

DUPLICATION PROHIBITED
by copyright holder

Ann-Mari Nilsson



THE
BIG 3
KNITTING
TECHNIQUES

How to Use Color, Slip Stitch,
and Relief Stitch Patterns to Create
Beautiful and Unique Garments

© Ann-Mari Nilsson, and Trafalgar Square Books
www.trafalgarbooks.com

First published in the United States of America in 2018 by
Trafalgar Square Books
North Pomfret, Vermont 05053

Originally published in Swedish as *Sticka mönster*.

Copyright © 2017 Hemslöjdens förlag
English translation © 2018 Trafalgar Square Books

All rights reserved. No part of this book may be
reproduced, by any means, without written permission of
the publisher, except by a reviewer quoting brief excerpts
for a review in a magazine or newspaper or on a website.

ISBN: 978-1-57076-903-0

Library of Congress Control Number: 2018945338

PATTERNS AND INSTRUCTIONS: Ann-Mari Nilsson

EDITOR: Cecilia Ljungström

PHOTOGRAPHY: Thomas Harrysson

DESIGN: Cecilia Ljungström

LAYOUT: Ulrika Rapp

COVER DESIGN: RM Didier

TRANSLATION INTO ENGLISH: Carol Huebscher Rhoades

Printed in China

10 9 8 7 6 5 4 3 2 1

Contents

Preface 5

READ THIS FIRST 7



SLIP-STITCH PATTERNS 11

Patterns 1-44 12



TWO-COLOR STRANDED KNITTING ... 57

Houndstooth 59

Golf 62

Forest 62

Aligned Stars 67

Diagonal Stars 68

Halland 72

Hälsing Fair 74



SURFACE TEXTURE PATTERNS 79

Patterns A-Y 80

BASIC GARMENT INSTRUCTIONS 105

Hat 106

Mittens 108

Pullover Vest 109

Buttoned Vest 114

Fine Little Sweater 120

Preface

Knitting patterns is absolutely one of my favorite things to do, and over the years I've designed many patterned garments. While working on this book, I dove deep into various techniques and came up with a selection of pattern motifs I hope you'll enjoy! The idea is that this book will function a little like a dictionary, where you can leaf back and forth and let yourself be inspired by various textures and options.

I've chosen three methods of patterning that range from easy to more difficult: surface patterns (also called relief or structure patterns), designs with slipped stitches, and two-color stranded knitting. The surface patterns produce the neatest and lightest knitting, while the stranded knitting is the strongest.

I've knitted up a lot of garments to demonstrate how the motifs can be used in various ways, and at the back of the book, you'll find basic instructions for these. But don't feel compelled to do exactly what I've done! You can combine motifs and knit completely different garments. Most of them can be done with all kinds of different methods, and there's no single right way to work a pattern of your own. Perhaps you already have too much yarn in your stash? Use it! Make new color choices, be inspired, and experiment. I'll only ask you to promise me two things: that you'll knit with wool yarn, and that you'll begin by reading the section with the heading "Read This First."

Thank you to Östergötlands Ullspinneri for all the yarn I used!

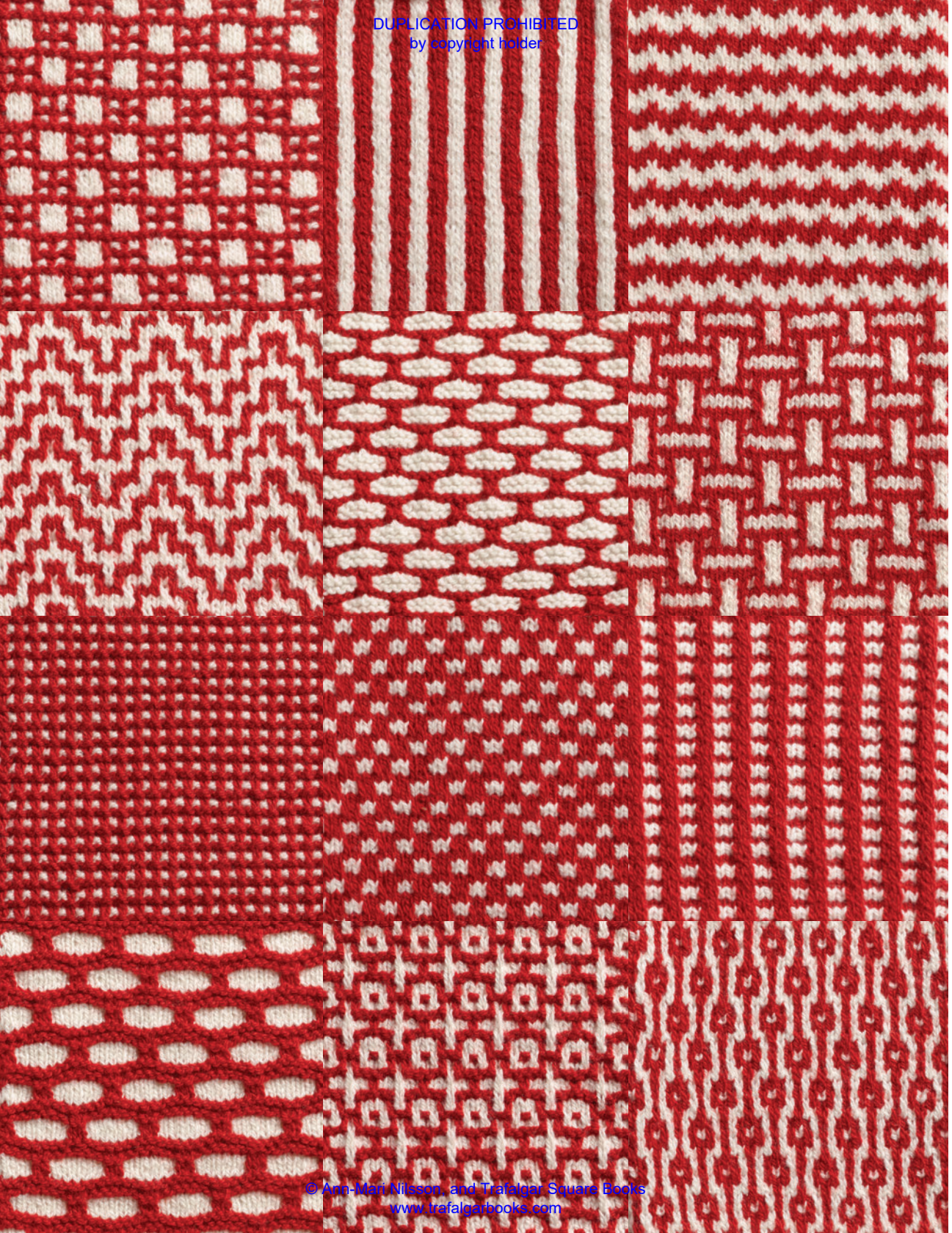
It's both fun and soothing to knit!

Ann-Mari Nilsson

DUPLICATION PROHIBITED
by copyright holder



DUPLICATION PROHIBITED
by copyright holder









SLIP-STITCH PATTERNS

SLIP-STITCH PATTERNS are worked with two or more colors, but only one color per row. On the row knitted with Color 1, slip the Color 2 stitches to the right needle without knitting them; on the row knitted with Color 2, slip the stitches of Color 1 to the right needle. It's easy and fun and the result looks much more complicated than it actually is. One color is always worked in an even number of stitches (on a right side (RS) row and on the wrong side (WS), if you are working back and forth). The technique works equally well back and forth or in the round. Try to knit with a light hand because the slipped stitches can stretch out and then the yarn you are knitting with will float too loosely on the wrong side of the fabric.

When you're working slip stitches, the piece will not be as sturdy as one worked with stranded knitting. Depending on which pattern you choose, the fabric might draw in a little, but you can fix that by soaking and blocking the knitting. The finished relief-stitch patterning will be so pretty!

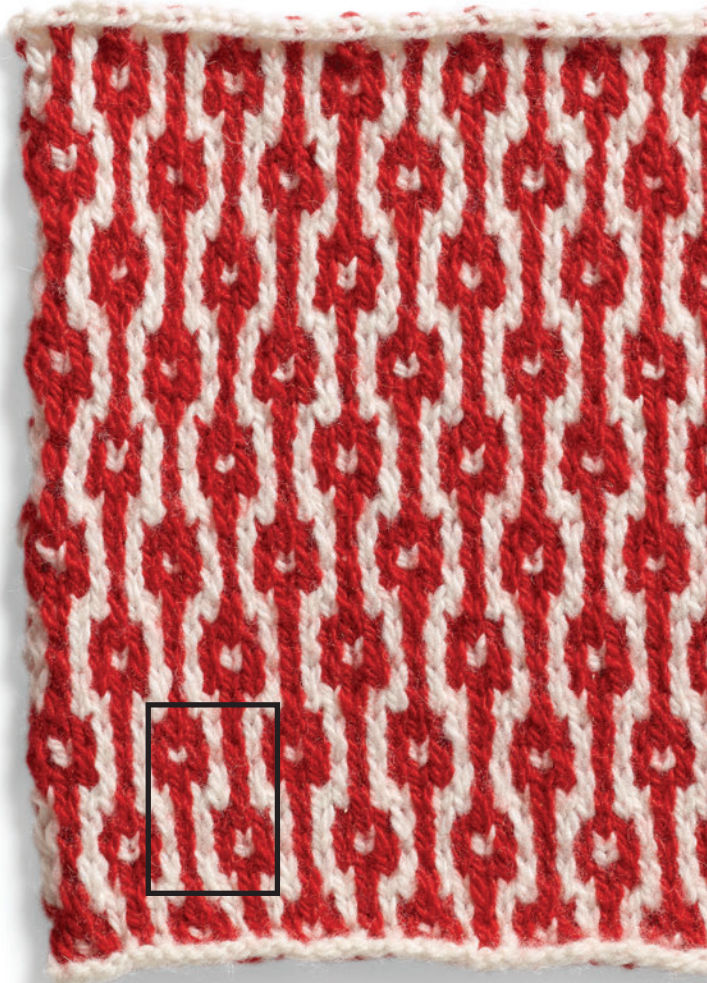
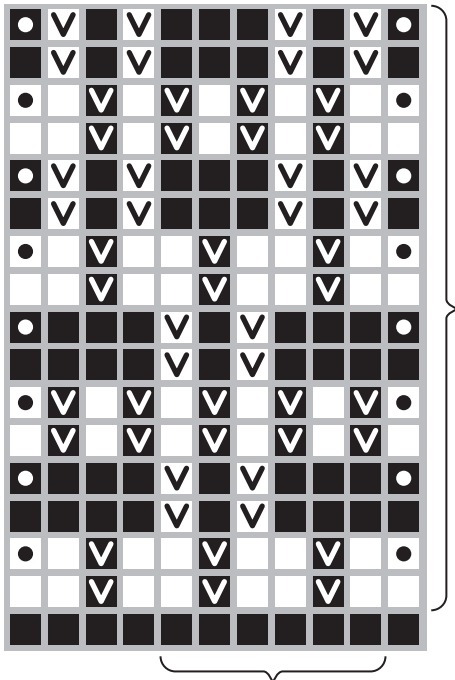
CHART SYMBOLS—as seen on the right side (RS)

| | | | |
|---|------------------------|---|------------------------|
|  | Knit stitch, Color 1 |  | Knit stitch, Color 2 |
|  | Purl stitch, Color 1 |  | Purl stitch, Color 2 |
|  | Slip stitch, Color 1 * |  | Slip stitch, Color 2 * |

└──────────┘ 1 pattern repeat

* Slip the stitch purlwise, with the yarn held behind if working on the RS and with the yarn in front if working on the WS. Slip the stitch to the right needle without working it.

The edge stitches are drawn on the charts to make the color changes obvious.



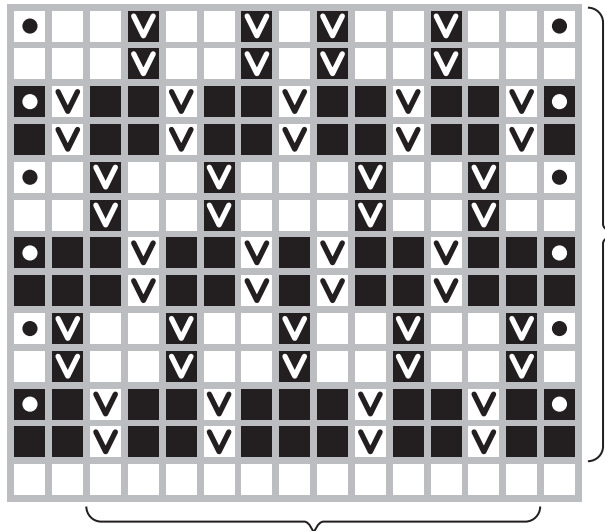
Work the repeat until the fabric is the desired width and length. This applies to all the charts in the book.



This vest is worked in Pattern 3.



11



*The hat is knitted with
Pattern 12 and the
mittens in Pattern 9.*

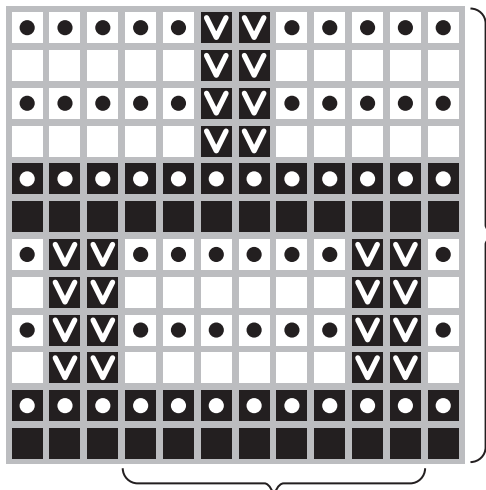


*The hat is knitted in
Pattern 33 while the
mittens are worked in
Pattern 31.*





34



DUPLICATION PROHIBITED
by copyright holder





TWO-COLOR STRANDED KNITTING

CLASSIC TWO-COLOR STRANDED KNITTING produces the warmest and sturdiest garments. It's worked in stockinette stitch with two strands of yarn in different colors that run parallel as you work. If there are long color sections (color floats) in the design, you have to twist the two yarns around each other on the back (wrong side) of the fabric at least every third stitch, or sometimes every other stitch (if the twists can't occur evenly), to catch the yarn not in use. To keep the twists from showing on the right side, it's important not to twist the yarns at the same place on the following row/round. Stretch the knitting when it comes to the right needle so it doesn't draw in. Knit with both yarns together in the edge stitches.

For this section, I've collected a few classic and useful patterns. Most are easy to learn and do not have long floats.

CHART SYMBOLS—as seen on the right side

 Color 1

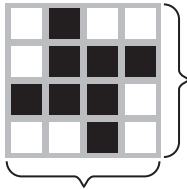
 Color 2

 1 pattern repeat

The edge stitches are *not* included on the charts.

Houndstooth

This pattern is unbelievably easy to knit, and has a complex “tweedy” look. This is one of my absolute favorite patterns, and I’ve made many pairs of mittens in different color combinations with it. Try this one out in colors that are “tone on tone!”

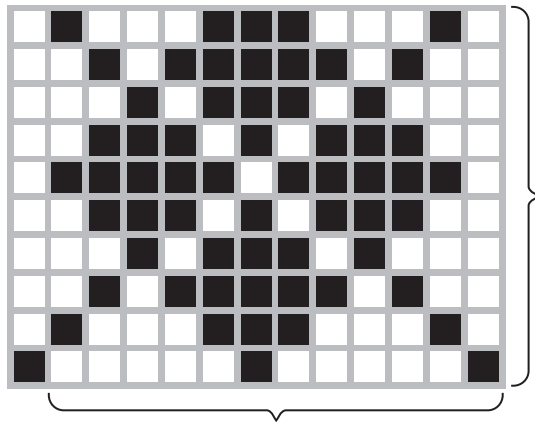


Vest and swatch strip in Houndstooth pattern.



Golf

Golf is an easily-knitted variation of a very classic pattern. It's usually seen on the front of a sweater or vest but works just as well on a hat or pair of mittens.



Forest

The spruce pattern has become a whole forest! As I knitted the mittens shown on page 65, I thought of a forest against a clear blue sky and snow on the ground. On the hat, the moon has risen over the forest and glimmers in the water.

In some places, the color changes are a little far apart, so don't forget to twist the strands around each other often!

DUPLICATION PROHIBITED
by copyright holder



*Hat and mittens combining
the Forest pattern with the
Hälsing Fair blocks.
A Forest design covers the
vest on the page opposite.*



DUPLICATION PROHIBITED
by copyright holder



duplication prohibited
by copyright laws

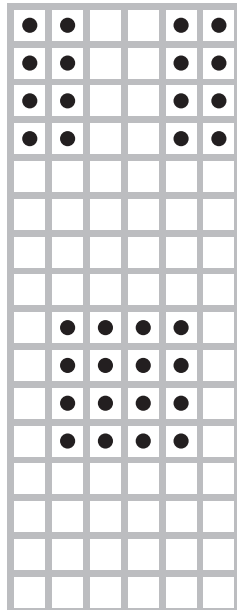




*This hat features
Pattern M and the
mittens Pattern N.*



M



*A hat with Pattern Q and
mittens with Pattern U.*



DUPLICATION PROHIBITED
by copyright holder



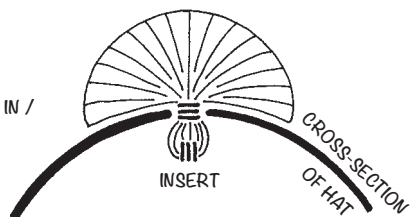
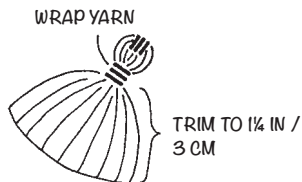
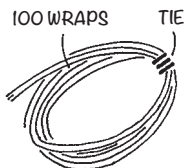
Work around in k2, p2 ribbing for 1½ in / 3.5 cm or, alternatively, 4 in / 10 cm if you want a turned-up brim.

Change to larger needles and begin knitting in chosen pattern. Work in pattern for 8 in / 20 cm.

Shape crown: K2tog around on every rnd until 9 sts remain (= 4 decrease rnds with 72/36/18/9 sts rem). Cut yarn and draw through rem sts but do not tighten yet if you want a pompom on top.

POMPOM

Hold four fingers together and wrap yarn 100 times around (not too tightly!). Tie and then wrap yarn as shown in drawings. Trim pompom to about 1¼ in / 3 cm. Insert pompom through hole at top of hat; tighten rem sts. Sew pompom down securely on WS. Weave in all ends neatly on WS.







DUPLICATION PROHIBITED
by copyright holder





Fine Little Cardigan in the Hälsing Fair design.

DUPLICATION PROHIBITED
by copyright holder

MASTER, MIX AND MATCH

MULTI-COLOR STRANDED KNITTING, SLIP STITCH, AND RELIEF STITCH



Internationally recognized knitting expert Ann-Mari Nilsson covers the “big three” knitting design techniques, from easy to challenging. Mix and match anything that catches your eye from a well-organized library of over 80 charts for pattern knitting of all three types. Then combine your favorites with the basic instructions for a variety of garments, working your choice of accessory with whichever designs you like best.

PRACTICE YOUR SKILLS: With methods suited to a variety of skill levels, experiment with texture, color, and repeatable designs that are easy to memorize.

EXPLORE YOUR OPTIONS: Choose from dozens of patterns with clear photographs and easy-to-understand charts.

KEEP IT SIMPLE: Instructions for basic pullovers, vests, cardigans, hats, and mittens are included! Just work the pattern of your choice where indicated, and you’ll be on your way in no time.

© Ann-Mari Nilsson, and Trafalgar Square Books
WWW.TRAFALGARBOOKS.COM

