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Before you start

The patterns are sorted into three levels of difficulty:

1 = Easy 2 = Intermediate 3 = Advanced

If you are a beginner knitter, I recommend the Arctic collection on p59. Those garments are specially designed to be beginner-friendly. That also goes for the January jumper on p139.

The garments in the book are sized according to women's clothes sizes. To decide the size for your cardigan or jumper, you will need to measure your chest. Then add desired positive ease and compare the measurement with the measurement of the finished cardigan. Then pick the size that is closest to your total measurement. Read more about sizing on p154 in the Knitting School.

Keep in mind that you can always lengthen or shorten the body and sleeves on cardigans and jumpers, if you wish. If you lengthen it, you will however need more yarn than what's specified in the pattern.

To decide which sock size to knit, you might have to measure your foot using a tape measure. Here's how: measure the circumference of the widest part of your foot (= the circumference of the sock), then measure the length of your foot from toe to heel (= size). Keep in mind that all socks are stretchy. An unstretched sock that measures 1–1.5 cm (0.4–0.6in) shorter than your foot length will have a good fit. NB: the length of the leg is always measured from the end of the heel.

Read through the whole pattern description before you start knitting to get an idea of the construction and the method.

For information about abbreviations, see p158.

All measurements in centimetres and inches are approximate.

The yarn usage specified in the patterns refers in most cases to whole balls/skeins needed, and not the actual usage, which can sometimes be less.

I recommend knitting a test swatch before you start knitting the actual garment. This is to check that your tension is correct. Make the test swatch approximately 12 x 12cm (4 ¾ x 4 ¾ in). Count the number of stitches and rows you get over 10 x 10cm (4 x 4in). If your tension is out – change knitting needle size. Do you have too few stitches per row? Change to smaller needles. Do you have too many stitches per row? Change to larger needles.

If you can't find the yarn that's listed, you can substitute it with a yarn of the same material and equivalent tension.

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Christmas tree

My Christmas tree is decorated with glistening, old Christmas tree baubles made from glass – you know those that are so delicate that you barely dare to touch them? Straw decorations and various other kinds of inherited decorations also dangle there: christmas wreaths hungwith paper angel book marks, plastic baubles from the 1960s with a Santa orchestra and colourful crackers. On the tree is also a shiny Christmas apple that I got from my teacher in first class, a glass prism in the shape of a star that was a Christmas present from my parents and two small Christmas tree Santas made of yarn, that sit furthest in by the trunk and watch over Christmas.

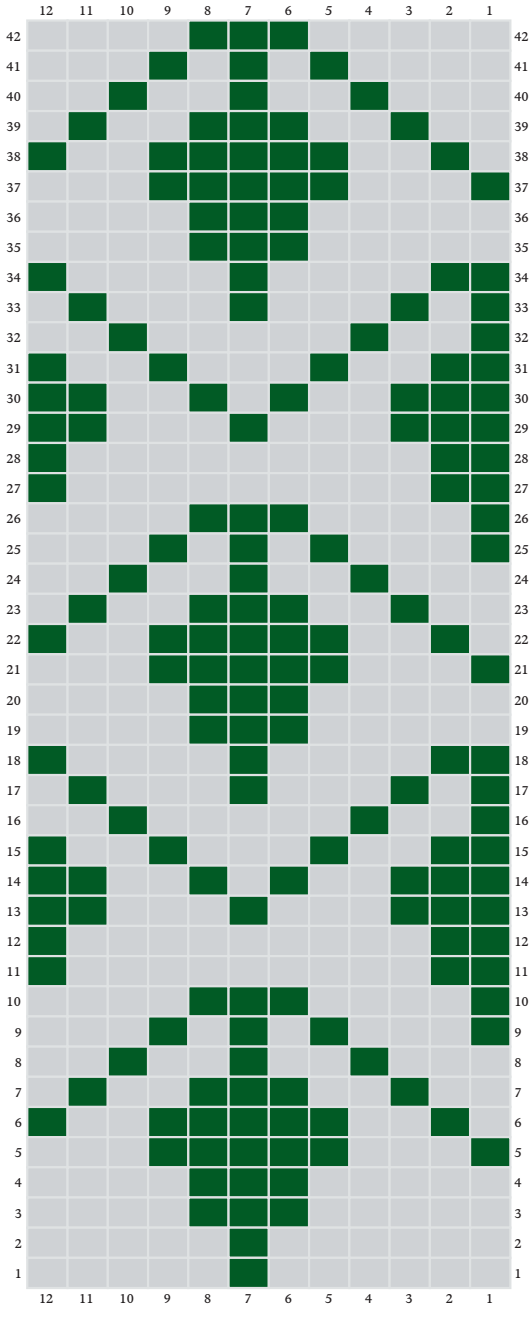
The Christmas tree socks are a tribute to all the Christmas trees in my life – from tabletop trees to plastic trees.

YARN: Järbo Mellanraggi, 75% wool superwash, 25% polyamide, 100g = 260m (284yd)
TENSION: 30 sts × 42 rows in stocking stitch in pattern with 2.5mm needles = 10 × 10 cm (4 × 4in)
SIZES: UK 1/2 (3/4) 5/6 (7/8) / EU 34/35 (36/37) 38/39 (40/41)
SOCK CIRCUMFERENCE: 16 (18) 19 (20)cm / 6 ¼ (7) 7 ½ (7 ¾)in
SOCK LENGTH: 22 (23) 24 (25)cm / 8 ¾ (9) 9 ½ (9 ¾)in
LEG CIRCUMFERENCE: 16 (18) 19 (20)cm / 6 ¼ (7) 7 ½ (7 ¾)in
LEG LENGTH: 19cm (7 ½in)
AMOUNTS: Colour 1 = 150 (200) 200 (200)g / 5.3 (7.1) 7.1 (7.1)oz Light Grey (no. 28211), colour 2 = 50 (50) 50 (50)g / 1.8 (1.8) 1.8 (1.8) oz Forest Green (no. 28237)
DOUBLE-POINTED NEEDLES: 2.5mm
NOTIONS: 4 stitch markers
DIFFICULTY LEVEL: 2 of 3
CONSTRUCTION: The socks are knit from the leg down with rib, colourwork leg and fleegle heel.
TECHNIQUES:

M1L = increase 1 st slanting left. Pick up the thread in between the stitches, from the front with the left needle, to form a new stitch. Knit 1 stitch through the back loop.

M1R = increase 1 st slanting right. Pick up the thread in between the stitches, from behind with left needle, to form a new stitch. Knit 1 through the front loop.

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LEG

With 2.5mm dpns and colour 1, cast on 72 sts and divide the stitches evenly over four needles.

Work in the round in k2, p2 rib stitch for 4cm (1 ½in).

Now work in stocking stitch (= knit all stitches when working in the round) and knit 2 rounds. Knit colourwork pattern following the chart, rounds 1–42 (stitches 1–12 are repeated across the whole round).

With colour 1: Knit 2 rounds.

Work in k2, p2 rib for 2.5cm (1in). Continue working in stocking stitch. Knit 1 round.

Decrease 24 (20) 16 (12) sts evenly spaced over the round = 48 (52) 56 (60) sts.

HEEL GUSSET

Stitches 1–24 (1–26) 1–28 (1–30) = top. Stitches 25–48 (27–52) 29–56 (31–60) = bottom. Continue to work in the round but increase at each side of the sock's bottom following instructions for round 1.

ROUND 1: Top: Knit all stitches. Bottom: K1, M1L (see Techniques), knit to last st, M1R (see Techniques), k1.

ROUND 2: Knit.

Repeat rounds 1 and 2 until you have 46 (50) 54 (58) sts at the bottom. NB: finish with round 2.

HEEL

Knit the stiches on the top in stocking stitch. Then place a marker in the middle of the two middle stitches at the bottom.

Now the bottom is knitted back and forth in stocking stitch with decreases at the sides for the following rows.

ROW 1 (RS): Knit to marker, k2, k2tog, k1, turn.

ROW 2 (WS): SL1 purlwise, hold yarn taut, and purl to marker, p2, ssp tbl (= slip the next 2 sts knitwise, one at a time, from the left needle to the right, then transfer them back to the left needle [they are now twisted] and then purl together through the back loop), p1, turn.

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ROW 3 (RS): SL1 and hold yarn taut, knit to last st before the gap created by the previous turning. Knit together the stitches before and after the gap (= k2tog), k1, turn.

ROW 4 (WS): SL1 purlwise and hold yarn taut, purl to last st before the gap, work together the stitches before and after the gap (= ssp tbl), p1, turn.

Repeat rows 3 and 4 until 2 unworked stitches remain after a wrong side row. Turn.

NEXT ROW (RS): As row 3 but don't turn, instead continue across the top.

NEXT ROW: Top: Knit. Bottom: k1, k2tog tbl (= k2tog through the back loop), knit to last 3 sts, k2tog, k1.

NEXT ROW: Top: Knit. Bottom: k1, k2tog tbl, knit the remaining stitches. Now you will once again have 24 (26) 28 (30) sts at the bottom, 48 (52) 56 (60) sts in total.

FOOT

Work in stocking stitch until the foot measures 16.5 (17.5) 18.5 (19.5)cm / 6 ½ (6 ¾) 7 ¼ (7 ¾)in

TOE

DECREASE ROUND: K1, SL1, k1 and pass the slipped st over the one you've just knitted, knit to last 3 sts on needle 2, k2tog, k1. Needle 3: K1, SL1, k1 and pass the slipped st over the one you've just knitted, knit to last 3 sts on needle 4, k2tog, k1 = 4 sts decreased on the round.

Repeat the decreases every other round until 16 (20) 20 (24) sts remain on the needles.

Cast off using the 3-needle cast off technique, see Knitting School, p160.

Knit one more sock the same way.

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Nordic winter and its rich folklore is the inspiration for this cosy collection of knitting patterns. Renowned designer Maja Karlsson has created 25 size-inclusive patterns suitable for both beginners and more experienced knitters, ranging from advent socks and mittens to jumpers and cardigans – and even a pair of hotpants! – to keep you warm throughout the colder months.

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Extracted from *Nordic Winter Knits* by Maja Karlsson, published by Batsford. Photographs by Helén Pe.
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