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Abbreviations:

St – stitch/stitches	Ch – chain	Sl-st – slip stitch
Sc – single crochet	Hdc – half double crochet	Dc – double crochet
Tr – treble	Dtr – double treble	Fp – front post – please refer to Special stitches
Bp – back post – please refer to Special stitches	Puff – puff stitch – please refer to Special stitches	Pearl – pearl stitch – please refer to Special stitches
Pc – popcorn – please refer to Special stitches	V-hdc – V-half double crochet – please refer to Special stitches	V-st – V-double crochet – please refer to Special stitches
X-dc – crossed double crochet – Please refer to Special stitches	Longdc – long (or spike) double crochet – please refer to Special stitches	Longsc – long (or spike) single crochet – please refer to Special stitches
* * – Repeat from * to * around (or the number of times indicated).	Hints are written in <i>italics</i> and/or in brackets [].	»» «« – Repeat from »» to «« the number of times indicated.

NOTES:

1. *In order to make sure you understand the instructions, please read the instructions prior to crocheting.*
2. *Count your stitches after each round.*
3. ***Begin each round with*** standing stitch or ch 1 and the appropriate stitch (e.g. dc) in the same stitch.
4. ***End each round*** with slip stitch into first stitch or – like I do – with an invisible join. It takes a little longer to finish each round, but believe me, you will be happy once your work is done, and you have to sew in ends and realize you have only two ends to sew in as opposed to at least 170 if you do all 85 rounds of Frigg and begin each round with a new colour.

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**SPECIAL STITCHES:**

BP – Back Post (hdc or dc) – insert hook from the back around the stem back to the back side of indicated stitch. Finish hdc or dc like a normal hdc or dc.

FP – Front Post (hdc or dc) – insert hook from the front around the stem and back to the front side of indicated stitch. Finish hdc or dc like a normal hdc or dc.

DTr – Double Treble – Yarn over thrice, insert hook in indicated stitch, pull a loop up, (5 loops on hook), (yarn over, draw through 2 loops) 4 times.

LongSc – Spike (or long) single crochet – A spike single crochet is an sc which is made in a stitch in a round below current round. Pull loop to the level of current round. Make sure it is not too tight. Finish long sc like you would do with a normal sc.

LongDc – Spike (or long) double crochet – A spike double crochet is a double crochet which is made in a stitch in a round below current round. Pull loop to the level of current round and make sure it is not too tight. Finish long dc like you would do with a normal dc.

Pc – Popcorn – 5 dc in same stitch, remove hook from loop, insert from front to back of 1st dc and into dropped loop, pull through. Close with a ch 1, which does not count as a stitch and is not counted in any chains you may have to make after the Pc.

Pearl – Pearl stitch – Dc, then make a puff stitch **around** the stem of the dc, like this: (yarn over, insert hook around the stem of the dc, yarn over, pull a loop up) 4 times [9 loops on hook], yarn over, pull through all 9 loops. Close with a ch1 which does not count as a stitch.

Puff – Yarn over, insert hook in next stitch or space and pull up a loop, yarn over, insert hook into same stitch or space and pull up a loop 3 times (9 loops on hook), yarn over and pull through all 9 loops. Close with a ch 1 which does not count as a stitch.

Tr – Treble – Yarn over twice, insert hook in indicated stitch, pull a loop up, (4 loops on hook), (yarn over, draw through 2 loops) 3 times.

V-hdc – V-Half double crochet – (hdc1, ch1, hdc1) in same stitch or chain.

V-dc – V-Double crochet – (dc1, ch1, dc1) in same stitch or chain.

X-dc – Crossed double crochet – skip next st, dc1 in next st, dc1 in skipped st.

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**Pattern Instructions:****Round 57:**

Join yarn in any new corner with standing sc, then (sc1, ch2, sc2) in same corner. Sc1 in next st [*which is the hidden st*].

Or sl-st till you reach next corner. Then ch1 [=sc1], then (sc1, ch2, sc2) in same corner. Sc1 in next st [*which is the hidden st*].

* << LongDc1 in skipped st of Round 55, sc1 in V-dc, >> 65 times,
LongDc1 in skipped st of Round 55, Sc1 in last st. (Sc2, ch2, sc2) in next corner space.*

Repeat from * to * 3 more times. Omit last (sc2, ch2, sc2) of last repeat. Join with sl-st or invisible join in first st.

Stitch count: 548 st = 284 Sc, 264 LongDc, 4 ch2 corners

Per side: 71 Sc, 66 LongDc.



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**Round 58:**

Your work is wavy now and this Round is about making it straight and tight again. However, if you crochet very tight, please feel free to crochet ch2 instead of ch1.

Join yarn in any new corner with standing sc, then (sc1, ch2, sc2) in same corner. Ch1, skip 1 st [*being the hidden st*],

Or sl-st till you reach next corner. Then ch1 [= sc1], then (sc1, ch2, sc2) in same corner. Ch1, skip 1 st [*being the hidden st*].

<< Sc1 in next st, ch1, skip 1 st >> Repeat from << to >> across. (Sc2, ch2, sc2) in next corner space*.

Repeat from * to * 3 more times. Omit last (sc2, ch2, sc2) of last repeat). Join with sl-st or invisible join in first st.



Stitch count: 288 Sc, 276 ch1 spaces, 4 ch2 corners

Per side: 72 Sc, 69 ch1 spaces.





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<p>Round 59:</p> <p>Join yarn in any new corner with standing sc, then (ch2, sc1) in same corner.</p> <p>Or sl-st till you reach next corner. Then ch3 [=sc1 + ch2], then sc1 in same corner.</p> <p>* Sc1 in next st [<i>being the hidden st</i>], skip 1 st, sc2 in ch1 space, skip next st,</p> <p><< sc2 in ch1 space, skip next st, sc2 in ch1 space >> 68 times across.</p> <p>Skip 1 st, sc1 in last st, (sc1, ch2, sc1) in next corner space *.</p> <p>Repeat from * to * 3 more times. Omit last (sc1, ch2, sc1) of last repeat. Join with sl-st or invisible join in first st.</p> <p><u>Stitch count:</u> 568 Sc, 4 ch2 corners Per side: 142 Sc.</p>	
<p>Round 60:</p> <p>Join yarn in any new corner with standing hdc, then (ch2, hdc1) in same corner.</p> <p>Or sl-st till you reach next corner. Then ch4 [=hdc1 + ch2], then hdc1 in same corner.</p> <p>* Skip next st [<i>being the hidden st</i>], hdc1 in next 141 st, (hdc1, ch2, hdc1) in next corner.</p> <p>Repeat from * to * 3 more times. Omit last (hdc1, ch2, hdc1) of last repeat. Join with sl-st or invisible join in first st. *</p> <p><u>Stitch count:</u> 572 Hdc, 4 ch2 corners Per side: 143 Hdc.</p>	

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<p>Round 61: Join yarn in any new corner with standing sc, then (ch2, sc1) in same corner.</p> <p>Or sl-st till you reach next corner. Then ch3 [=sc1 + ch2], then sc1 in same corner.</p> <p>* Sc1 in next st [<i>being the hidden st</i>], sc1 in next 142 st, (sc1, ch2, sc1) in next corner. *</p> <p>Repeat from * to * 3 more times. Omit last (sc1, ch2, sc1) of last repeat. Join with sl-st or invisible join in first st.</p> <p><u>Stitch count:</u> 580 Sc, 4 ch2 corners Per side: 145 Sc.</p>	
<p>Round 62: Join yarn in any new corner with standing hdc, then (ch2, hdc1) in same corner.</p> <p>Or sl-st till you reach next corner. Then ch4 [=hdc1 + ch2], then hdc1 in same corner.</p> <p>* Hdc1 in next 145 st [<i>remember the hidden st</i>], (hdc1, ch2, hdc1) in next corner *.</p> <p>Repeat from * to * 3 more times. Omit (hdc1, ch2, hdc1) of last repeat. Join with sl-st or invisible join in first st.</p> <p><u>Stitch count:</u> 588 Hdc, 4 ch2 corners Per side: 147 Hdc.</p>	

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Round 63:***Please observe:***

There are no hidden stitches in this round.

Join yarn in any new corner with standing dc, then (ch2, dc1) in same corner.

Or sl-st till you reach next corner. Then ch5 [= dc1 + ch2], then dc1 in same corner.

* Bpdc in next 147 st, (dc1, ch2, dc1) in next corner *.

Repeat from * to * 3 more times. Omit last (dc1, ch2, dc1) of last repeat. Join with sl-st or invisible join in first st.

Stitch count: 596 st = 588 Bpdc, 8 Dc, 4 ch2 corners

Per side: 149 st = 147 Bpdc, 2 Dc.

If you are uncomfortable with Bp stitches, you may wish to turn your work to the wrong side and crochet Fpdc around each stitch across.

But be sure to turn your work to the right side again before you begin crocheting Round 64 (which is first Round of Week 8).



You have now finished Week 7 of Frigg Cal. If you have not yet blocked your Frigg, you may wish to do so now.

I sincerely hope you have enjoyed working on Frigg. Only three more parts left, and your Frigg will be finished.

See you in a week for Week 8, rounds 64 through 69.