**With smaller needles, cast on 94 (102-110-122-134-154) sts.


2nd row: *P2. K2. Rep from * to last 2 sts. P2. Rep last 2 rows (K2. P2) ribbing for 2½" [6 cm], ending with a 2nd row and inc 1 (3-5-3-3-3-3) st(s) evenly across last row.

95 (105-115-125-137-157) sts.***

Change to larger needles and proceed in stocking st until work from beg measures 16 (16-16-16½-17-17½)" [40.5 (40.5-40.5-42-43-44.5) cm] for Women's Version or 16½ (16½-17½-18-18½)" [42 (42-42-44.5-45.5-45.5) cm] for Men's Version, ending with a purl row.

**Shape armholes:** Cast off 8 (10-12-13-10-13) sts beg next 2 (2-2-2-4-4) rows. **Rep last 2 rows 7 (8-9-10-11) times more. 63 (65-69-73-75-81) sts.***

**Shape shoulders:** Cast off 7 (8-9-9-10) sts beg next 2 rows, then 8 (8-9-9-10-11) sts beg following 2 rows. Leave rem 33 (35-35-37-37-39) sts on a st holder.
Say goodbye to knitter’s block

FRONT
Work from ** to ** as given for Back.
Rep last 2 rows 5 times more. 67 (73-79-87-85-93) sts.

2nd row: Purl.
4th row: Purl.
Rep last 2 rows 0 (2-3-5-3-4) times more. 29 (28-29-29-32-34) sts.

Dec 1 st at neck edge only on next and every following alt row until there are 17 (18-21-21-22-26) sts, then on every following 4th row until there are 15 (15-17-18-19-21) sts.

Cont even until armhole measures 8½ (9-9½-9½-10-10½) " [21.5 (23-24-24-25.5-26.5) cm], ending with a knit row.

**Shape shoulder:** Cast off 7 (7-8-9-9-10) sts beg next row. Knit 1 row. Cast off rem 8 (8-9-9-10-11) sts.

FINISHING
Pin garment pieces to measurements and cover with damp cloth leaving cloth to dry.
Sew right shoulder seam.


Rep last 2 rows 3 times more. Cast off in ribbing, dec as before.
Sew left shoulder and neckband seam.

Armbands: With RS facing and smaller needles, pick up and knit 110 (118-122-126-134-142) sts evenly across armhole edge.
Beg on a 2nd row, work 7 rows in (K2. P2) ribbing as given for Back. Cast off in ribbing.
Sew side and armband seams.

Dec 1 st at neck edge only on next and every following alt row until there are 17 (18-21-21-22-26) sts, then on every following 4th row until there are 15 (15-17-18-19-21) sts.

Cont even until armhole measures 8½ (9-9½-9½-10-10½) " [21.5 (23-24-24-25.5-26.5) cm], ending with a knit row.

**Shape shoulder:** Cast off 7 (7-8-9-9-10) sts beg next row. Purl 1 row. Cast off rem 8 (8-9-9-10-11) sts.


Next row: Purl.
Next row: Purl.
Rep last 2 rows 0 (2-3-5-3-4) times more. 29 (28-29-29-32-34) sts.

FINISHING
Pin garment pieces to measurements and cover with damp cloth leaving cloth to dry.
Sew right shoulder seam.


Rep last 2 rows 3 times more. Cast off in ribbing, dec as before.
Sew left shoulder and neckband seam.

Armbands: With RS facing and smaller needles, pick up and knit 110 (118-122-126-134-142) sts evenly across armhole edge.
Beg on a 2nd row, work 7 rows in (K2. P2) ribbing as given for Back. Cast off in ribbing.
Sew side and armband seams.