



## BETTY'S MYSTIQUE

Betty's Mystique is unusually soft and sleek. Form skimming, face framing, and available in two lengths, Betty's Mystique is a must for the modern handmade wardrobe. The longer version is intended to perfectly layer with tees and tunics. Upgrade your favorite leggings to a wear anywhere modern aesthetic. The hip-length version will be your favorite thing to wear with shorts this summer.

Betty's Mystique is knit from the bottom up in the round. The front and back are split at the underarm and the straps are seamed together at the shoulder. Three optional cup sizes are included to add up to 4.5" / 11.5 cm of length to the front only.

**Betty's Mystique is a One Wild pattern designed by Elizabeth Margaret**

**Photographer:** TBD

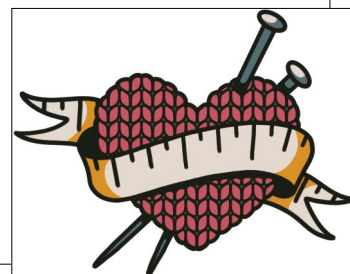
**Editor:** [Jen Hurley](#)

**Support:**

[ElizabethMargaret@OneWildDesigns.com](mailto:ElizabethMargaret@OneWildDesigns.com)

**Social:** [#BettysMystiqueTank](#)

Join the [One Wild Slack group](#) for community, fit chat, and to show off your WIPs. We can't wait to knit with you!



## BETTY'S MYSTIQUE TANK

My patterns are named to honor women throughout history who have been persecuted unjustly, or who have represented the values of intersectional feminism. This pattern is named for Betty Friedan, journalist, activist, and co-founder of the National Organization for Women.

In February of 1921, Betty was born Bettye Naomi Goldstein in Peoria, Illinois. A place she called "the middle of the middle of America." Betty (who later dropped the "e" at the end of her name) was born to Harry, a jeweler, and Miriam, a journalist before she became a mother.

Betty is quoted as saying of her mother (and feminism): "And, you know, when people, reporters, historians, [ask] why me, why did I start the women's movement, I can't point to any major episodes of sexual discrimination in my early life. But I was so aware of the crime, the shame that there was no use of my mother's ability and energy. And I think her frustration...she was a beautiful woman and she was a very able woman...But there was never enough use for her energy. And I was so aware of that, that I think that was smart for me."

At the height of World War II, after graduating Smith College in 1942 summa cum laude with a degree in psychology, Betty became involved in various political causes and eventually became a reporter for the Federated Press. She loved working in journalism and print when she was in college, as well as afterwards.

In 1947, Betty married Carl Friedan. She had her first child in 1948 and returned to work after her maternity leave; however, when she became pregnant again in 1952, she was fired. A few years later, Betty became pregnant with her youngest child (a daughter, Emily). At this time, Betty and her husband left New York City for Rockland County, a nearby suburb. Here Betty became a housewife, earning only some supplemental income from freelance reporting.

It was also at this time that Betty began writing what would become *The Feminine Mystique*. At a 15-year class reunion, Betty surveyed her Smith classmates and found that most were discontented housewives, like herself. In total, she spent 5 years conducting interviews with women across the country.

In 1963, *The Feminine Mystique* was published. To this day, it is considered one of the most influential nonfiction books of the twentieth century. The book rallied women and brought them into what is now known as the women's movement.

In 1966, Betty joined forces with Pauli Murray and Aileen Hernandez to found the National Organization for Women. It remains one of the leading feminist organizations to this day. NOW's first president, Betty wrote the mission statement, "...to bring women into full participation in the mainstream of American society now, exercising all the privileges and responsibilities thereof in truly equal partnership with men."

Betty and NOW accomplished many goals in the 1960s and 70s. Friedan helped found the National Abortion Rights Action League, she organized the Women's Strike for Equality in 1970, and co-founded the national Women's Political Caucus in 1971. Her list of achievements for women's rights is extensive.

Betty Friedan died in 2006 from congestive heart failure at the age of 85.

Despite all she accomplished, there are no perfect leaders. Betty Friedan has been criticized for centering cis, heterosexual, white women in her scope of feminism. Today, intersectional feminists strive for universal equality for all women, and, truly, for all genders. Still, Friedan's work has made significant progress for equality. The work that she did through her writing and activism formed a foundation for the equal rights movements of today which focus on equality for all regardless of race, gender, sexual orientation, religious background or any other defining characteristic.

## CONSTRUCTION

Worked seamlessly from the bottom up in the round. The Front and Back are split at the underarm and worked flat. The straps are seamed at the shoulders (a 3-Needle Bind-off could be substituted). Applied i-cord edging finishes the Neck and armholes.

## TECHNIQUES USED

- Tubular Cast-on (optional) (pages 9 - 10)
- Working directional shaping
- Working German Short Rows (page 9)
- Sloped Bind-off (optional) (page 9)
- Garter Stitch Selvedge (page 9)
- Applying I-cord (page 9)

Knitters will be most comfortable working this pattern if they can read their knitting (recognize a knit and a purl on the needle). Decreases are worked through the Dot Stitch pattern which means knitters will be modifying the stitch during places of shaping.

## SIZE INFORMATION

### GAUGE

30 sts and 44 rows in 4 inches / 10 cm worked both flat and in the round in Dot Stitch (Left and Right) with size A needles. 32 sts and 40 rows in 4 inches / 10 cm in 1 x 1 Rib worked in the round with size B needles.

### SIZES

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

### PICK A GARMENT SIZE

Choose the size closest to your actual upper chest measurement.

Upper chest is measured above the full bust, at an angle close to diagonal beneath the underarms, and straight across the back.

Pick a Garment Size										
	1	2	3	4	5	6	7	8	9	10
Body upper chest - inches	29.75	33.75	37.75	40.75	43.25	46	49	52	55	58
Body upper chest - cm	74.5	84.5	94.5	102	108	115	122.5	130	137.5	145

### PICK A CUP SIZE

Betty's Mystique includes instructions for knitting short rows to accommodate breasts. Short rows add length to the front of the garment only, so that the hem does not rise in the front. To choose a cup size, measure your body from the top of the shoulder to your underbust in both the back and the front. Subtract the back length from the front length then subtract 2 inches / 5 cm, and choose a cup size based on the result.

Bess is wearing size 2, cup 1, with 0 inches / 0 cm of positive ease at the full bust. Her upper chest is 34.5 inches / 86.5 cm and she is 5' 3" / 157.5 cm tall.

Pick a Cup Size		
Your result	Cup	Adds to the front
< than 1 inch / 2.5 cm	None	N/A
1 - 2.5 inches / 2.5 - 6.5 cm	1	1.5 inches / 4 cm
2.5 - 4 inches / 6.5 - 10 cm	2	3 inches / 7.5 cm
> 4 inches / > 10 cm	3	4.5 inches / 11.5 cm

### INTENDED FIT

Betty's Mystique is designed to fit with approximately 2 inches / 5 cm of positive ease at the fullest part of your bust.

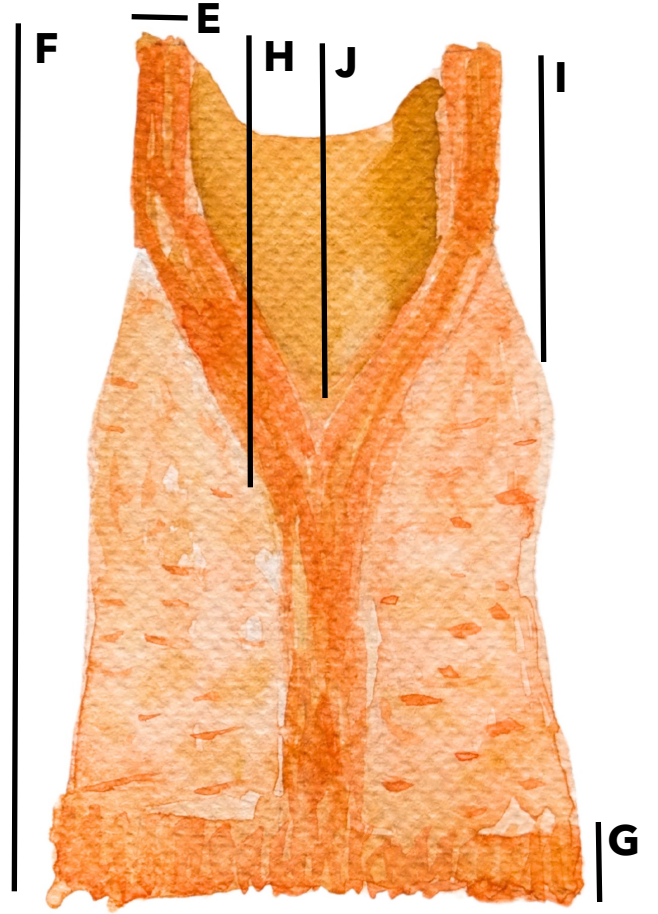
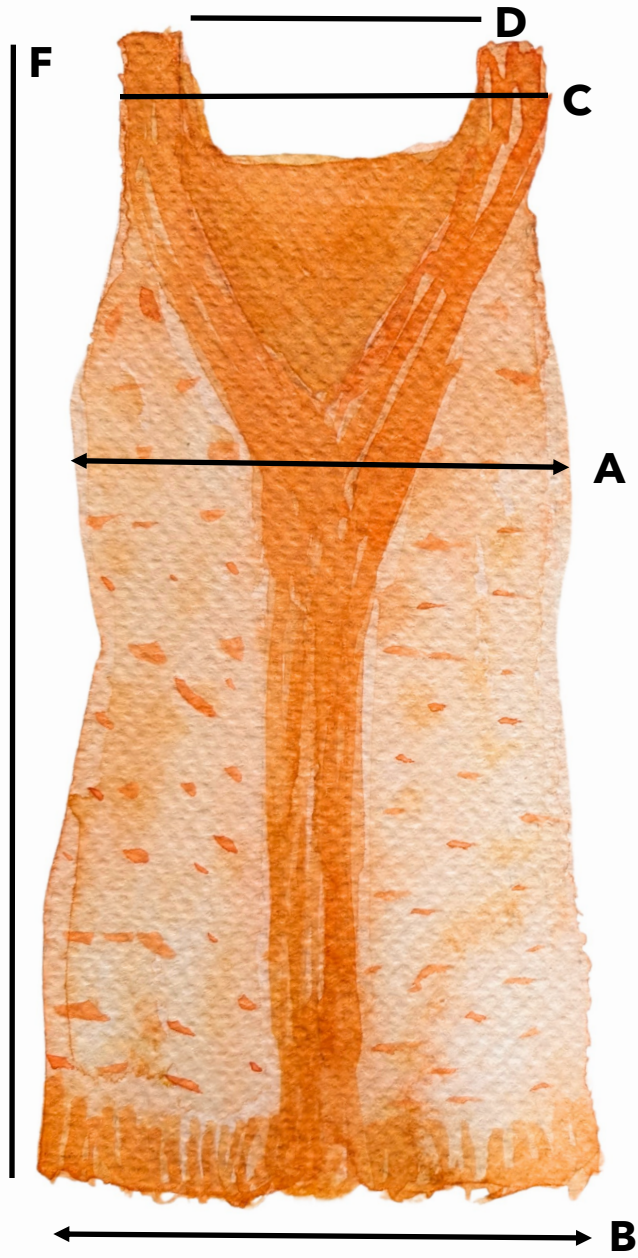
# SCHEMATIC

## FINISHED

Finished Measurements										
	1	2	3	4	5	6	7	8	9	10
Inches										
A - Bust circumference	32	36.5	40.75	44.25	48.75	52.25	56.75	60.25	64.75	68.5
B - Hip circumference	35.75	39	44	47	51.5	55	60.5	65	70.5	74.25
C - Cross shoulder width	10.5	11	11.75	12.25	12.25	13	13.5	14	15	15.5
D - Back neck width	6.75	6.75	7	7.5	7.5	8	8	8.5	8.5	9.25
E - Strap width	2	2.25	2.5	2.5	2.5	2.5	2.75	2.75	3	3
F - Total length (tunic)	23.75	24	24.25	24.5	24.75	24.75	25	25.25	25.75	26
F - Total length (hip)	20	20.25	20.5	20.75	21	21.25	21.5	21.75	22	22.25
G - Trim depth	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5
H - Bust dart depth	9.75	10.25	10.75	11.25	11.75	12.25	12.75	13.25	13.75	14
I - Armhole depth	7	7.5	7.75	8.25	8.5	8.75	9.25	9.5	10	10.25
J - Front neck depth	7	7	7	7	7.5	7.75	7.75	8	8.25	8.25
cm										
A - Bust circumference	80	91.5	102	110.5	122	130.5	142	150.5	162	171.5
B - Hip circumference	89.5	97.5	110	117.5	129	137.5	151.5	162.5	176.5	185.5
C - Cross shoulder width	26.5	27.5	29.5	30.5	30.5	32.5	34	35	37.5	39
D - Back neck width	17	17	17.5	19	19	20	20	21.5	21.5	23
E - Strap width	5	5.5	6.5	6.5	6.5	6.5	7	7	7.5	7.5
F - Total length (tunic)	59.5	60	60.5	61.5	62	62	62.5	63	64.5	65.5
F - Total length (hip)	50	50.5	51.5	52	52.5	53	54	54.5	55	55.5
G - Trim depth	6.5	6.5	6.5	6.5	6.5	6.5	6.5	6.5	6.5	6.5
H - Bust dart depth	24.5	25.5	27	28	29.5	30.5	32	33	34.5	35
I - Armhole depth	17.5	19	19.5	20.5	21.5	22	23	24	25	25.5
J - Front neck depth	17.5	17.5	17.5	17.5	19	19.5	19.5	20	20.5	20.5

SCHEMATIC

FINISHED



# MATERIALS

## YARN

### Sweet Georgia Flaxen Silk Fine

65% Silk / 35% linen; 480 yds / 439 m per 115 g skein. This is a hand-dyed, multi-ply fingering weight yarn. Shown in colorway Glow.

This is a smooth silk blend with loads of drape and crisp stitch definition from the linen. This yarn has a very soft hand and will soften further as the linen wears in.

You can substitute this yarn with a true fingering weight silk or plant fiber like organic cotton. A wool or wool / silk blend will also work well but will have a loftier feel and will not hang on the body in exactly the same way.

### If you are working the tunic length

935 (990, 1175, 1225) [1405, 1525, 1640] (1785, 1975, 2075) yds / 855 (905, 1070, 1120) [1285, 1395, 1500] (1630, 1805, 1895) m; 2 (3, 3, 3) [3, 4, 4] (4, 4, 5) skeins

### If you are working the hip length

785 (880, 975, 1095) [1205, 1260, 1455] (1515, 1600, 1685) yds / 720 (805, 890, 1000) [1100, 1150, 1330] (1385, 1465, 1540) m; 2 (2, 3, 3) [3, 3, 4] (4, 4, 4) skeins

If you are working the optional cup shaping, you will need an additional:

**Cup 1:** 25 (25, 30, 30) [35, 35, 40] (40, 45, 45) yds / 25 (25, 25, 25) [30, 30, 35] (35, 40, 40) m

**Cup 2:** 45 (55, 60, 65) [70, 75, 80] (80, 85, 90) yds / 40 (50, 55, 60) [65, 70, 75] (75, 80, 80) m

**Cup 3:** - (75, 85, 95) [105, 110, 120] (125, 135, 140) yds / - (70, 80, 85) [95, 100, 110] (115, 125, 130) m

# NEEDLES AND NOTIONS

## Needles

All garment sizes use all needle sizes:

**Size A:** US size 2 / 2.75 mm needle, or as needed to obtain gauge.

**Size B:** US size 1 / 2.25 mm needle, or one US size smaller than size A, for working the ribbing.

A circular needle at least 32 inches / 80 cm long is suitable for the body. DPNs are needed for applying the i-cord edging.

**Size C (for the optional Tubular Cast-on):** US size 0 / 2 mm needle, or two US sizes smaller than size A.

Straight or circular needles suitable.

## Notions

- Waste yarn in a contrasting color (for the optional Tubular Cast-on)
- Waste yarn or stitch holder
- Tapestry needle
- 8 Stitch markers

# ABBREVIATIONS

<b>BO</b>	Bind-off	<b>patt</b>	Work in pattern
<b>BOR</b>	Beginning of Round	<b>pm</b>	Place marker
<b>CN</b>	Cable Needle	<b>pssso</b>	Pass slipped stitch over
<b>CO</b>	Cast On	<b>pw</b>	Purlwise
<b>dec('d)</b>	Decrease(d)	<b>rep</b>	Repeat
<b>DPN</b>	Double-Pointed Needle	<b>RH</b>	Right Hand
<b>DS</b>	Double Stitch (page 9)	<b>rm</b>	Remove marker
<b>GSS</b>	Garter Stitch Selvedge (page 9)	<b>Rnd</b>	Round
<b>inc('d)</b>	Increase(d)	<b>RS</b>	Right Side
<b>k2tog</b>	Knit two together	<b>sl</b>	Slip
<b>k3tog</b>	Knit three together	<b>sm</b>	Slip marker
<b>m1L</b>	Make one Left (using the left-hand needle and moving the needle from front to back, pick up the bar between the stitches, then knit through the back of the lifted bar)	<b>ssk</b>	Slip slip knit (slip two stitches knitwise one at a time, knit the two stitches together through the back loop)
<b>m1p</b>	Make one purl (using the left-hand needle and moving the needle from front to back, pick up the bar between the stitches, then purl through the front of the lifted bar; this is a nonstandard stitch)	<b>sssk</b>	Slip slip slip knit (slip three stitches knitwise one at a time, knit the three stitches together through the back loop)
<b>m1R</b>	Make one Right (using the left-hand needle and moving the needle from back to front, pick up the bar between the stitches, then knit through the front of the lifted bar)	<b>st(s)</b>	Stitch(es)
		<b>WS</b>	Wrong Side
		<b>wyib</b>	With yarn in back
		<b>wyif</b>	With yarn in front

# STITCH PATTERNS

## 1 x 1 Rib

(worked over a multiple of 2 sts, 1 rnd)

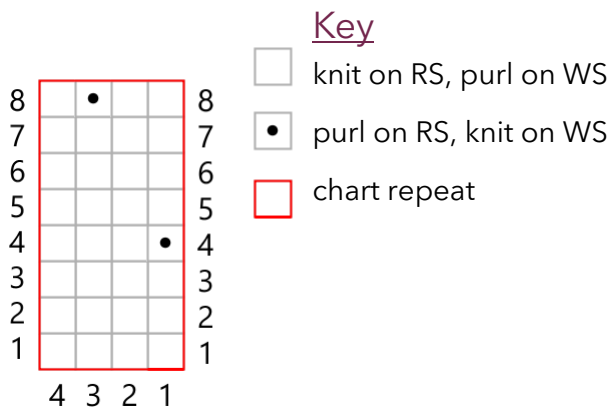
**Rnd 1:** [K1, p1] to end.

## Dot Stitch

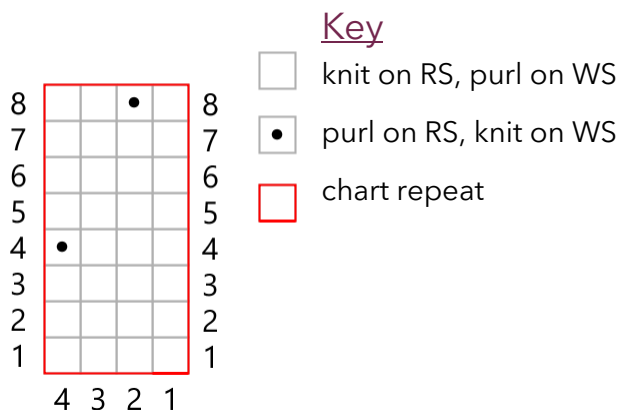
Dot Stitch is worked over a multiple of 4 stitches and 8 rounds. Rep Rnds 1 - 8 for pattern. Dot Stitch is worked in the round to the underarm, then worked flat.

When working in the round, read all chart rows from right to left. When working flat, read odd chart rows from right to left and even chart rows from left to right.

## Dot Stitch Left (charted)



## Dot Stitch Right (charted)



## Dot Stitch Left (worked in the round)

**Rnd 1:** Knit.

**Rnd 2:** Knit.

**Rnd 3:** Knit.

**Rnd 4:** [P1, k3] to end.

**Rnd 5:** Knit.

**Rnd 6:** Knit.

**Rnd 7:** Knit.

**Rnd 8:** [K2, p1, k1] to end.

## Dot Stitch Left (worked flat)

**Row 1:** Knit.

**Row 2:** Purl.

**Row 3:** Knit.

**Row 4:** [P3, k1] to end.

**Row 5:** Knit.

**Row 6:** Purl.

**Row 7:** Knit.

**Row 8:** [P1, k1, p2] to end.

## Dot Stitch Right (worked in the round)

**Rnd 1:** Knit.

**Rnd 2:** Knit.

**Rnd 3:** Knit.

**Rnd 4:** [K3, p1] to end.

**Rnd 5:** Knit.

**Rnd 6:** Knit.

**Rnd 7:** Knit.

**Rnd 8:** [K1, p1, k2] to end.

## Dot Stitch Right (worked flat)

**Row 1:** Knit.

**Row 2:** Purl.

**Row 3:** Knit.

**Row 4:** [K1, p3] to end.

**Row 5:** Knit.

**Row 6:** Purl.

**Row 7:** Knit.

**Row 8:** [P2, k1, p1] to end.