# SUNSHINE BEANIE / uk

SUNSHINE BEANIE / DESIGN: HELGA ISAGER

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### SIZE
One size

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### MATERIALS
100 g Isager Sock Yarn

Work with two strands held together throughout.

### MEASUREMENTS
Circumference in ribbing, slightly stretched: 40 cm

Length: 30 cm

### GAUGE
10 cm = 25 stitches

10 cm = 30 rows

### RECOMMENDED NEEDLES
No. 3,5

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ABBREVIATIONS
SSK = slip, slip, knit: slip two stitches knitwise sequentially, slip them back to left hand needle purlwise and knit them together through the back loops.
Sl1wyif = Slip 1 st with yarn held in front
YO = yarn over
PM = Place marker
K2tog = knit 2 sts together

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CONSTRUCTION
The Sunshine Beanie is knitted bottom – up and can be knitted in two variations:
Variation 1: Cast on using Italian cast on technique and work 16 cm K1 - P1 ribbing.
Variantion 2: K2 - P2-rib. Cast on using Twisted cast on or old Norwegian cast on/German twisted cast on (see illustrations), work 24 cm K2 - P2 and then work decreases.

While knitting the beanie, the fabric may seem a bit dense, but when washed it will become looser and softer.

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VARIATION 1
Cast on 100 sts on a 3.5 mm 40 cm circular needle with two strands of Sock Yarn using the Italian cast-on technique. (See illustrations). End with a purl stitch.
Work 2 rows of double knitting as follows:
Twist the loose end around the long tail of the yarn to lock the first stitch.

1. and 2. row: *K1 - Sl1wyif*. Repeat from * to *.
Join in the round, being careful not to twist your stitches, place a marker for the beginning of the round, and work 16 cm in rib (K1, P1).
Now make a row of eyelets:
Beginning of the round must be a knit stitch.
Now work: *SSK, K1, YO, P1* Repeat from * to * to end of round.
There are now 100 sts on the needles.

Cont. from beginning of round and knit 8 cm ribbing K2 - P2.

DECREASES
On the next round place markers:
1. Marker = beginning of the round, *K2, P2, K2, PM, knit 14 sts in rib, PM*. Repeat from * to * to end of round.
Markers have now been placed around 6 sts 5 times.

1. Round with decreases: K2, P2, K1, SSK, *knit 12 sts in rib, K2tog, K1, P2, K1, SSK* Repeat from * to * ending with 12 sts in rib, K2tog.
2. and all even rounds: K over K and P over P.
3. Round with decreases: K2, P2, K1, SSK, *10 sts in rib, K2tog, K1, P2. K1, SSK* Repeat from * to * ending with 10 sts rib, K2tog.
5. Round with decreases: K2, P2, K1, SSK, *8 sts in rib, K2tog, K1, P2, K1, SSK* Repeat from * to * ending with 8 sts in rib, K2tog.

Continue with decreases on every second round until 30 sts is left on the needle.

The first 2 sts on the last round are purl stitches. Now work *P2, K1, SSK, K1*. Repeat from * to *.
Break yarn, pull end through remaining sts and weave in ends.

Soak the beanie in cold water, gently squeeze the water out without wringing and lay flat to dry.



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## ITALIAN CAST ON AND DOUBLE KNITTING

**Note:**
The Italian cast on must be worked in combination with double knitting.

**1.**
Cross the yarn around the needle with the long tail end towards you. A knit stitch has now been formed on the needle.
Hold the two ends in your left hand. Hold the tail end of the yarn around your index finger and the working yarn around your thumb.

**2.**
Bring the needle over and around the index finger strand and then under both the index finger and the thumb finger strands.

**3.**
Bring the needle over and around the thumb strand, and then under the index finger strand.

**4.**
A purl stitch has now been formed on the needle.

**5.**
Bring the needle over and around the thumb strand and them up between the two strands.

**6.**
Bring the needle over and around the index finger strand.

1.

2.

3.

4.

5.

6.

7

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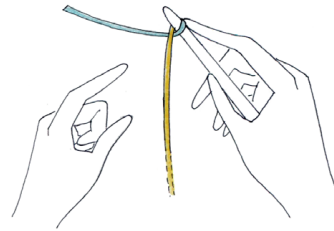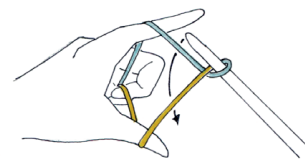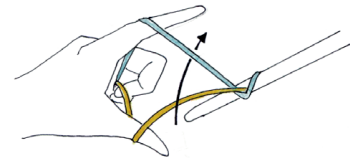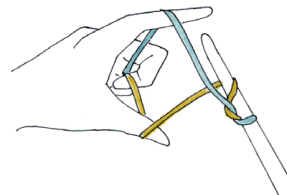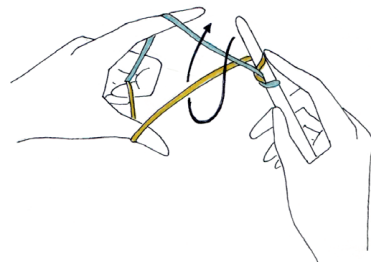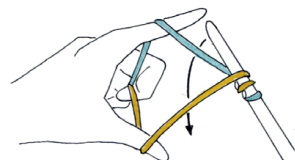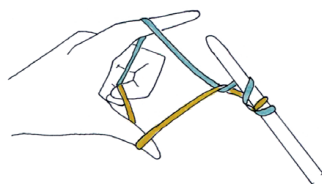
ITALIAN CAST ON AND DOUBLE KNIT-
TING (cont.)

**7.**
A knit stitch has now been created on the
needle.

**8.**
Repeat step 2 – 7 until the desired number
of stitches have been cast on. Cross the two
strands of yarn and work double knitting as
follows:

**9.**
Knit 1 stitch.

**10.**
Slip the purl stitch purl-wise with the yarn held
in front (sl1 wyif). Work a total of 4 rows/rounds
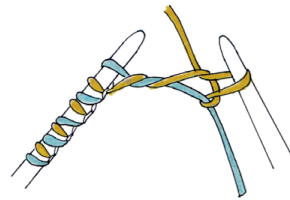of double knitting as follows:

**11.**
Work 2 rows following step 9 and 10. Now join
the work in the round and work in the
round following step 9 and 10. Work a second
round as follows: *Slip knit stitch purl-wise with
the yarn held in back (sl1 wyib), p1*. Repeat
from * to *.

**Note:** When working back and forth and not in
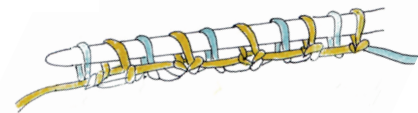the round, work 4 rows in step 11, instead of 2
rows.

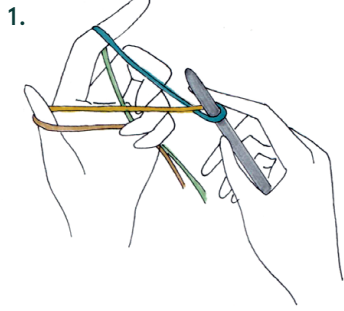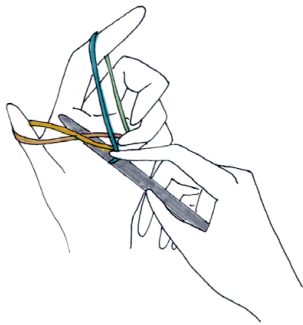**8.**



**9.**



**10.**



**11.**
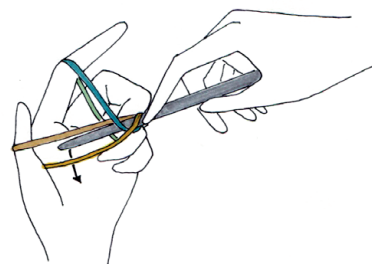

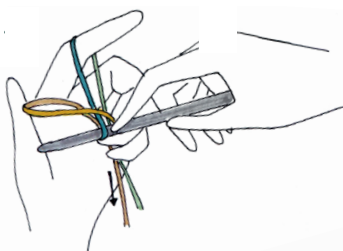
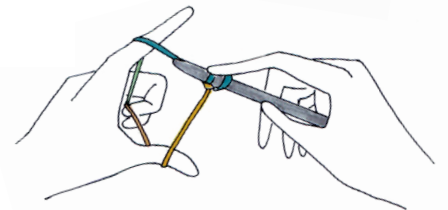ISAGER

**1.**



1.

**2.**



**3.**



**4.**



**5.**
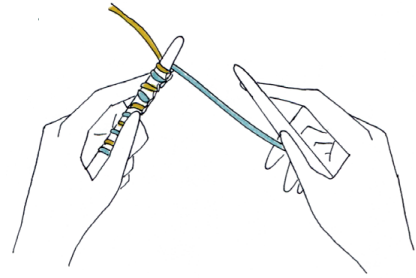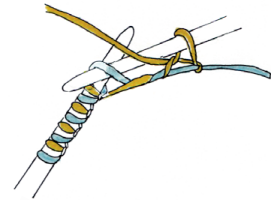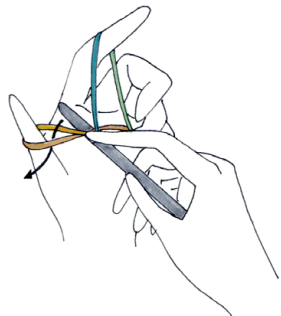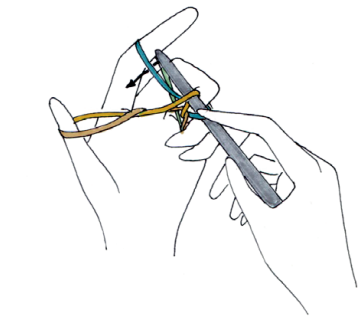


## TWISTED CAST ON

**1.**
Cross the yarn around the needle and hold the two ends in your left hand. Hold a loop of the tail end of the yarn around your thumb and a loop of the working yarn around your index finger.

**2.**
With the needle in your right hand, bring the needle forward around and under both legs of the thumb loop.

**3.**
Insert the needle down through the middle of the thumb loop and then forward and up towards you.

**4.**
Bring the front leg of the index finger loop around the needle.

**5.**
With the needle, pull the yarn up and forward over the thumb loop and then under the front leg and under the back leg of the thumb loop. Bring the needle down and forward.

**6.**
Let the thumb loop drop off the finger. A new stitch has now been created.

**7.**
Repeat the steps above to add more stitches to your needle.

**6.**



**7.**



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