

Nessa's Shrug

by Rebecca Frost



There's something just a little ... off ... about this shrug. Some elements are mirrored, but others move strangely and need a double take to see that they aren't actually identical. Just when you think you've figured it out, it throws you for another loop. Named for the main character of my book *Blood Sisters*, this shrug will keep you warm while reading – or writing – your favorite books.

Gauge in moss stitch: 25 stitches and 32 rows for a 4"x4" or 10cmx10cm swatch

If you decide to work your shrug at a different gauge, take time to check your blocked measurements and make sure you have enough yarn for your personal gauge.

Sample yarn:

MC – Malabrigo Yarn Washed in Natural, 4 skeins; 800 yards/732 meters of worsted weight yarn

CC1 – Malabrigo Yarn Rios in Ravelry red, less than 1 skein; 53 yards/48 meters of worsted weight yarn

CC2 – Malabrigo Yarn Rios in black, less than 1 skein; 53 yards/48 meters of worsted weight yarn

Sample measurements: 46.5"/118cm long including cuffs; 19"/48cm deep at the back

Cuffs: fit up to a 14"/35.5cm circumference; 1.5"/3.8cm deep

The sample worked 14.5 repeats of the chart. Each repeat used approximately 180 yards of yarn. Each pattern repeat is 3" long, so if you match my gauge and want to add length, calculate approximately 180 yards for each additional 3". Remember that the cuffs are doubled over so the inside circumference will be squished a bit – the outside of each of my cuffs measures 15"/38cm.

Construction note: the center textured and cabled panel is worked first, starting with a provisional cast-on. Once completed, the stitches are placed on hold and the center panel is blocked flat to measurements. If you're using different yarn or getting a different gauge, this is your chance to make sure your finished shrug will be the size you want. The live stitches are then put back on a needle and worked for the first cuff, and then the provisional cast-on is undone so you can work the second cuff. Finally you sew up the arms 4"/10cm on each sleeve. The cuffs are either spray blocked or steam blocked to even out the stitches without putting a crease in the body of the shrug. This also means you can avoid soaking the whole project and worrying about the darker colors bleeding into the natural.

Tools

- Size US5/3.75mm knitting needles (or the size you need to meet gauge) in your preferred lengths for knitting flat and small circumference
- A similarly-sized crochet hook if you prefer the crochet provisional cast-on
- A cable needle
- 4 stitch markers
- Scissors
- A tapestry needle
- Waste yarn (for the provisional cast-on and to transfer live body stitches for blocking)

Abbreviations

k – knit

p – purl

pm – place marker

slm – slip marker

1/1L – slip 1 stitch onto a cable needle and hold in front, k1, then k1 from cable needle

1/1LpC – slip 1 stitch onto a cable needle and hold in front, p1, then k1 from cable needle

1/1R - slip 1 stitch onto a cable needle and hold in back, k1, then k1 from cable needle

1/1RpC - slip 1 stitch onto a cable needle and hold in back, k1, then p1 from cable needle

2/2LC – slip two stitches to a cable needle and hold to the front of the work. knit two stitches from the left needle. knit two stitches from the cable needle.

2/2RC - slip two stitches to a cable needle and hold to the back of the work. knit two stitches from the left needle. knit two stitches from the cable needle.

k1tbl – knit one through the back loop

p1tbl – purl one through the back loop

sl1yif – slip one stitch purlwise with the yarn in front

1/1LC-twisted – Slip one stitch to a cable needle and hold to the front of the work. knit one stitch from the left needle through the back loop. knit the stitch from the cable needle through the back loop.

1/1RC-twisted – Slip one stitch to a cable needle and hold to the back of the work. knit one stitch from the left needle through the back loop. knit the stitch from the cable needle through the back loop.

1/1LC-with purl – Slip one stitch to a cable needle and hold to the front of the work. purl one stitch from the left needle. knit the stitch from the cable needle through the back loop.

1/1RC-with purl – Slip one stitch to a cable needle and hold to the back of the work. knit one stitch from the left needle through the back loop. purl the stitch from the cable needle.



Instructions – Shrug Body

Using your favorite provisional cast-on, cast on 120 stitches. This section is worked flat.

Set-Up Rows: Using MC, work the following setup rows once.

Set-up Row 1 (RS): k 5, **pm**, k 20, **pm**, k36, **pm**, k54, **pm**, k5.

Set-up Row 2 (WS): k to M, **slm**, [p1 k1] to M, **slm**, [k2 p1tbl] 3 times, k6,p6, k6, [p1tbl k2] x3, **slm**, [p1 k1] to M, **slm**, k2, p3

Begin the pattern repeat using either the written instructions (below) or the charted instructions (page 6). Repeat rows 1-24 until the body is the proper length. For my sample, I repeated rows 1-24 14 times, and then worked rows 1-12. You can stop after any row 24 or row 12.

Pattern Repeat – Written Instructions

Row 1 [RS]: k5, **slm**, (k1, p1) to m, **slm**, p2, (k1tbl), p2, (1/1LC-with purl), (1/1RC-with purl), p6, k2, (2/2LC), p6, (1/1LC-with purl), (1/1RC-with purl), p2, (k1tbl), p2, **slm**, (k1, p1) to m, **slm**, k2, (sl1yif) x 3

Row 2 [WS]: k5, **slm**, (k1, p1) to m, **slm**, k2, (p1tbl), k3, (p1tbl) x 2, k7, p6, k7, (p1tbl) x 2, k3, (p1tbl), k2, **slm**, (k1, p1) to m, **slm**, k2, (sl1yif) x 3

Row 3 [RS]: k5, **slm**, (p1, k1) to m, **slm**, (k1tbl), p3, (1/1RC-twisted), p7, k6, p7, (1/1LC-twisted), p3, (k1tbl), p2, **slm**, (p1, p1) to m, **slm**, k2, (sl1yif) x 3

Row 4 [WS]: k5, **slm**, (p1, k1) to m, **slm**, k2, (p1tbl), k3, (p1tbl) x 2, k7, p6, k7, (p1tbl) x 2, k3, (p1tbl), k2, **slm**, (p1, p1) to m, **slm**, k2, (sl1yif) x 3

Row 5 [RS]: k5, **slm**, (k1, p1) to m, **slm**, p2, (1/1RC-with purl), (1/1LC-with purl), p6, k2, (2/2LC), p6, (1/1RC-with purl), (1/1LC-with purl), p2, (k1tbl), p2, **slm**, (k1, p1) to m, **slm**, k2, (sl1yif) x 3

Row 6 [WS]: k5, **slm**, (k1, p1) to m, **slm**, k2, (p1tbl), k2, (p1tbl), k2, (p1tbl), k6, p6, k6, (p1tbl), k2, (p1tbl), k2, (p1tbl), k2, **slm**, (k1, p1) to m, **slm**, k2, (sl1yif) x 3

Row 7 [RS]: k5, **slm**, (p1, k1) to m, **slm**, p2, (1/1LC-with purl), (1/1RC-with purl), p2, (k1tbl), p6, (2/2RC), k2, p6, (k1tbl), p2, (1/1LC-with purl), (1/1RC-with purl), p2, **slm**, (p1, p1) to m, **slm**, k2, (sl1yif) x 3

Row 8 [WS]: k5, **slm**, (p1, k1) to m, **slm**, k3, (p1tbl) x 2, k3, (p1tbl), k6, p6, k6, (p1tbl), k3, (p1tbl) x 2, k3, **slm**, (p1, p1) to m, **slm**, k2, (sl1yif) x 3

Row 9 [RS]: k5, **slm**, (k1, p1) to m, **slm**, p3, (1/1RC-twisted), p3, (k1tbl), p6, k6, p6, (k1tbl), p3, (1/1RC-twisted), p2, **slm**, (k1, p1) to m, **slm**, k2, (sl1yif) x 3

Row 10 [WS]: k5, **slm**, (k1, p1) to m, **slm**, k3, (p1tbl) x 2, k3, (p1tbl), k6, p6, k6, (p1tbl), k3, (p1tbl) x 2, k3, **slm**, (k1, p1) to m, **slm**, k2, (sl1yif) x 3

Row 11 [RS]: k5, **slm**, (p1, k1) to m, **slm**, p2, (1/1RC-with purl), (1/1LC-with purl), p2, (k1tbl), p6, (2/2RC), k2, p6, (k1tbl), p2, (1/1RC-with purl), (1/1LC-with purl), p2, **slm**, (p1, p1) to m, **slm**, k2, (sl1yif) x 3

Row 12 [WS]: k5, **slm**, (p1, k1) to m, **slm**, k2, (p1tbl), k2, (p1tbl), k2, (p1tbl), k6, p6, k6, (p1tbl), k2, (p1tbl), k2, (p1tbl), k2, **slm**, (p1, p1) to m, **slm**, k2, (sl1yif) x 3

Row 13 [RS]: k5, **slm**, (k1, p1) to m, **slm**, p2, (1/1LC-with purl), (1/1RC-with purl), p2, (k1tbl), p6, k2, (2/2LC), p6, (k1tbl), p2, (1/1LC-with purl), (1/1RC-with purl), p2, **slm**, (k1, p1) to m, **slm**, k2, (sl1yif) x 3

Row 14 [WS]: k5, **slm**, (k1, p1) to m, **slm**, k3, (p1tbl) x 2, k3, (p1tbl), k6, p6, k6, (p1tbl), k3, (p1tbl) x 2, k3, **slm**, (k1, p1) to m, **slm**, k2, (sl1yif) x 3

Row 15 [RS]: k5, **slm**, (p1, k1) to m, **slm**, p3, (1/1LC-twisted), p3, (k1tbl), p6, k6, p6, (k1tbl), p3, (1/1RC-twisted), p3, **slm**, (p1, p1) to m, **slm**, k2, (sl1yif) x 3

Row 16 [WS]: k5, **slm**, (p1, k1) to m, **slm**, k3, (p1tbl) x 2, k3, (p1tbl), k6, p6, k2, p, k3, (p1tbl), k3, (p1tbl) x 2, k3, **slm**, (p1, p1) to m, **slm**, k2, (sl1yif) x 3

Row 17 [RS]: k5, **slm**, (k1, p1) to m, **slm**, p2, (1/1RC-with purl), (1/1LC-with purl), p2, (k1tbl), p6, k2, (2/2LC), p6, (k1tbl), p2, (1/1RC-with purl), (1/1LC-with purl), p2, **slm**, (k1, p1) to m, **slm**, k2, (sl1yif) x 3

Row 18 [WS]: k5, **slm**, (k1, p1) to m, **slm**, k2, (p1tbl), k2, (p1tbl), k2, (p1tbl), k6, p6, k6, (p1tbl), k2, (p1tbl), k2, (p1tbl), k2, **slm**, (k1, p1) to m, **slm**, k2, (sl1yif) x 3

Row 19 [RS]: k5, **slm**, (p1, k1) to m, **slm**, p2, (k1tbl), p2, (1/1LC-with purl), (1/1RC-with purl), p6, (2/2RC), k2, p6, (1/1LC-with purl), (1/1RC-with purl), p2, (k1tbl), p2, **slm**, (p1, p1) to m, **slm**, k2, (sl1yif) x 3

Row 20 [WS]: k5, **slm**, (p1, k1) to m, **slm**, k2, (p1tbl), k3, (p1tbl) x 2, k7, p6, k7, (p1tbl) x 2, k3, (p1tbl), k2, **slm**, (p1, p1) to m, **slm**, k2, (sl1yif) x 3

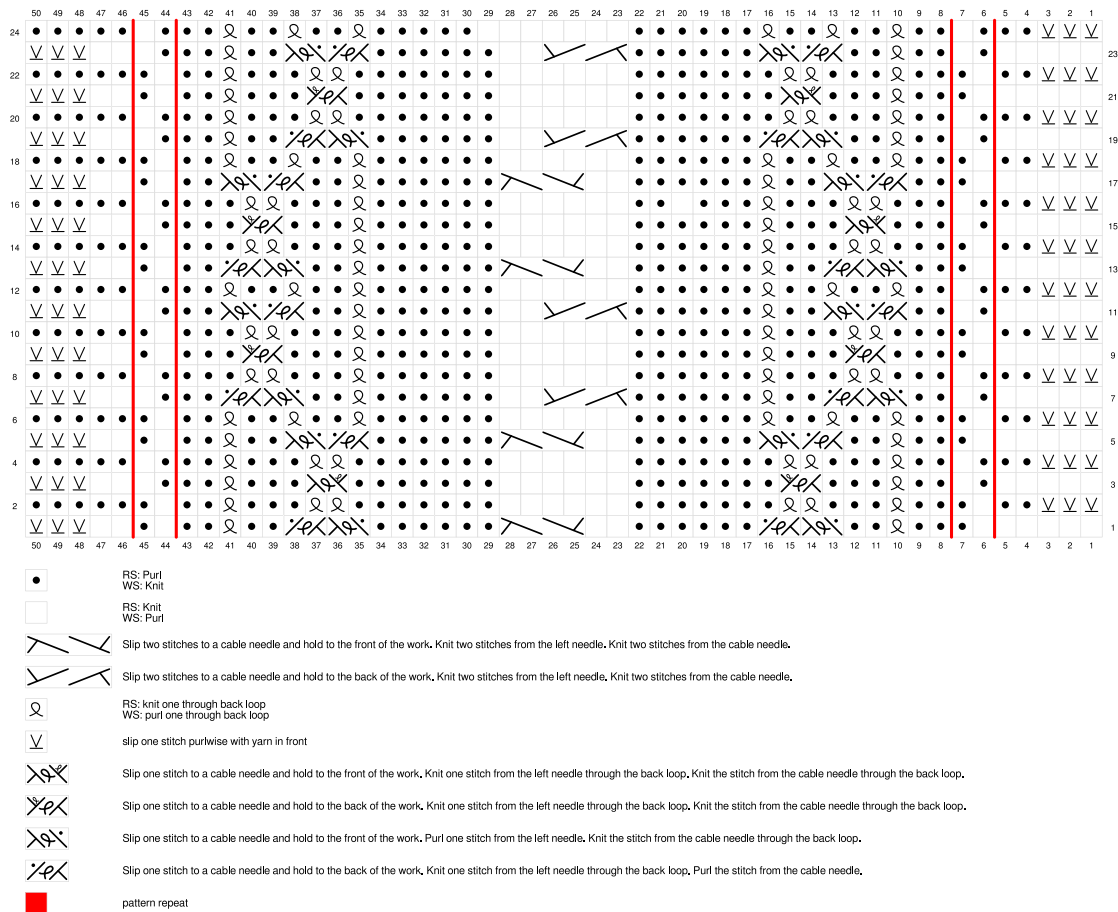
Row 21 [RS]: k5, **slm**, (k1, p1) to m, **slm**, p2, (k1tbl), p3, (1/1LC-twisted), p7, k6, p7, (1/1RC-twisted), p3, (k1tbl), p2, **slm**, (k1, p1) to m, **slm**, k2, (sl1yif) x 3

Row 22 [WS]: k5, **slm**, (k1, p1) to m, **slm**, k2, (p1tbl), k3, (p1tbl) x 2, k7, p6, k7, (p1tbl) x 2, k3, (p1tbl), k2, **slm**, (k1, p1) to m, **slm**, k2, (sl1yif) x 3

Row 23 [RS]: k5, **slm**, (p1, k1) to m, **slm**, p2, (k1tbl), p2, (1/1RC-with purl), (1/1LC-with purl), p6, (2/2RC), k2, p6, (1/1RC-with purl), (1/1LC-with purl), p2, (k1tbl), p2, **slm**, (p1, p1) to m, **slm**, k2, (sl1yif) x 3

Row 24 [WS]: k5, **slm**, (p1, k1) to m, **slm**, k2, (p1tbl), k2, (p1tbl), k2, (p1tbl), k5, p7, k6, (p1tbl), k2, (p1tbl), k2, (p1tbl), k2, **slm**, (p1, p1) to m, **slm**, k2, (sl1yif) x 3

Pattern Repeat – charted instructions



Once you have worked your shrug body to the proper length (my sample was 14.5 pattern repeats and blocked to 43.5"/118cm) transfer your live stitches to a spare length of yarn so you can soak and block your rectangle. Mine blocked out at 43.5"/118cm long and 19"/48cm high.



This was my swatch – I prefer blocking rectangles with blocking wires to get those perfectly straight edges.

Blocking at this point means we don't have to worry about negotiating the cuffs of the shrug or steaming out a fold line later. It also means we can check and see how well the larger fabric measures up before adding the cuffs.

First Cuff: 3x3 Plaid

Transfer the 120 live stitches back onto a needle for working in the round.

Set-up Row: Using CC1, (k1 k2tog) around. 80 Stitches.

On the first round only, work the first two stitches as k2tog. 78 stitches after round 1 of the plaid.

Work the 6 rows of the 3x3 plaid a total of 4 times following either the written or charted instructions.

3x3 Plaid Written Instructions – repeat each set of row instructions 13x per cuff round

Row 1: (CC2) x 3, (CC1) x 1, (CC2) x 1, (CC1) x 1

Row 2: (CC2) x 4, (CC1) x 1, (CC2) x 1

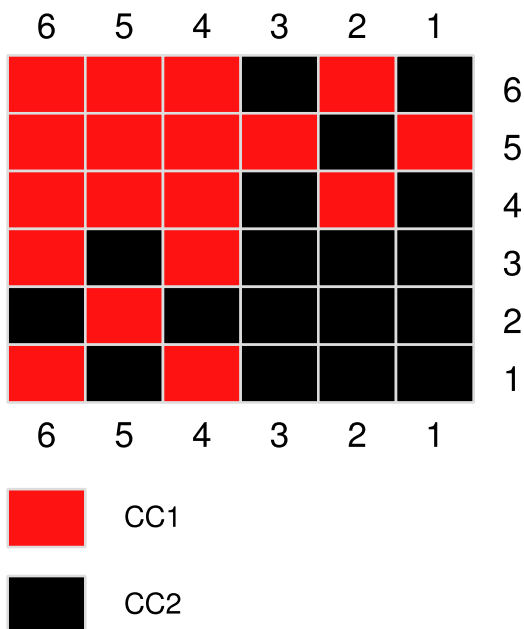
Row 3: (CC2) x 3, (CC1) x 1, (CC2) x 1, (CC1) x 1

Row 4: (CC2) x 1, (CC1) x 1, (CC2) x 1, (CC1) x 3

Row 5: (CC1) x 1, (CC2) x 1, (CC1) x 4

Row 6: (CC2) x 1, (CC1) x 1, (CC2) x 1, (CC1) x 3

3x3 plaid - chart



Bind off in the round using CC2, leaving a long tail. Fold the cuff under and sew the bindoff to the setup round to make a folded cuff. (Alternately, do a folded hem bind off in the round using CC2, following that first round in CC1 to see where to pick up your stitches. Remember you did decrease 2 stitches between that first round and your last, so your bindoff will have to adjust for that.)

Second Cuff: 5x5 Plaid

Transfer the 120 live stitches back onto a needle for working in the round.

Set-up Row: Using CC1, (k1 k2tog) around. 80 Stitches.

Work the 10 rows of the 5x5 plaid twice, then work rows 1-5 again following either the written or charted instructions.

5x5 Plaid Written Instructions – repeat each set of row instructions 8x per cuff round

Row 1: (CC2) x 5, (CC1) x 1, (CC2) x 1, (CC1) x 1, (CC2) x 1, (CC1) x 1

Row 2: (CC2) x 6, (CC1) x 1, (CC2) x 1, (CC1) x 1, (CC2) x 1

Row 3: (CC2) x 5, (CC1) x 1, (CC2) x 1, (CC1) x 1, (CC2) x 1, (CC1) x 1

Row 4: (CC2) x 6, (CC1) x 1, (CC2) x 1, (CC1) x 1, (CC2) x 1

Row 5: (CC2) x 5, (CC1) x 1, (CC2) x 1, (CC1) x 1, (CC2) x 1, (CC1) x 1

Row 6: (CC2) x 1, (CC1) x 1, (CC2) x 1, (CC1) x 1, (CC2) x 1, (CC1) x 5

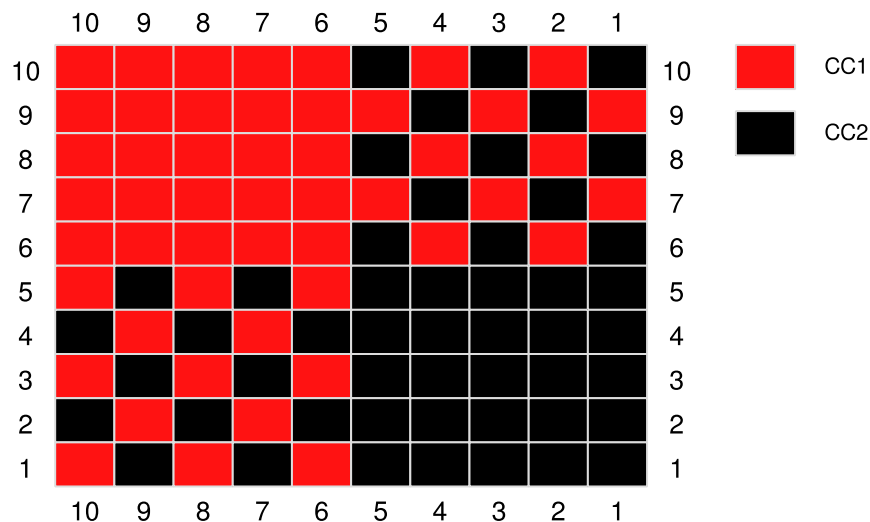
Row 7: (CC1) x 1, (CC2) x 1, (CC1) x 1, (CC2) x 1, (CC1) x 6

Row 8: (CC2) x 1, (CC1) x 1, (CC2) x 1, (CC1) x 1, (CC2) x 1, (CC1) x 5

Row 9: (CC1) x 1, (CC2) x 1, (CC1) x 1, (CC2) x 1, (CC1) x 6

Row 10: (CC2) x 1, (CC1) x 1, (CC2) x 1, (CC1) x 1, (CC2) x 1, (CC1) x 5

5x5 plaid - chart



Bind off in the round using CC2, leaving a long tail. Fold the cuff under and sew the bindoff to the setup round to make a folded cuff. (Alternately, do a folded hem bind off in the round using CC2, matching your stitches with that first round in CC1.)

Finishing

Spray or steam-block the cuffs to even out the stitches. Allow them to dry.



Weave in the ends – CC1 and CC2 ends can be tucked into the folded cuff – and seam up the sleeves approximately 4"/10cm along the icord edges.

I pinned my shrug with locking stitch markers and tried it on to find out how much of a seam I wanted.

Wear your shrug and enjoy!



If you enjoy knitting this pattern, please consider [ordering my second novel *Blood Sisters*](#) so I can keep writing and making book-themed knitting patterns.

My first novel, [Not Your Mary Sue, is also available](#) for purchase. Find [The Marcy Shawl pattern here](#).