 2 x 50g Rowan Sultano  
(shown in shade Prune Purple 003)

**NEEDLES:** 8mm circular needle 60cm  
in length

**TENSION:** 14sts and 28 rows to 10cm measured over pattern  
using 8mm needles.

**Approx finished measurements:**  
66cm circumference x 14cm

Using 8mm circular needles, cast on 92sts

**Round 1-4:** Knit

**Round 5-8:** Purl

Rep last 8 rounds 4 times more.

Cast off.

## I N F O R M A T I O N

## TENSION

Obtaining the correct tension is perhaps the single factor which can make the difference between a successful garment and a disastrous one. It controls both the shape and size of an article, so any variation, however slight, can distort the finished garment. Different designers feature in our books and it is their tension, given at the start of each pattern, which you must match. We recommend that you knit a square in pattern and/or stocking stitch (depending on the pattern instructions) of perhaps 5 - 10 more stitches and 5 - 10 more rows than those given in the tension note. Mark out the central 10cm square with pins. If you have too many stitches to 10cm try again using thicker needles, if you have too few stitches to 10cm try again using finer needles. Once you have achieved the correct tension your garment will be knitted to the measurements indicated in the size diagram shown at the end of the pattern.

## CHART NOTE

Many of the patterns in the book are worked from charts. Each square on a chart represents a stitch and each line of squares a row of knitting. Each colour used is given a different letter and these are shown in the materials section, or in the key alongside the chart of each pattern. When working from the charts, read odd rows (K) from right to left and even rows (P) from left to right, unless otherwise stated. When working lace from a chart it is important to note that all but the largest size may have to alter the first and last few stitches in order not to lose or gain stitches over the row.

## WORKING A LACE PATTERN

When working a lace pattern it is important to remember that if you are unable to work both the increase and corresponding decrease and vice versa, the stitches should be worked in stocking stitch.

## KNITTING WITH COLOUR

There are two main methods of working colour into a knitted fabric: Intarsia and Fairisle techniques. The first method produces a single thickness of fabric and is usually used where a colour is only required in a particular area of a row and does not form a repeating pattern across the row, as in the fairisle technique.

Fairisle type knitting: When two or three colours are worked repeatedly across a row, strand the yarn not in use loosely behind the stitches being worked. If you are working with more than two colours, treat the “floating” yarns as if they were one yarn and always spread the stitches to their correct width to keep them elastic. It is advisable not to carry the stranded or “floating” yarns over more than three stitches at a time, but to weave them under and over the colour you are working. The “floating” yarns are therefore caught at the back of the work.

Intarsia: The simplest way to do this is to cut short lengths of yarn for each motif or block of colour used in a row. Then joining in the various colours at the appropriate point on the row, link one colour to the next by twisting them around each other where they meet on the wrong side to avoid gaps. All ends can then either be darned along the colour join lines, as each motif is completed or then can be “knitted-in” to the fabric of the knitting as each colour is worked into the pattern. This is done in much the same way as “weaving-in” yarns when working the Fairisle technique and does save time darning-in ends. It is essential that the tension is noted for intarsia as this may vary from the stocking stitch if both are used in the same pattern.

## FINISHING INSTRUCTIONS

After working for hours knitting a garment, it seems a great pity that many garments are spoiled because such little care is taken in the pressing and finishing process. Follow the text below for a truly professional-looking garment.

## PRESSING

Block out each piece of knitting and following the instructions on the ball band press the garment pieces, omitting the ribs. Tip: Take special care to press the edges, as this will make sewing up both easier and neater. If the ball band indicates that the fabric is not to be pressed, then covering the blocked out fabric with a damp white cotton cloth and leaving it to stand will have the desired effect. Darn in all ends neatly along the selvedge edge or a colour join, as appropriate.

## STITCHING

When stitching the pieces together, remember to match areas of colour and texture very carefully where they meet. Use a seam stitch such as back stitch or mattress stitch for all main knitting seams and join all ribs and neckband with mattress stitch, unless otherwise stated.

## CONSTRUCTION

Having completed the pattern instructions, join left shoulder and neckband seams as detailed above. Sew the top of the sleeve to the body of the garment using the method detailed in the pattern, referring to the appropriate guide:

Straight cast-off sleeves: Place centre of cast-off edge of sleeve to shoulder seam. Sew top of sleeve to body, using markers as guidelines where applicable.

Square set-in sleeves: Place centre of cast-off edge of sleeve to shoulder seam. Set sleeve head into armhole, the straight sides at top of sleeve to form a neat right-angle to cast-off sts at armhole on back and front.

Shallow set-in sleeves: Place centre of cast off edge of sleeve to shoulder seam. Match decreases at beg of armhole shaping to decreases at top of sleeve. Sew sleeve head into armhole, easing in shapings.

## I N F O R M A T I O N

Set-in sleeves: Place centre of cast-off edge of sleeve to shoulder seam. Set in sleeve, easing sleeve head into armhole.

Join side and sleeve seams.

Slip stitch pocket edgings and linings into place.

Sew on buttons to correspond with buttonholes.

Ribbed welts and neckbands and any areas of garter stitch should not be pressed.

Wash as directed on the ball band.

## A B B R E V I A T I O N S

<b>K</b>	knit
<b>P</b>	purl
<b>st(s)</b>	stitch(es)
<b>inc</b>	increas(e)(ing)
<b>dec</b>	decreas(e)(ing)
<b>st st</b>	stocking stitch (1 row K, 1 row P)
<b>g st</b>	garter stitch (K every row)
<b>beg</b>	begin(ning)
<b>fol</b>	following
<b>rem</b>	remain(ing)
<b>rev st st</b>	reverse stocking stitch (1 row K, 1 row P)
<b>rep</b>	repeat
<b>alt</b>	alternate
<b>cont</b>	continue
<b>patt</b>	pattern
<b>tog</b>	together
<b>mm</b>	millimetres
<b>cm</b>	centimetres
<b>in(s)</b>	inch(es)
<b>RS</b>	right side
<b>WS</b>	wrong side
<b>sl 1</b>	slip one stitch
<b>pssso</b>	pass slipped stitch over
<b>p2sso</b>	pass 2 slipped stitches over
<b>tbl</b>	through back of loop

<b>M1</b>	make one stitch by picking up horizontal loop before next stitch and knitting into back of it
<b>M1P</b>	make one stitch by picking up horizontal loop before next stitch and purling into back of it
<b>yfwd</b>	yarn forward
<b>yrn</b>	yarn round needle
<b>meas</b>	measures
<b>0</b>	no stitches, times or rows
<b>-</b>	no stitches, times or rows for that size
<b>yo</b>	yarn over needle
<b>yfrn</b>	yarn forward round needle
<b>wyib</b>	with yarn at back
<b>sl2togK</b>	slip 2 stitches together knitways

## C R O C H E T T E R M S

UK crochet terms and abbreviations have been used throughout. The list below gives the US equivalent where they vary.

## A B B R E V I A T I O N S

<b>UK</b>	(US)
<b>dc (sc)</b>	double crochet (single crochet)
<b>htr (hdc)</b>	half treble (half double crochet)
<b>tr (dc)</b>	treble (double crochet)
<b>dtr (tr)</b>	double treble (treble)

## E X P E R I E N C E R A T I N G

(For guidance only)

● **Beginner Techniques**

For the beginner knitter, basic garment shaping and straight forward stitch technique.

●● **Simple Techniques**

Simple straight forward knitting, introducing various, shaping techniques and garments.

●●● **Experienced Techniques**

For the more experienced knitter, using more advanced shaping techniques at the same time as colourwork or more advanced stitch techniques.

●●●● **Advanced Techniques**

Advanced techniques used, using advanced stitches and garment shapings and more challenging techniques

## B U T T O N S , B E A D S &amp; R I B B O N

**Bedecked Haberdashery**

The Coach House  
Barningham Park  
Richmond  
North Yorkshire  
DL11 7DW

**TEL:** +44 (0) 1833 621 451

**eMail:** [thegirls@bedecked.co.uk](mailto:thegirls@bedecked.co.uk)

**Web:** [www.bedecked.co.uk](http://www.bedecked.co.uk)

**Groves & Banks**

Eastern Bypass  
Thame  
Oxfordshire  
OX9 3FU

**eMail:** [groves@stockistenquiries.co.uk](mailto:groves@stockistenquiries.co.uk)

**Web:** [www.grovesltd.co.uk](http://www.grovesltd.co.uk)

## SIZING GUIDE

When you knit and wear a Rowan design we want you to look and feel fabulous. This all starts with the size and fit of the design you choose. To help you to achieve a great knitting experience our sizing conforms to standard clothing sizes. Therefore if you buy a standard size 12 in clothing, then our medium patterns will fit you perfectly.

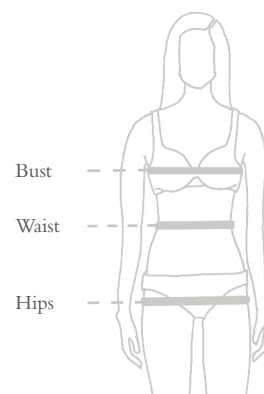
The menswear designs are available to knit in sizes XSmall through to 2XL ie. 38" to 50" chest.

Dimensions in the charts below are body measurements, not garment dimensions, therefore please refer to the measuring guide to help you to determine which is the best size for you to knit.

## STANDARD SIZING GUIDE FOR WOMEN

The sizing within this chart is also based on the larger size within the range.

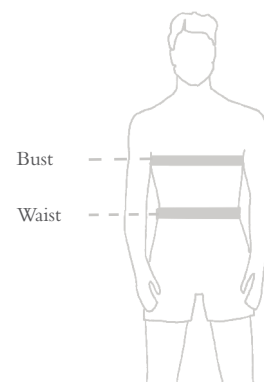
To fit bust	32 – 34	36 – 38	40 – 42	44 – 46	48 – 50	inches
	81 – 86	91 – 97	102 – 107	112 – 117	122 – 127	cm
To fit waist	24 – 26	28 – 30	32 – 34	36 – 38	40 – 42	inches
	61 – 66	71 – 76	81 – 86	91 – 97	102 – 107	cm
To fit hips	34 – 36	38 – 40	42 – 44	46 – 48	50 – 52	inches
	86 – 91	97 – 102	107 – 112	117 – 122	127 – 132	cm



## STANDARD MENS AND UNISEX SIZING GUIDE

The sizing within this chart is also based on the larger size within the range.

To fit Chest	32-34	36-38	40-42	44-46	48-50	52-54	inches
	81-86	91-97	102-107	112-117	122-127	132-137	cm
To fit waist	24-26	28-30	32-34	36-38	40-42	44-46	inches
	61-66	71-76	81-86	91-97	102-107	112-117	cm



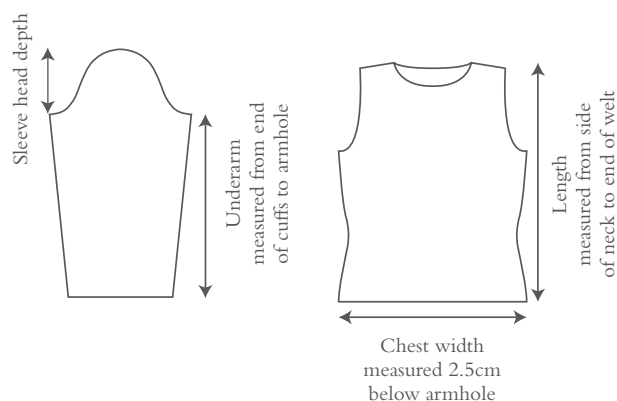
## SIZING GUIDE

## SIZING DIAGRAM NOTE

The instructions are given for the smallest size. Where they vary, work the figures in brackets for the larger sizes. One set of figures refers to all sizes.

Included with most patterns is a size diagram, see image opposite of the finished garment and its dimensions. The measurement shown at the bottom of each size diagram shows the garment width 2.5cm below the armhole shaping.

To help you choose the size of garment to knit please refer to the sizing guide. Generally in the majority of designs the welt width (at the cast on edge of the garment) is the same width as the chest. However, some designs are 'A-Line' in shape or flared edge and in these cases welt width will be wider than the chest width.



## MEASURING GUIDE

For maximum comfort and to ensure the correct fit when choosing a size to knit, please follow the tips below when checking your size. Measure yourself close to your body, over your underwear and don't pull the tape measure too tight!

**Bust/chest** | measure around the fullest part of the bust/chest and across the shoulder blades.

**Waist** | measure around the natural waistline, just above the hip bone.

**Hips** | measure around the fullest part of the bottom.

If you don't wish to measure yourself, note the size of a favourite jumper that you like the fit of. Our sizes are comparable to clothing sizes from major high street retailers, so if your favourite jumper is a size medium or size 12, then our size medium should be approximately the same fit.

To be extra sure, measure your favourite jumper and then compare measurements with the Rowan size diagram given at the end of the individual instructions.

Finally, once you have decided which size is best for you, please ensure that you achieve the tension required for the design you wish to knit.

Remember if your tension is too loose, your garment will be bigger than the pattern size and you may use more yarn. If your tension is too tight, your garment could be smaller than the pattern size and you will have yarn left over.

Furthermore if your tension is incorrect, the handle of your fabric will be too stiff or floppy and will not fit properly. It really does make sense to check your tension before starting every project.