

WOODLANDS  KNITS



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The HELIOS SWEATER is a modified drop-shoulder design, knit in reverse stockinette from the top down. The standout feature is a cabled stitch pattern on both the front and back which includes easy-to-learn cables. The cables can be worked without a cable needle. The cabled stitch pattern, along with the corresponding charts, varies slightly between sizes to ensure consistent design placement across all sizes. Additionally, the sweater includes thoughtful details like subtle shoulder shaping as well as armhole shaping for sizes 3 and up, thereby enhancing its fit and wearability.

### Construction

First, the stitches for each back shoulder are cast on. Each shoulder is worked separately and gently shaped with German short rows. Then, the stitches for the back neck are cast on, joining the shoulders, and the back piece is worked back and forth as one piece, including armhole shaping. The front piece is worked similarly to the back piece, by picking up stitches and working each shoulder separately. The remaining front stitches for the front neck are then cast on to join both front pieces to work as one. The front and back are joined at the underarms and continued in the round, maintaining the established stitch patterns on the back and front. Stitches for the folded collar are picked up, worked in simple 1x1 ribbing, and then the collar is sewn down on the inside for a neat finish. Lastly, stitches for the sleeves are picked up along the armhole edges, with the suggestion to work the sleeves on the wrong side for convenience in stockinette stitch, though an alternative for working them on the right side in reverse stockinette is also provided.



## Pattern Specifications

### Intended Ease

Please choose a size 16-26 cm larger than your actual chest circumference. For the best results, please view the table and schematic (page 4) to review the measurements at other body points. With greater discrepancies in upper chest and full chest measurements, I recommend going with the upper chest measurement. The samples in the photos are in size 2 with 23 cm positive ease.

Size	1	2	3	4	5	6	7	8	9
Finished chest circumference (cm)	98	107	117	128	137	148	157	167	178

### Yarn (DK/Worsted)

Wooldreamers - Mota (100% Local Wool, 100 g=230 m) - colourway '463':

Size	1	2	3	4	5	6	7	8	9
Meters	755	895	955	1040	1155	1220	1405	1500	1650
Grams	330	390	415	450	500	530	610	650	715
Balls	4	4	5	5	5	6	7	7	8

**Please note** that your individual yarn consumption will vary based on your yarn, gauge, size and the desired sleeve/ body length. It is advisable to get a little more than you think you'll need.

### Yarn Substitutes

Suitable yarns include any heavy DK to Worsted weight yarn that meets the gauge, such as Wooldreamers La Rinconada, or alternatively, a light unspun yarn held double, such as Wooldreamers Manchelopis (held double to achieve the equivalent of a heavy DK weight yarn).

### Gauge

The gauge for the (reverse) stockinette stitch is 18 sts and 24 rows/rnds per 10 cm, worked with a 4.5 mm needle, after blocking. The gauge for the cabled stitch pattern is 18 sts and 24 rows/rnds per 10 cm, worked with a 4.5 mm needle, after blocking. The gauge should be consistent both when working flat and in the round; therefore, ideally swatch for both, or swatch flat and adjust the needle size accordingly if the gauge differs when working in the round.

For the ribbing of the cuffs and hem, the gauge is 20 sts and 18 sts per 10 cm, worked with a 3.5 mm needle, after blocking.

### Needles

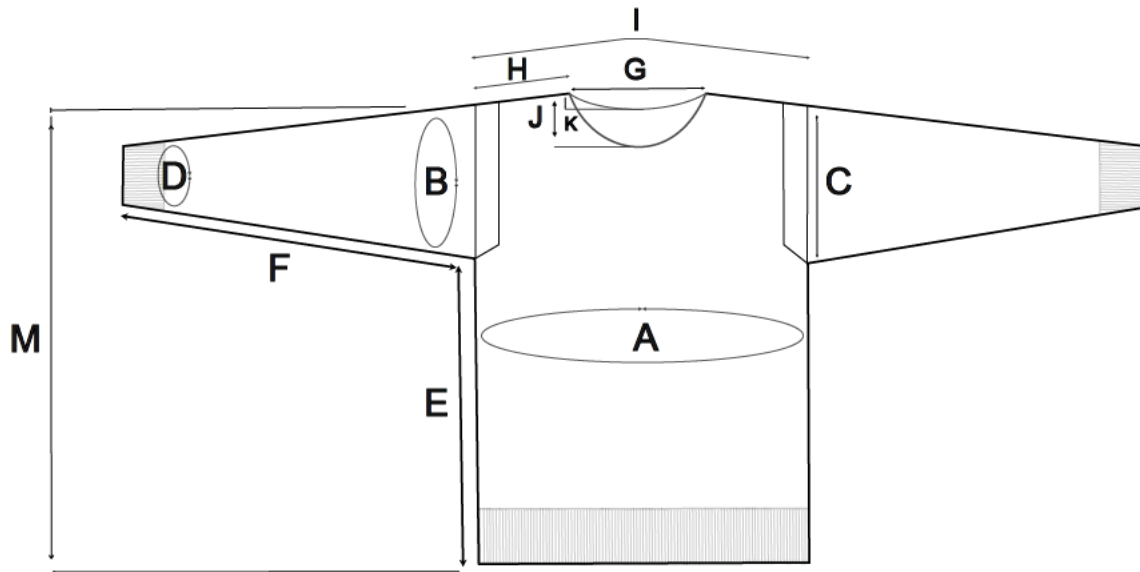
3.5 mm and 4.5 mm 60-120 cm circular needles and/or DPNs.

*Optional: A cable needle size 4.5mm (see note on page 6).*

### Notions

Stitch markers, stitch holders, a tapestry needle, waste yarn to sew down the folded collar, measuring tape, and scissors.





Size	1	2	3	4	5	6	7	8	9
With an ease of 16-26 cm, this garment will fit full chest ranging from (cm)	72	81	91	102	111	122	131	141	152
to (cm)	82	91	101	112	121	132	141	151	162
and is designed to fit upper chest of (cm)	74.5	84	94.5	102	108	115	122.5	130	137.5
A. Chest circumference (cm)	98	107	117	128	137	148	157	167	178
B. Upper arm circumference (cm)	32	34.5	39	42	44.5	48	52	55.5	60
C. Armhole depth (cm)	18.5	20	22	23.5	25	27	28	29.5	31.5
D. Wrist circumference (cm)	19	19	20	21	21	22	22	23	24
E. Body length to underarm (cm)	36	36	36	35.5	35.5	35	35	34	33.5
F. Sleeve length to underarm (cm)	49	48	47	47.5	47.5	47.5	47	46	46
G. Back neck width (cm)	19	19	20.5	20.5	20.5	23	23	24.5	24.5
H. Shoulder width (cm)	15	17	18	18	18	19	19.5	19.5	20
I. Cross back width (cm)	49	53.5	56	56	56	60.5	61.5	63.5	64.5
J. Front neck drop (cm)	8	8	8	8	8	8	8	8	8
K. Back neck drop (cm)	4	4	4	4	4	4	4	4	4
M. Back length from neck to hem (cm)	50.5	52	54	55	56.5	58	59	59.5	61

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Abbreviations

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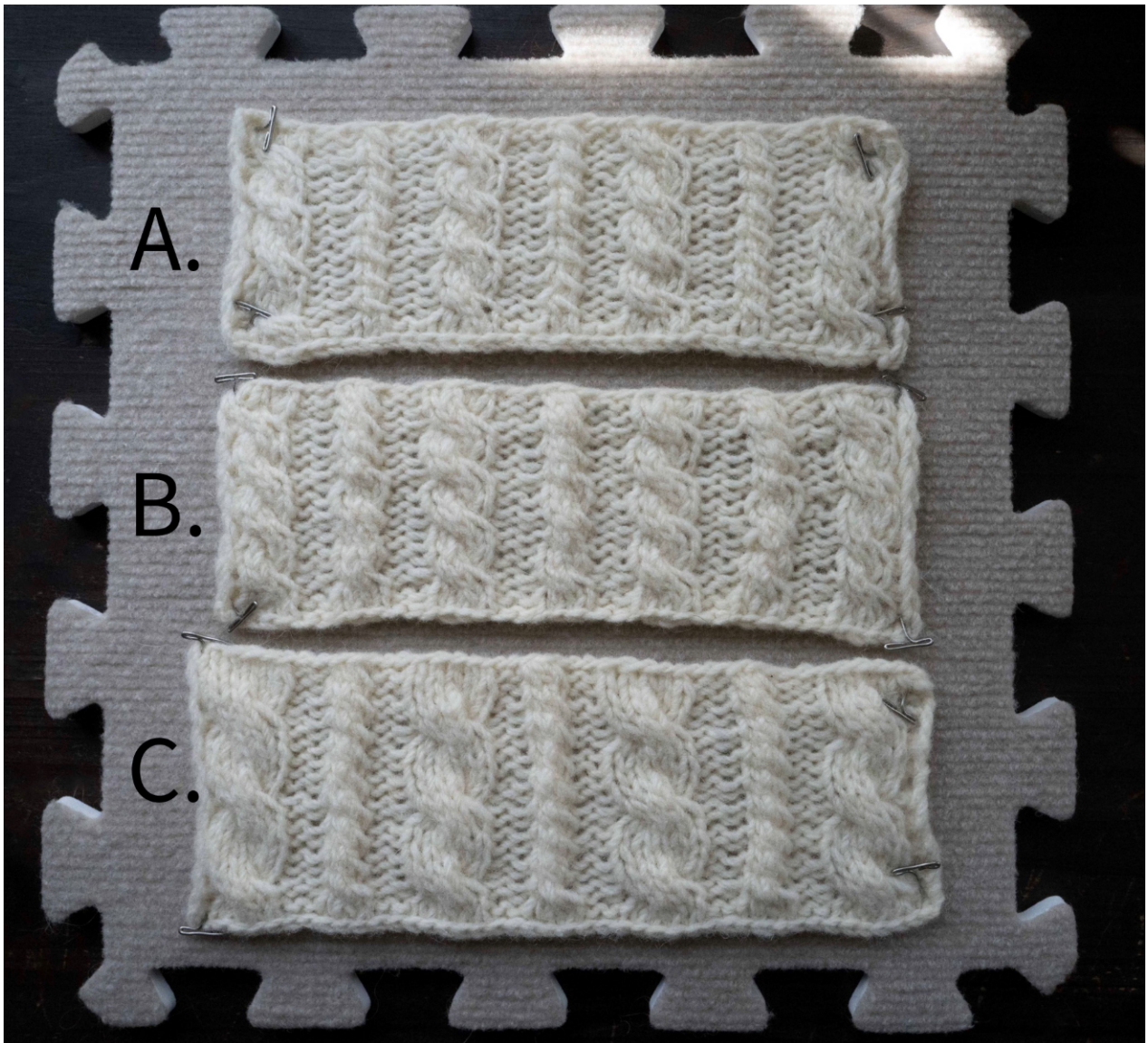
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Responsibility	Percentage
Current government	85%
Previous government	10%
Neither	5%

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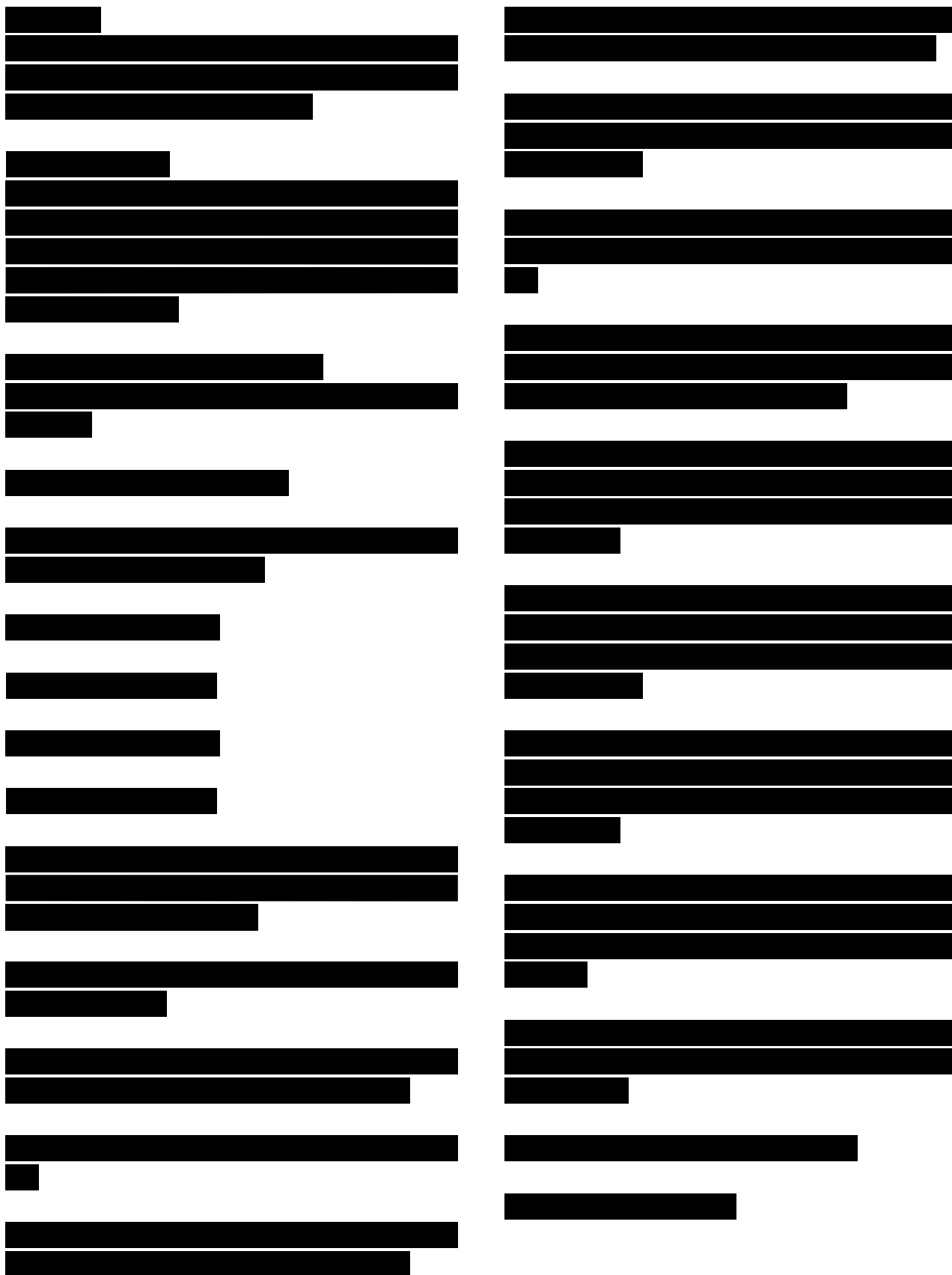
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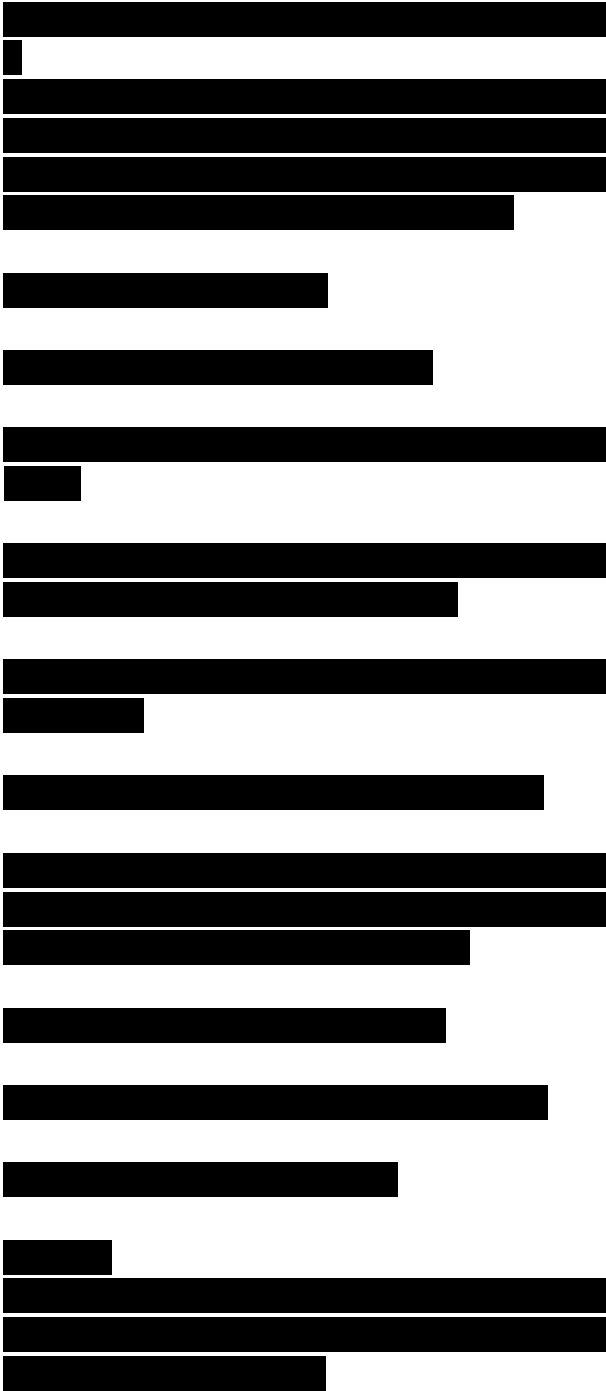
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Happy knitting!

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Tech edited by: Janne ([pineforestknits.com](http://pineforestknits.com))