FOREST PARK COWL

a simple cabled cowl with garter stitch ribbing.

designed by liz abinante

materials

yarn

Approximately 300 yards / 274 meters aran weight yarn.

yarn shown

The Plucky Knitter Primo Aran (75% Merino, 20% Cashmere, 5% Nylon); 200 yards/183 meters per 115 grams (1.5 skeins) in Forest Park

needles

US 7 (4.5 mm)

gauge

16 sts, 24 rows per 4in/10cm, garter stitch ribbing.

notions

stitch marker

cable needle (optional)

darning needle

finished sizes

One: 10.5 in / 26.7 cm tall; 24 in / 61.0 cm circumference at smallest opening; 33 in / 83.8 cm circumference at largest opening

abbreviations

BO
bind off

CO
cast on

k
knit

kfb
knit through the front and back

m1p
make one purl

m1l

make one left

m1r

make one right

p

purl

pfb

purl through the front and back loop

pm

place marker

rpt

repeat

sts

stitches

special abbreviations: cables

C4B

slip 2 onto cable needle and hold in back, k2, k2 from cable needle

C4F

slip 2 onto cable needle and hold in front, k2, k2 from cable needle

instructions

CO 120 sts.

pm and join for knitting in the round, taking care not to twist.

cable set one

ROUND 1:

*k5, p2, k8, p2, k5, p2, rpt from * to end.

ROUND 2:

*k1, p3, k1, p2, k8, p2, k1, p3, k1, p2, rpt from * to end.

ROUND 3:

*k5, p2, k8, p2, k5, p2, rpt from * to end.

ROUND 4:

*k1, p3, k1, p2, C4F, C4B, p2, k1, p3, k1, p2, rpt from * to end.

Repeat Rounds 1–4 6 times more (7 times total).

cable set two

ROUND 1:

*k5, p2, k8, p2, k5, p1, m1p, p1, rpt from * to end.

ROUND 2:

*k1, p3, k1, p2, k8, p2, k1, p3, k1, p1, k1, p1, rpt from * to end.

ROUND 3:

*k5, p2, k8, p2, k5, p1, m1l, kfb, m1r, p1, rpt from * to end.

ROUND 4:

*k1, p3, k1, p2, C4F, C4B, p2, k1, p3, k1, pfb, C4F, pfb, rpt from * to end.

ROUND 5:

*k5, p2, k8, p2, k5, p2, k4, p2, rpt from * to end.

ROUND 6:

*k1, p3, k1, p2, k8, p2, k1, p3, k1, p2, k4, p2, rpt from * to end.

ROUND 7:

*k5, p2, k8, p2, k5, p2, k4, p2, rpt from * to end.

ROUND 8:

*k1, p3, k1, p2, C4F, C4B, p2, k1, p3, k1, p2, C4F, p2, rpt from * to end.

Repeat Rounds 5–8 9 times more (10 times total).

finishing

BO all sts and block gently.

Pro tip: use beer, wine, or soda bottles to block the edges of your cowl to prevent unsightly fold marks.

pattern version

information

CURRENT VERSION: 3 (JANUARY 4, 2015)

Version 2: corrected Cable Set Two, Round 2. Originally ended with p1, k2, p1. Corrected to p1, k1, p1.

Version 3: corrected Cable Set Two, Round 3. Originally ended with p1, m1l, k1, m1r, p1. Corrected to p1, m1l, kfb, m1r, p1.