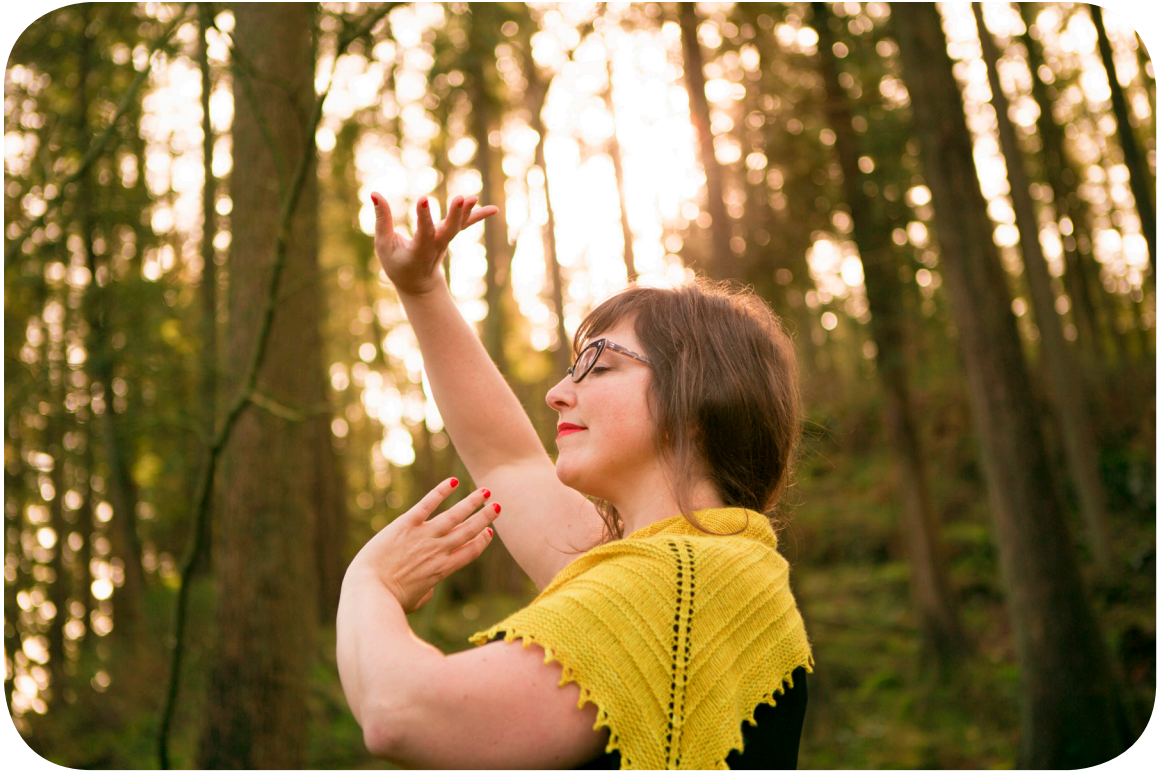


The Sunlight Shawl for Sad People



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The premise of this shawl isn't fancy. I started knitting it in the miserable Vancouver winter of 2011 as a cure for my melancholy (which was mostly *about* the miserable Vancouver winter of 2011). The sunlight-like glow of the yarn helped me through the dark cloudy days.

Yarn:

For the 2016 update I used: 1 Skein of sunflower knit's mermaid hair single ply fingering weight yarn in colourway "osage orange"

For the 2012 original pattern I used: 1 skein of Malabrigo Sock in colourway "Ochre".

Needles:

3.5mm (US 4) needles (I used a pair of 29" (73 cm) circular needles).

Notions:

Whichever tools you like for weaving in ends.
Whichever tools you like for blocking your shawl.

Gauge:

20 sts by 35 rows = 4" x 4" (10cm x 10cm) square
worked in stockinette and blocked.

Size:

The sample is 56" (1.4m) long, measured along the wingspan
and 28" (71cm) deep, measured down the spine.

Legend:

YO = Yarn over

K = Knit

P = Purl

RS = Right side

WS = Wrong side

PM = Place stitch marker

SM = Slip stitch marker (from left needle onto right needle)

This pattern is meant to be a recipe more than anything, so I strongly suggest you play around with yarn weight and fiber content and pick a skein out of your stash to play with.

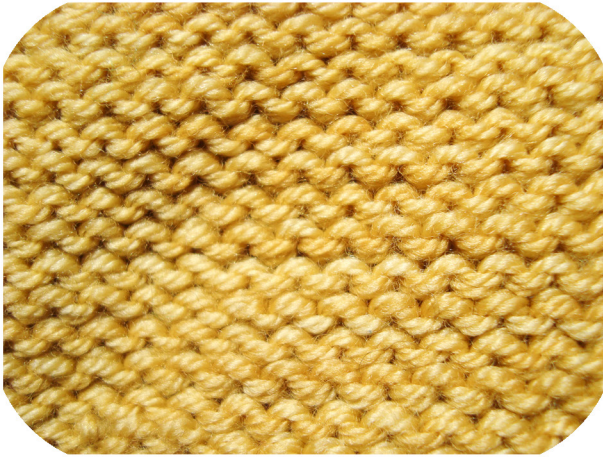
Also, don't feel limited to the colour yellow... a blue sky shawl would also keep away the rainy day blues!

Telling the difference between the Right Side (RS) and the Wrong Side (WS)

This pattern is knit flat with wrong side rows and right side rows.

Which means the wrong side will have primarily purls and the right side with have primarily knits.

The right side's fabric is going to look like lots of little Vs while the wrong side is going to look like lots of little lines or bumps.



Wrong side (WS)



Right side (RS)

Yarn Overs!

The yarn over (YO) is the first building block to lace knitting. Lots of new knitters do these by accident - the premise of the yarn over is to literally put the yarn from front to back over your right-hand knitting needle and then work the next stitch.



Cast on 10 stitches.

Set up row 1: K2, PM, K2, PM, K2, PM, K2, PM, K2. (10 stitches)

Set up row 2: K2, purl to last 2 stitches

(slipping the markers when you come to them), K2. (10 stitches)

Set up row 3: K2, SM, YO, K2, YO, SM, K2, SM, YO, K2, YO, SM, K2. (14 stitches)

Set up row 4: K2, purl to last 2 stitches, K2. (14 stitches)

The K2 at the beginning and end of each of the rows is to establish a garter ridge border.

The repeatable part of the pattern:

Row 1 (RS): K2, SM, YO, knit to next marker, YO, SM, K2, SM, YO,
knit to next marker, YO, SM, K2

Row 2 (WS): K2, purl to last 2 stitches, K2.

If you work row 1 and 2 over and over again you'll get a plain stockinette top-down triangle shawl.

You can add **garter ridges** (the little bumpy rows on the front of the shawl) any time you want by just knitting all the stitches on a WS row. So to add a garter ridge make sure you're about to work a WS row and just substitute this garter ridge row instead of the regular WS row.

Randomly placed garter ridge row (WS): K all stitches.

Some people like to add them evenly throughout their project, while I like to just put them in there somewhat haphazardly whenever I feel like it.

Finishing up the shawl:

When I knit this shawl I decided to knit a few rows of garter stitch before I did the picot cast-off. I worked the garter ridge row on every WS row for 8 rows while still continuing the RS row increases.



The picot cast-off:

You should be on a RS row.

Cast off 4 stitches in regular fashion.

*Slip the stitch that's on your right-hand needle onto your left-hand needle, use the knitted cast-on to cast on 2 stitches.

Cast off 6 stitches*

Repeat from * to * until all stitches have been cast off.

How to do a knitted cast-on:

After you cast off your 4 stitches, slip the stitch you have on your right-hand needle onto the left-hand needle. Put your right-hand needle through the stitch you've just put back onto the left-hand needle. Start to knit the stitch, pull the yarn through the stitch, but don't drop the old stitch off the left-hand needle. Just keep that loop of yarn (your new stitch) that you pulled through the stitch on your right-hand needle.

Then twist that loop of yarn and put it on the left-hand needle. If you've done this correctly you'll have a new stitch created on your left-hand needle. To cast on more stitches in this way, just repeat that step over again to cast on as many stitches as you need (which in this case is just 2).

If this is your first time doing a knitted cast-on. Check out The Knit Witch's excellent video tutorial here: <http://bit.ly/21lsqBw>



Blocking:

Blocking is incredibly important with all shawls. When you cast off your shawl it will be a tiny little sad scrunched-up ball of knitting. It will only blossom into something gorgeous if you pin the ever-living hell out of it.

Soak the shawl in lukewarm water, you can use a wool soak like Eucalan or not. Make sure not to agitate it too much as it might felt. Squeeze out the water gently, you can use a towel to press the water out too, to help it dry. Lay it out on a bed or a blocking mat or a bunch of cardboard and stick pins in every picot edge as well as along the straight edges. Block heavily, pull it tight.

Let it dry overnight. Only unpin when it is truly dry.

Keep in touch if you feel like it!

You can follow me on instagram (@softsweater) to keep up to date with my designs!
Or find links to all my other social media over at www.softsweaterknits.com.

Thank you to the amazingly talented **Vivienne McMaster** from Be Your Own Beloved photography for shooting her gorgeous self portraits for this pattern! She is a wonderful body-positive, highly skilled photographer and photography teacher and all around inspiring woman!

Head over to her website www.beyourownbeloved.com to take a look at her photos and her e-course list! She's also has a gorgeous instagram feed.
Find her over on instagram as @VivienneMCM.

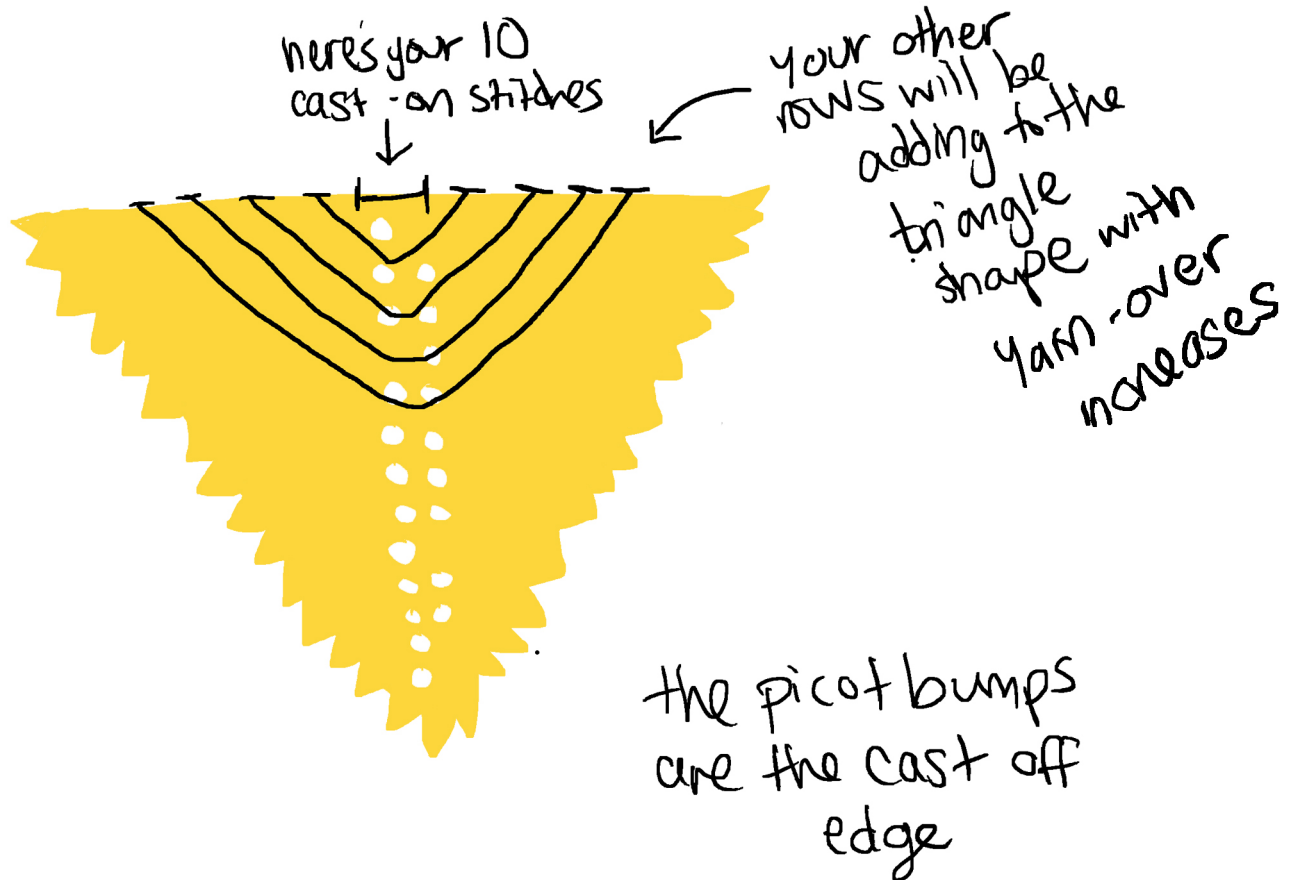
And thank you to Nicola from **Tiny Island Textiles** for tech editing!



The mysterious construction of a top-down triangle shawl:

You would think, casting on your measly 10 stitches that you would be starting with one of the three points of a triangle shawl, but you are actually casting on in the middle of the top (the flat part), of the shawl.

Here, let me include a badly drawn diagram to help me explain the point.



Best wishes and **happy knitting!**

