

# Comfy Cowl

by Natalie Laderas-Kilkenny

## Materials

- 2 skeins of Debbie Bliss Paloma (73 yards each)
- 1 set of size 15 US needles 24” or larger
- Another circular needle of the same length (at least a size 10 US)
- Cable needle
- Darning needle

## Techniques & stitches used

- Provisional cast on
- Stockinette stitch
- 8 stitch cables (right & left twisted)
- Kitchener stitch (grafting)

## Notes & suggestions

- At the beginning of each row (both knit and purl) you will slip the first stitch. This will make a nice selvage edge.
- Knit with a longer circular needle at least 24” or more. This means you can transfer the provisional cast on stitches to one end of this needle in order to do the Kitchener stitch.
- After completing each cable stitch row (Rows 13 & 25 in the pattern), check your stitch count to make sure that is correct. You need to end with the same number of stitches you started out with.
- If possible get a neck measurement from the intended recipient of the cowl.

## Starting

Using a provisional cast on cast on 34 stitches using the crochet method (for reference search for instructions on YouTube. Search for “Provisional Cast On Crochet”). I suggest using a slippery yarn like cotton or an acrylic base yarn.

## Pattern & cable repeat

**Rows 1-12:** Remember to slip the first stitch at the beginning of each row both knit and purl. Knit on the right side purl on the wrong side (stockinette stitch).

**Row 13:** (*Left twisted cable*) Slip the first stitch on to the right needle. \*Knit 4 stitches and place on a cable needle. Hold these stitches to the front of the work. Knit four more stitches. With the cable stitches still in the front of the work, slip the stitches on the cable needle to the right needle. Knit 8 stitches.\* Repeat the “Left twisted cable” or instructions between \* \* until 1 stitch remains on the needle. Knit the last stitch.

**Row 14:** (& all even rows): Purl (slip the first stitch each row)

**Row 15-24:** Knit in stockinette stitch (slip the first stitch each row)

**Row 25:** (Right twisted cable) Slip the first stitch onto the right needle. \*Knit 8 stitches. Knit 4 stitches and place them on the cable needle. Hold these stitches to the back of the work. Knit four more stitches. With the cable stitches still in the back of the work, slip the stitches on the cable needle to the right needle.\* Repeat the “Right twisted cable” or instructions between \* \*. Knit the last stitch.

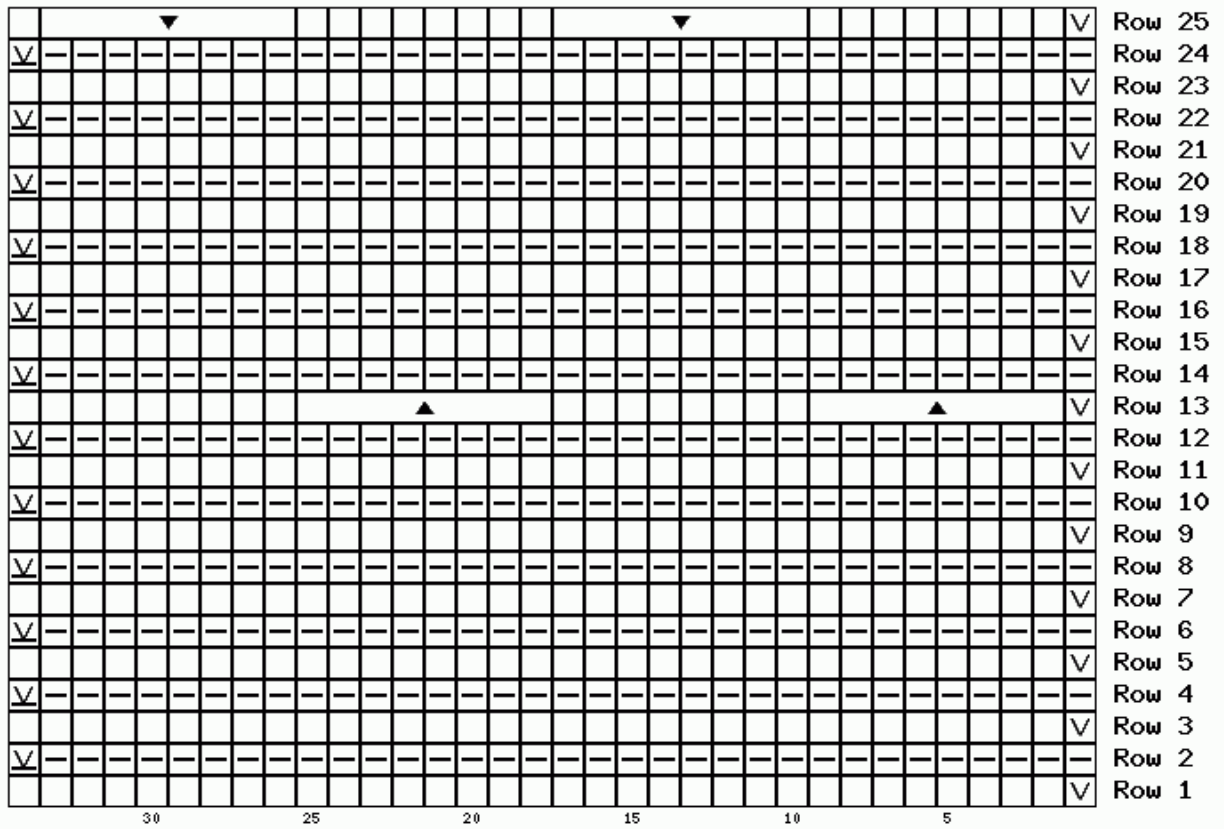
Repeat the cable pattern from rows 1-25 three more times or until the cowl measures 22” or fits comfortably around the neck. You may have to adjust the size for the person you are knitting it for. Stop at the end of a wrong side row.

## **Finishing**

Undo the provisional cast on crochet chain and place the live stitches onto another needle. *Make sure that the stitches are not twisted to the left.* Use the Kitchner stitch to bind off both sets of live stitches (for reference search on YouTube for “Kitchner Stitch”). Sew in all ends.



# Chart



## Legend

- k (knit)
- p (purl)
- ▽ sk (slip one knitwise)
- ▴ sp (slip one purlwise)
- b (c14 or cable left over 8 stitches)
- c (cr4 or cable right over 8 stitches)