



WHEAT STITCH PULLOVER

MLA DESIGN 1/4/2026

<https://brianakdesigns.com/how-to-crochet-the-wheat-stitch/>



SUPPLIES

100% Bamboo yarn super soft extra fine from BambooMN category #1, 433 yards per skein; total of 4 skeins with 2 skeins together of color 1 and 2 skeins together of color 2
100% cotton Circulo Anne #1 fingering, 547 yds per ball, 1 ball color 1 and 1 ball color 2.

NOTE

This Bamboo yarn is actually lace/thread weight #0. I used 2 strands together to get gauge for wt #1.

To use a single skein of each color, use wight #2/sport in cotton -bamboo blend

SIZE

42" Bust, 18" from underarm to hem, Make to your own measurements.

4 balls of black and 4 balls of cream. Wind 2 balls of same color together for 4 total balls.

GAUGE

Not important. I used US hook G/4mm, working 1 strand Anne cotton fingering + 2 strands Bamboo fingering together = sport weight #2 gauge

1 complete 6 row pattern = 1 1/2 inch wide and 18 inches long.

One 6 row pattern: 2 rows of scblo + 2 Pst rows + 2 rows scblo .

A larger hook is used to ss seams together. I used 5mm/H to keep seams loose.

ABBREVIATIONS

sc-single crochet

blo- back loop only

fndch- foundation chain

ch-chain

ss-slip stitch

sk- skip

T-turn

Pst- puff stitch

R-row

F-front

B-back

SH-shoulder

YO-yarn over

GENERAL INSTRUCTIONS

Work from bottom edge up to underarm, progressing side to side ; at front continue up shoulder and down back to lower edge. Continue working from side towards other side, decreasing for neckline in front, breaking off yarn in back. At other shoulder, continue



towards back as on other side all the way to bottom edge. Continue side section. Attach yarn to lower edge of back and continue in pattern to match front. Ss ends together, keeping in pattern. Finish edges as desired, making neat neckline and armholes.

I used **black** for the **sc** rows and **cream** for the **puff stitch** rows.

The **Wheat Stitch** pattern is used. See link.

1. **With color 1 -black** sc foundation chain 55 for 18 inches. Ch1, turn.
2. sc along chain. CH1, turn
3. **sc back loop only** back along row. [change to color 2 – cream for puff stitches]
4. **Puff Stitch row:** ch1,turn, sc 1,[skip next st, sc in next st, puff st into sk st]. Work across row to last st, **sc in turning chain, ch1 & turn.**
5. **Puff Stitch row:** sc in next sc, sk Pst & sc, sc in next Pst, *(Pst in sk sc,) sk next sc, (sc in Pst), Ps in sk sc*; [sk next sc, sc in turning ch, change to color 1 in last sc].
- 6-7: ch1, **blo sc** in each st across, turn. End R 7 with sc in T ch, pick up C2, ch 1, T.
- 8 – 9: **sc in 1st sc, *sk next sc, sc in next sc, Pst in sk sc***, end with Pst, sc in last sc, ch 1 T. sc in 1st sc, sk Pst, sk sc, sc in next Pst, *(Pst in sk sc), sk sc, (sc in Pst), (Pst in sk sc) *

3 PATTERN ROWS = 3 INCHES IN WIDTH

Rows 4-7 form the pattern. [2 row **sc blo** followed by **2 rows puff stitches**]

MODIFIED PUFF STITCH

yo,insert hook into sk st, yo, pull up a long loop(as high as the hook), 3 loops on hook, yo, insert hook into same st, **Total 5 loops on hook.** YO and pull through **4 loops**, YO, pull through last **2 loops**.

SEE ROWS 4 & 5 FOR HOW TO WORK THE PUFF STITCHES IN THE ROW PATTERN.

TANK TOP SHAPING

BEGIN AT UNDERARM

R 1 [1- 6 = set 1] -25 : Under-arm rows, crochet 6 sets of pat rows with **27 Puff Sts**

R 25 : sc blo row. Shoulder strap shaping: at the end of sc R 25 and 27 Pst of Rs 25 & 26, * sc fndch 123

[53 scblo /18" from bottom edge to underarm, 70st/20" from underarm up front shoulder and down back shoulder, 53st/18" down back`]

R 26 : sc blo row. [2nd sc row of new ch]

LEFT SHOULDER

R 27 - 28 : Puff st R [30 Pst for front body, 34 Pst for shoulder, 27 P st for back body]

R 29-30 : sc blo rows

R 27-41 : 3 sets of wheat pattern for shoulder

LEFT SIDE SEAM

On R1: pin the 24th st up from bottom st.

On 1st row of shoulder, R 29, pin the 24th st up from bottom



Pin these 2 rows together and try on for underarm fit. Mark where you want the underarm. I allow about 1" for final edging.

Keep in pattern. I worked 1 more set of **C 2 puff sts**. I did not work C1 sc.

With C1 and 5mm hook, on outside of garment, slip stitch these 2 rows together BLO
Try on for underarm fit. Make any size adjustments now and note for other side.

I ss for 24 Pst.

LEFT FRONT (back to 4mm/G hook)

Pick up where you left off. I was on 2nd puff st row.

Measure up from underarm where you want your neckline and place a marker there. I have **30 puff sts**.

I want a rounded neckline, I measure 14" from shoulder to shoulder and my shoulder piece is 3 ½ " wide (7" for both sh pcs). That leaves me with a 7" wide neckline I want to curve. [you might want a v-neck or a square neck]

6 complete wheat stitch patterns = 7".

I will decrease 1 st per R over 3 wheat st pats, work 4 pats even, and increase 1 st per R over next 3 wheat st pats.

Finish on the 2nd sc R.

BEGIN NECKLINE, [12 pattern rows]

LEFT FRONT decreases [8 pat dec]

R 42: With yarn at lower edge of garment, **C1; sc blo (62 sc) [30 Pst]**

R 43: ch1, T, 2 sc blo together [**dec**], sc blo [total st 60], ss C2,T

R44: **C2; puff st R**, end row with sc in top of sc 2 tog[**dec**], ch 1 T (**29 Pst**)

R45: 2nd P st R; *sc in 1st Pst, sk sc, sc in next Pst (28 P st) [**dec**]*, ss in last sc, pick up **C1, ch1, T.**

R 46: **sc blo** (56 sc blo), ch1,T

R 47: **2 sc blo tog [dec], sc blo,** (55 st), ss, bring up **C2**, ch 1,T

R 48: **C2 Pst R (28 Pst)**, ch1, T

R 49: [repeat R 45] (27 Pst), ss, ch 1, bring up **C1.**

R 50: **sc blo** , end row with 2 sc blo tog, ss (53 sc blo), ch1, T

R 51: **sc blo** in next st, (53 st), ss, **bring up C 2, ch1,T**

[9 total decreases]

[4 pattern rows even]

R 52 – 64: [**P st Rs** **sc blo Rs**] **work next 4 pat rows even** [25 ½ Pst cl]

[16 even rows, 25 puff st clusters]

4 complete Pst pats of 25 Psts

RIGHT FRONT NECKLINE increase [8 pattern increases]

R 65 : inc row, at end of 2nd Pst row(R 64); ***ch1, sc,** sk 1sc, Pst in next sc, Pst in sk sc* ,continue in puff st pattern. [25 ½]

R 66-67: scblo [50 sts]

R 68-69: **Pst inc** [26 Pst]

R 70-71: scblo inc [52 scblo] ch1,T

R 72-73 : **Pst**[26 ½]

R 74 – 75: scblo [54]

R 76-77: **Pst** [27]

R 78-79: scblo [56]



R 80-81: Pst [29]
R 82-83: scblo [60]
R 84-85: Pst [30]

RIGHT SHOULDER [3 Pst pats]

R 86-87: scblo [60], scfndch [108], ch 1, T; scblo [168]
R 88-89: Pst [84]
R 90-91: scblo [171]
R 92-93: Pst [84]
R 94-95: scblo [171]
R 96-97: Pst [84]
R 98-99: scblo [171]

RIGHT UNDERARM 7 Pst pats

R 100-101: 27 Pst * from where you left off at the bottom]
R 102-103: scblo [54]
R 104-105: Pst [27]
R 106-107: scblo [54]
R 108-109: Pst [27]
R 110-111: scblo [54]
R 112-113: Pst [27]
R 114-115: scblo [54]
R 116-117: Pst [27]
R 118-119: scblo [54]
R 120-121: Pst [27]
R 122-123: scblo [54] (6th pat)
R 124-125: Pst [27] (7th pat)

FOLD RIGHT SHOULDER DOWN TO MEET LOWER EDGE, INSIDES FACING TOGETHER

***CHANGE TO LARGER HOOK 5mm**

R 126 : ss blo both sides together [54 ST], end at top of underarm.
FASTEN OFF

PREPARE FOR BACK SECTION

- FOLD UNDERARMS IN HALF, LINING UP SHOULDER PIECES, front side down, back side up and facing you, line up pattern stripes.
- Mark/pin up 15 Pst from underarms, to top of shoulder. Do this for both shoulders.
- Measure down from top of shoulders about 3 inches[for me it is 6 Pst]. This will be the top of your back neckline. I plan on a 1 inch edging around the neck.

BACK SECTION

ATTACH APPROPRIATE COLOR YARN TO RIGHT BOTTOM EDGE, RIGHT SIDE FACING YOU
I ended with C 1-scblo rows
I will attach **C2 for Puff stitch rows**

- Use smaller hook G/4mm



- Work **12 pat rows** [up to these markers , for me it is **37 Pst** up from bottom to top back neckline markers] across the back; matching front width. Do not increase or decrease.
- After working these 12 rows, ending on scblo row, change to larger hook/5mm
- ss the 2 back edges together.

NECKLINE

WITH C1 - SC evenly all around, sc 3 tog at corners of sh and f/b

Try on and sc as many rows as you like to get the fit you want.

My sc row count:

2nd r: on right side, at Right back sh corner, scbpst 2 tog 4 X; 29 scbpst; scbpst 4X at Left back sh corner; 22 scbpst along L sh; 2 scbpst tog 4 X at LF sh corner; 26 hdc across F (t lift front neckline); 2scbpst 4X at F sh corner; 26 scbpst along sh; scbpst 2 tog 4 X at RB sh corner; 29 hdc across B; scbpst 2 tog 4X at B sh corner.

Mark CB as beginning st.

19 scfpst; 2 hdfpst 4 X at F sh corner; (12 st to CF), 23 hdbpst; Turn

FRONT NECKLINE

working on front only

ss, scbpst in next st, 23 hdbpst across F, sc in next st, Turn. [neckline measures 1" high]

Do not cut off C1

WITH C2 AND LARGER HOOK 5mm, front facing, attach yarn to sc at beg/end of hdc row.

Wheat stitch pattern from sc to sc across front.

Sc in attaching st, *sk1st, sc, Pst* to sc at end of front row. Sc in sc, ch 1, T. [13 P st]

2nd wheat stitch row: sc in Pst, sk 1sc, sc in next sc, Pst in sk sc, * sk next sc, sc in next Pst, Pst in sk sc* sc in joining st. Cut off C2.

WITH SMALLER HOOK G/4mm, PICK UP C1,

R1: sc in previous C1 st and pull through **C2**, scblo across wheat st pat. Scbpst in next C1 st, ch1 T.

R2: scbpst in 1st st, hdbpst across front row. Hdbpst in next last C1 st of prev R; hdbpst in next 3 sts. ; sc, T.

R3: scfpst 2 tog, hdcfpst across row. Scfpst to beg R.

R4: ss all around sh, back, & sh. At Front sc 2 tog twice; scblo across front.

TRY ON FOR FIT.

Continue shoulder to CB.

FASTEN OFF.

ARMHOLES

Make sure armholes match up with same number of stitches all around and side seams match up at underarms.

With hook G/4mm and C1 attach yarn to back where shoulder meets underarm with **C1**.

Ss, *sc 2 tog, sc, sc 2 tog, sc * across lower edge of armhole, *sc 2 tog, ss, sc 2 tog* around armhole to beg st.

Try on for fit. [74 sts/ 21"] fasten off.

Work other armhole the same.



BOTTOM EDGE

- Put on clothes hanger and let hang overnight.
- Lay flat and match up armholes.
- Count Puff stitches on each side.
- Determine desired length.
- My length is 21" from shoulder and is waist length. I will add 6" of length with scblo ribbing:
- prepare ribbing by sc in each st around lower edge, **C1, 5mm hook, do not turn.**
- Hdcfpst in each sc.
- Ch 18, scfpst along ch, scfpst in next 2 sts of body, T,
- *sk1 st, scfpst 18, ch1, T, scfpst 18, scfpst in next 2 sts of body, T*
- **repeat around to beg ch, ss ends tog.
- Ribbing measures 5 inches