



A word about Åmtanke

Åmtanke is a very special sweater. It's designed to be knitted for others. Knit one for someone who is cold, or for someone who just needs a hug.

Many Åmtanke sweaters have already been knitted and given away, often to strangers. People who are experiencing cold in some way, whether physically or emotionally. Men and women who need a little human warmth and compassion.

Åmtanke is a bottom-up sweater in a Super-Bulky weight yarn. Design features are a circular yoke and a colourful broken stripe pattern on the body and sleeves.

Åmtanke is easy enough for a beginner to knit, and because of the yarn weight, it knits up nice and quickly.



General Information

Åmtanke is knitted mainly in stockinette stitch, with ribbed cuffs on the body and sleeves, and a doubled-over ribbed collar at the neck. The back and front are worked in one piece from the bottom up to the underarm. The body is then set aside, and the sleeves are knitted on circular needles or DPNs from the cuff up to the underarm.

The stitches from body and sleeve sections are then placed together on a single long circular needle and joined to form the yoke, which is shaped with raglan decreases up to the neck.

The length of the body and sleeve sections can be easily customised to fit by adding extra rounds to each section in the main colour once the charted pattern element has been worked, and before the sections are joined for the yoke.



Åmtanke Sweater

Design: Remi Tasc Moen



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Pattern Instructions

Sizes: S (M) L (XL) XXL

Overall Length: approx. 53 (53) 53 (56) 56 cm

Chest measurement: approx. 101 (108) 116 (123) 130 cm

Sleeve length: approx. 44 (44) 44 (48) 48 cm

Yarn: Drops Andes (65 % Wool, 35 % Alpaca, 100 G / 90 m) by Garnstudio

Yarn packs are available at <https://www.garnius.no/strikkepakker/kampanje/aamtanke>

Yarn quantities:

Main colour (MC): Off White (Shade no. 0100): 500 (600) 600 (700) 700 g

First Contrast (C1): Grey Mix (Shade no. 9015): 200 (300) 300 (300) 400 g

Second Contrast (C2): Denim Blue (Shade no. 6295): 100 (100) 100 (100) 100 g

Needles: DPNs: 7mm and 9 mm, plus long and short circular needles in 7mm and 9mm.
You can also use the magic loop technique for the sleeves and collar if preferred.

Gauge: approx. 10 sts and 14 rounds in stockinette on 9 mm needles = 10 cm x 10 cm.

Abbreviations:

BOR: Beginning of Round

cm: centimetres

mm: Millimetres

sts: stitches

st: stitch

MC: Main Colour

C1: First Contrast Colour

C2: Second Contrast Colour

DPN: Double pointed needles

K: Knit

P: Purl

K2tog: Knit the next two stitches together

SKP: Slip the next stitch as if to knit, knit 1, pass slipped stitch over knit stitch.

Increase: Knit into the front and then the back loop of the next stitch

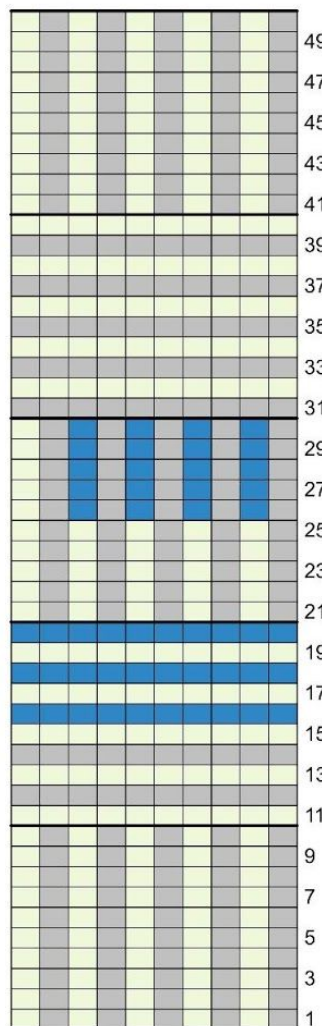


Charts

Chart A - Body Back and Front

NOTE 1: For sizes S, M and L only,
Omit rounds 10, 20, 30, 40 and 50.

NOTE 2: For all sizes.
Repeat pattern as set in Chart A across the round.



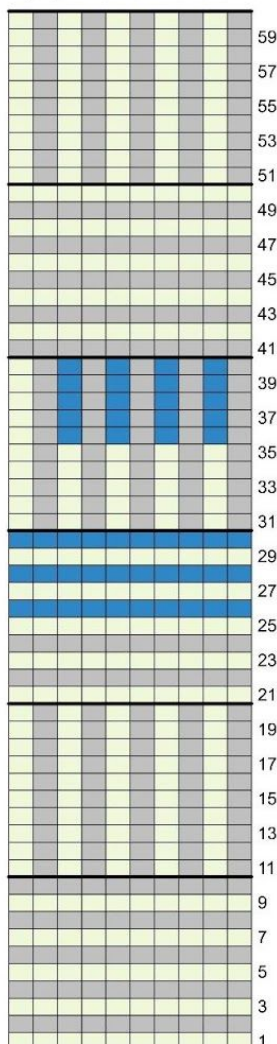
Yarn	Stitches
Main Colour (A)	k
First Contrast (B)	
Second Contrast (C)	

Rounds 1-10: [K1 in B, k1 in A] 5 times.
Round 11: K10 in A.
Round 12: K10 in B.
Rounds 13-14: Repeat rows 11-12.
Round 15: K10 in A.
Round 16: K10 in C.
Rounds 17-20: Repeat rows 15-16.
Rounds 21-25: [K1 in B, k1 in A] 5 times.
Rounds 26-30: K1 in B, [k1 in C, k1 in B] 4 times, k1 in A.
Round 31: K10 in B.
Round 32: K10 in A.
Rounds 33-40: Repeat rows 31-32.
Rounds 41-50: [K1 in B, k1 in A] 5 times.

Chart B - Sleeves

NOTE 1: For sizes S, M and L only,
Omit rounds 10, 20, 30, 40, 50 and 60.

NOTE 2: For all sizes.
Repeat pattern as set in Chart B across the round.



Yarn	Stitches
First Contrast (A)	k
Main Colour (B)	
Second Contrast (C)	

Round 1: K10 in B.
Round 2: K10 in A.
Rounds 3-10: Repeat rows 1-2.
Rounds 11-20: [K1 in A, k1 in B] 5 times.
Round 21: K10 in B.
Round 22: K10 in A.
Rounds 23-24: Repeat rows 21-22.
Round 25: K10 in B.
Round 26: K10 in C.
Rounds 27-30: Repeat rows 25-26.
Rounds 31-35: [K1 in A, k1 in B] 5 times.
Rounds 36-40: K1 in A, [k1 in C, k1 in A] 4 times, k1 in B.
Round 41: K10 in A.
Round 42: K10 in B.
Rounds 43-50: Repeat rows 41-42.
Rounds 51-60: [K1 in A, k1 in B] 5 times.



Body

With 7mm circular needles, cast on 108 (116) 124 (132) 140 sts in MC, and place a BOR marker to mark the start of your round. Work 6 cm in K1, P1 rib.

On the final round of rib, place a second marker 54 (58) 62 (66) 70 sts from the BOR marker. These two markers mark the sides of the sweater and show you where the front and back of the sweater will be. This will be important later when you need to work the underarm shaping.

Change to 9mm needle.

Working in stockinette stitch throughout, work the pattern as set in Chart A.

[SIZES S, M and L ONLY: Pay close attention to the notes at the top of Chart A as not all rounds of the chart are worked for these sizes.]

ALL SIZES:

The shaping for the underarm opening is worked in the final round of Chart A.

Measure your work before working the final round of Chart A for the size you are making.

It should measure approx. 38 (38) 38 (40) 40 cm from the cast-on edge. Work more rounds in MC at this point if you want the body of the sweater to be longer.

Once you are happy with the length of the body, work the final round of pattern from Chart A as follows:

Underarm shaping (final round of Chart A):

Bind off 4 sts on each side of each marker (8 sts per side of the sweater, 16 sts in total).

You should now have 46 (50) 54 (58) 62 sts for the front section of your sweater and the same for the back section.

Put the body section to one side and work the sleeves.

Sleeves (make 2)

With 7mm DPNs or short circulars (or magic loop) cast on 24 (26) 28 (30) 32 sts in MC. Place a marker for BOR.

Work 7 cm in K1, P1 rib.

Change to 9mm needles and work as follows:

Round 1 (K): Increase 8 (10) 12 (14) 16 sts evenly across the round. You now have 32 (36) 40 (44) 48 sts on your needle.

Round 2 onwards: Working in stockinette stitch throughout, work the pattern as set in Chart B.

[SIZES S, M and L ONLY: Pay close attention to the notes at the top of Chart B as not all rounds of the chart are worked for these sizes.]

Sleeve Increases



Increase 1 st each side of the BOR marker every 4 cm (approx. every 5th or 6th round) until you have 46 (50) 54 (58) 62 sts on the needle.

Underarm shaping (final round of Chart B):

The shaping for the underarm opening is worked in the final round of Chart B.

Measure your work before working the final round of Chart B for the size you are making. It should measure approx. 44 (44) 44 (48) 48 cm from the cast-on edge. Work more rounds in MC at this point if you want your sleeves to be longer.

Once you are happy with the length of the sleeves, work the final round of pattern from Chart B as follows:

Next round: Bind off 4 sts, K to 4 sts before the BOR marker, bind off 4 sts. You now have 38 (42) 46 (50) 54 sts on the needle.

Put your work aside or onto waste yarn and work the second sleeve to match.

Join for Yoke

Place all stitches on to one long 9mm circular needle, matching the bound off stitches on the underside of the Sleeves to the bound off stitches on the Body section.

You now have 168 (184) 200 (216) 232 sts on your needle.

Place a marker at each of the four places where the pieces meet.

NOTE: Your BOR marker will be the marker at the start of the Back section. You might find it useful to use a different coloured marker here to help you keep track of the rounds.

Continue to work in MC and in stockinette stitch throughout, working decreases as below.

Raglan decreases:

Work the raglan decreases before and after each of your four markers, as follows:

Decrease round: *K1, K2tog, K to 3 sts before next marker, Sl 1, K1, psso, slip marker*, repeat from * to * until the end of the round.

You will be decreasing by 8 stitches on each decrease round.

Work the decreases as set on the first and every following 3rd round 7 (5) 3 (1) 0 times, and then on every alternate round, until you have 96 (96) 96 (96) 96 sts left on the needles.

Shape Front Neck:

On the next round, K across all 28 sts of Back and all 20 sts of Left Sleeve, continue to knit across first 9 (9) 8 (8) sts of Front. Place the next 10 (10) 10 (12) 12 sts of the Front on a holder

Turn your work.

You will now continue to work back and forth in stockinette stitch across the remaining stitches, purling on the wrong-side rows and knitting on the right-side rows.

Continue to work the raglan decreases as set on each K row, and AT THE SAME TIME decrease one stitch at each side of the Front Neck edge until there are 38 (38) 38 (36) 36 sts left on the needle, ending on a wrong side (P) row.



Collar

Change to 7 mm needles (you will need a short circular or DPNs, or you could use a longer circular needle and the magic loop technique) and remove all markers.

Knit across all stitches to until you come to the Left Front neck edge, pick up and knit 7 (7) 7 (8) 8 stitches evenly along Left Front neck, knit across the 10 (10) 10 (12) 12 sts for the Centre Front, pick up and knit 7 (7) 7 (8) 8 sts evenly along right front edge.

You now have 62 (62) 62 (62) 62 sts on the needle.

Join to work in the round. Place a BOR marker.

K one round, decreasing 6 (6) 4 (2) 0 sts evenly across the round. You now have 56 (56) 58 (60) 62 sts on the needle.

Work in K1, P1 rib for 8 cm. Bind off loosely in pattern.

Making up

Turn the bound-off edge of the collar to the inside of the neck opening and slipstitch loosely with a darning needle to the last round of stockinette stitch on the inside.

Sew the underarm openings, using backstitch or mattress stitch. Weave in all ends.