



TIPS FOR A PERFECT FIT

EBOOK

LEARN HOW TO KNIT A SWEATER OR
CARDIGAN THAT FITS!

love life yarn
Modern Knit and Crochet for the whole family



WELCOME

My name is Amanda Saladin and I'm the blogger behind the popular knit and crochet blog Love.Life.Yarn.

I'm *obsessed* with helping knitters and crocheters improve their crafts - and I help by providing helpful resources such as free patterns, workshops and ebooks such as this one.

I hope you will use these tips to help knit the best fitting sweater you've ever made!

Happy Knitting!

Amanda

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INTRODUCTION

We all want to knit a sweater that fits. If you're going to put all the love and effort into thousands of stitches - it needs to FIT!

But all too often knitters find that they have trouble with the sizing of their sweaters and end up disappointed with the finished sweater.

In this ebook we will look at some tips and tricks to help you achieve a perfect fit every time, whether it's your first sweater - or your hundredth.



Tip number one...

KNOW WHAT YOU LIKE

Take a look at the sweaters you love and wear often. They can be store-bought or handmade, it doesn't matter.

What do they have in common? Look at the weight of the yarn, the length of the sweater and the chest measurement. Are they long sleeve or short? Cardigans or pullovers?

This can tell you a lot about the types of sweaters you should be making. I love to work with super bulky yarn, but I've learned from experience this is *not* the type of yarn I should be knitting a sweater for myself with!

So the first step is to evaluate what you love and wear. Take notes!

Tip Number Two...

KNOW YOUR MEASUREMENTS

This is super important because if you don't know the most important measurements, you won't know what size to make.

Most important measurements:

- Bust/Chest
- Total Length
- Sleeve Length
- Upper Arm

It's best to have someone else take these measurements for you, as it's pretty hard to accurately measure yourself.

Sweater patterns are written with ease, meaning the amount of room between your actual measurement and the pattern measurement. For a snug sweater, go with your actual chest measurement. If you want some room, give at least 2" and up to 6" for very oversized sweaters.

DON'T GET CAUGHT UP IN A SIZE!

Even if you always wear a certain size in clothing it's best to go by actual measurements of the finished sweater.

For example, if you normally wear a size Large and have a 40" bust, most of the time you will probably make a size Large sweater. But if the pattern you are making says that a size XL is a 42" bust, you'd be much happier going with an XL even though it's not your "usual" size.

The size is irrelevant. What matters is the measurement, so please don't get caught up in sizing!

Tip Number Three...

CHOOSE YOUR YARN WISELY

Go back and look at the sweaters in your closet that get the most wear and focus on the types of yarn that are used.

You will probably find that the sweaters you wear tend to fall into a certain yarn weight or two. You might find that you like very thin yarns for your cardigans, for example, so you can wear them year-round.

If this is the case, then making a cardigan in a bulky yarn probably won't give you the result you want, even if you do follow the same measurements as a favorite sweater.

On the other hand, you might find you prefer warm, chunky sweaters. Knowing what you like is a *huge* help when it comes to knitting sweaters that fit because you can use what you already love to guide you to what you make today.

A NOTE ON FIBER CONTENT

When you are looking at those sweaters, also take note of the fiber content of the sweaters you love. You will probably find again that you have similar fiber types in your closet.

Are all your sweaters wool? Blends? Cotton? Take a note because this should influence what type of yarn you make your next sweater in.

If you find that you like DK weight yarn in a wool blend, or maybe you love a fingering weight cotton, then that should be your first choice.

So take the yarn weight and fiber content into account when choosing a sweater pattern and yarn for your next project.

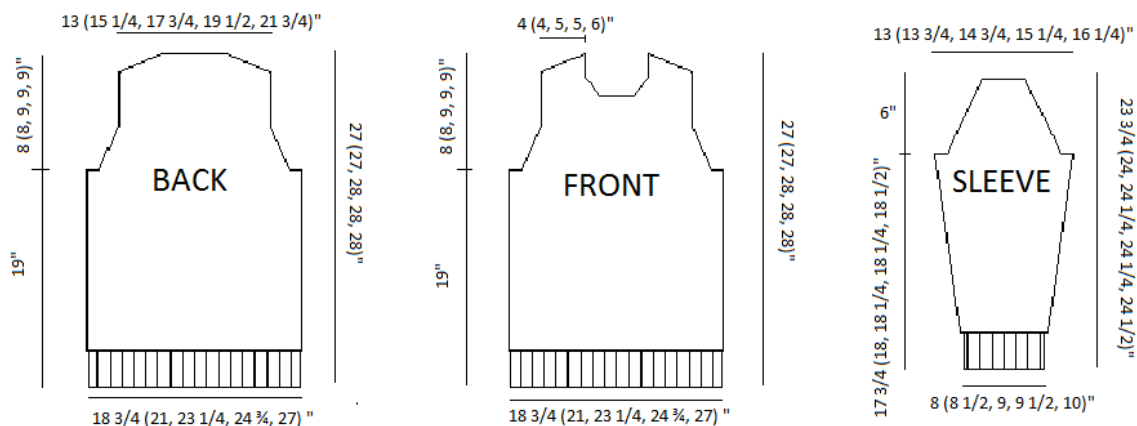
Tip Number Four...

USE SCHEMATICS

A schematic drawing can tell you a LOT about the pattern you are making.

This simple flat sketch tells you the blocked measurements of each piece, including the width and length. Here you can see how long your sleeves will be, how wide your sweater will be and more.

It can also tell you at a glance what shaping will be involved with your sweater. Does it have waist shaping? A set-in sleeve? Any complicated or unusual shapes?



***Pro Tip:** Here is another place where your favorite sweaters can come in handy. Lay out your sweater flat and measure each part of it. Does it come close to the measurements of the pattern you are considering?

****Remember** when it's lying flat, this is only half of the finished chest measurement.

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Tip Number Five...

MAKE SURE YOU SWATCH



Swatching is how you ensure that you are getting the same number of stitches and rows per inch that the designer got when he or she made their pattern.

To make a swatch, find the gauge information on the pattern. It should tell you several important things:

- The number of sts and rows per inch
- The size needles used (if more than one size is listed under materials)
- The stitch pattern used

These are all very important things to know when beginning your swatch.

***Pro Tip:** Always make a gauge swatch at least 4" (10cm) square.

Any smaller than this and you risk not having enough stitches and rows to properly measure.

I know, I know... it's almost a dirty word in the yarn world... swatching!

But if you want your sweater to actually *fit*, you're going to have to swatch. There is no way around it.

Start out with the recommended needle size and cast on a number greater than the sts listed for 4". Typically I like to do a garter st border so I would add at least 4 more sts to the number (2 for each side).

I start with a garter st border at the bottom, too, so I would do 2-4 rows garter, then switch to the stitch pattern recommended, making my garter sts on each side.

After you have made at least a square, measure the pattern sts to ensure you are getting the same number of rows and sts. If not, change your needle size and try again.

Tip Number Six...

CHECK YOUR GAUGE AS YOU GO

Okay, so you made a swatch and got the correct gauge!! Awesome! It's time to cast on!

Now, you may think that's the end of worrying about gauge, but if you are really serious about knitting a sweater that truly fits, you would be wise to periodically check your gauge, especially on different days.

Did you know that your gauge can change?!?! Yes, it's true! It can especially differ if you are knitting over multiple days (or weeks.. or, well, months sometimes..).



So a best practice is to check your gauge as you go.

HOW TO CHECK

Begin by knitting a few rows of your project, up to a couple of inches. Grab that ruler or row/stitch counter (please do NOT use a measuring tape because they can stretch out!) and measure the stitches and rows per inch to ensure you are getting accurate gauge as you're working on the project.

Get in the habit of checking your stitch and row gauge regularly. I won't do it every time I sit down to knit, but if I'm working on different days I will often stop and take a few minutes to ensure I'm working my sweater correctly. It pays off!

FAVORITE SWEATER GUIDE

What weights of yarn are your favorite sweaters? Lightweight, chunky, super bulky? List out the weights of yarn here.

What are the fiber contents of your favorite sweaters? Do you lean more toward natural fibers or synthetics?

Finally, measure the chest, sleeve length and overall length of your favorite sweaters and jot the measurements down here.

PROJECT *planner*

Project Name: _____

Recipient: _____

Size: _____

Pattern Info: _____

Project Stage

☐ Materials Purchased ☐ Pattern Read ☐ Goal #1 Reached ☐ Goal #2 Reached ☐ Finishing Complete

Daily Goals

<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
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Notes

Project Completion Date: _____

THANK YOU!

Thanks for joining us in the Tips for a Perfect Fit eBook! I hope you've found this quick info helpful and will put these tips and tricks to good use!

Hope on over to Love.Life.Yarn where you can find FREE knitting patterns (practice those sweater skills!), tutorials and a whole lot more.

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