Divide for sleeves- Knit to the first marker, remove it (remove all old markers now as you come to them), k 1. Using a blunt darning needle and scrap yarn, slip all the sts between here and the next marker on to the length of yarn to hold for the left sleeve.

Cast on 5 (7, 8, 8) sts, placing a new marker after

St 2 (3, 4, 4), and join to the back sts. Knit across the back sts to the next marker, k 1, slip all the sts between here and the next marker onto a length of yarn to hold for the right sleeve.

Cast on 5 (7, 8, 8) sts, placing a new marker after

St 2 (3, 4, 4), join to front sts, and knit to the end of the row.

You are now working on the body sts only. You have 100 (108, 118, 126) sts.

Place another marker at the middle of the back, after St 50 (54, 59, 63).

Work in Stockinette st for 1 inch, ending after working a purl row.