



DALE<sup>®</sup>  
GARN

HOUSE of YARN

# HENJA T-SHIRT

DG 453-16 | SOFT MERINO



Dale Garn - a part of HOUSE of YARN



DG 453-16

## HENJA T-SHIRT

### DESIGN

Iselin Hafselid

### YARN

SOFT MERINO 100% extra fine merino wool,  
50 grams = approx. 187 metres

**Alternatively yarn:** BABY WOOL

### SIZES

XS (S) M (L) XL (XXL) XXXL

**NOTE!** See GARMENT MEASUREMENTS and find the right size

### GARMENT MEASUREMENTS

Chest size approx. 82 (88) 98 (107) 116 (125) 136 cm

Full length approx. 56 (58) 60 (62) 64 (66) 68 cm

Sleeve-length approx. 18 cm or to desired length)

### YARN AMOUNTS

6 (7) 7 (8) 9 (10) 11 balls

### COLOUR

Off white 3019

### SUGGESTED NEEDLE SIZE

Long and short circular needles and DPN sizes  
2.5 mm and 3 mm

### KNITTING TENSION

26 sts textured pattern with needle size 3 mm = 10 cm

**Check your knitting tension by working a swatch.**

**Count the number of sts per 10cm; if you have more sts than suggested change to a larger needle size. If you have less sts, change to a smaller needle size.**

### FIND THE RIGHT SIZE

1. Measure a garment that fits you.
2. Compare the measurements with the pattern.
3. Choose your size from the width of the body.
4. Length of body and sleeves; you can work them longer or shorter if you wish.

### ABBREVIATIONS

K = knit, P = purl, st. = stitch, r = row

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For shorts pattern see DG 453-17

### BODY

Cast on 214 (230) 254 (278) 302 (326) 354 sts with needle size 2.5 mm. Work pattern in the round according to diagram

**A.** Insert a marker in each side with 107 (115) 127 (139) 151 (163) 177 sts on both the front and back pieces.

Change to needle size 3 mm. Continue working pattern according to diagram **B** (start with bottom row in diagram). Work until the piece measures approx. 37 (38) 39 (40) 41 (42) 43 cm. Divide the piece at each marker and finish the front and back piece separately.

### BACK PIECE

= 107 (115) 127 (139) 151 (163) 177 sts.

Work pattern back and forth as before. Cast off for the armholes at the beginning of each row 4,3,1 (4,3,1,1) 4,3,2,1 (5,4,2,1) 6,4,3,1 (6,4,3,2,1) 6,5,4,2,1 sts in each side = 91 (97) 107 (115) 123 (131) 141 sts. When the piece measures approx. 54 (56) 58 (60) 62 (64) 66 cm, work diagonal shoulders at the beginning of each row 6,6,5,5 (6,6,6,6) 7,7,7,7 (8,8,8,7) 9,9,8,8 (10,9,9,9) 11,10,10,10 sts on each side = 47 (49) 51 (53) 55 (57) 59 sts. Place sts on a st-holder.



## FRONT PIECE

= 107 (115) 127 (139) 151 (163) 177 sts.

Work in the same way as the back piece until the front measures 46 (48) 50 (52) 54 (56) 58 cm. Cast off the middle 17 (19) 21 (23) 25 (27) 29 sts for the neck, and finish each shoulder separately. Cast off for the neck every 2nd row 3,3,2,2,1,1,1,1,1 sts = 22 (24) 28 (31) 34 (37) 41 shoulder-sts. When the piece measures approx. 54 (56) 58 (60) 62 (64) 66 cm, work diagonal shoulder in the same way as on the back piece.

Work the other shoulder in the same way but reversed.

## SLEEVES

Cast on 74 (76) 78 (80) 84 (88) 92 sts with needle size 2.5 mm. Work pattern in the round according to diagram **A**. Change to needle size 3 mm and work 1 round stocking st, **at the same time** adjust the st-number to 73 (75) 79 (83) 89 (95) 99 sts. Insert a marker round first st (= marker-st, always knitted). Continue with pattern according to diagram **B**. When the sleeve measures 4 cm, increase 1 st on each side of the marker-st. Repeat the increase every cm a total of 8 (9) 9 (10) 10 (10) 11 times = 89 (93) 97 (103) 109 (115) 121 sts. Work until the sleeve measures 18 cm, or desired Length. On the last round, cast off 9 sts mid-under the sleeve (= marker-st + 4 sts on each side) = 80 (84) 88 (94) 100 (106) 112 sts. Cast off for the sleeve cap at the beginning of each row: 5,5,4,3,2,2,2,1,1,1,1,1,1,1 st on each side = 20 (24) 28 (34) 40 (46) 52 sts. Cast off the remaining sts. Work one more sleeve in the same way.

## ASSEMBLY

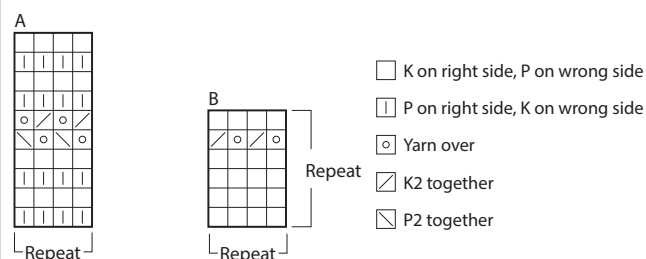
Sew together the shoulder seams. Sew in the sleeves. Make sure middle of sleeve matches the shoulder seam.

## NECK

Place the neck-sts on needle size 2.5 mm and knit up 69 (71) 73 (75) 75 (77) 77 sts, around the neckline = 116 (120) 124 (128) 130 (134) 136 sts. Work 10 cm rib in the round with K1 twisted, P1.

Loosely cast off with K and P. Fold the rib double to the inside and sew down with loose stitches.

## DIAGRAM



Do you need inspiration for your next knitting project? Check out the website [houseofyarn.no](https://houseofyarn.no)