



Sledding Cowl

An easy cabled cowl, knit in the round.

Chart and written directions included.
Instructions for bulky or worsted weight yarn.

Skills Required

- Knit & purl, cast on
- Stretchy bind off
- A 7 stitch cable

Notions

- ◆ 2 cable needles



MATERIALS	worsted	bulky
yarn	Brown Sheep Lanaloft “Sandstone Cove”	Lion Brand Landscapes (Super Bulky)
yardage	160 yards/146m (1 skein)	110 yards /100m (2 skeins)
needles	US 8/ 5.0mm circular	US 13/ 9.0mm circular
cowl size	10” long x 19.5” diameter	16” long x 16” diameter (40cm x 40cm)
gauge	18 stitches x 24 rows = 4” x 4” (10cm x 10cm) [k3,p1 rib]	11 stitches x 14 rows = 4” x 4” (10cm x 10cm) [k3,p1 rib]
# cast on	96 stitches	64 stitches
chart repeats in one row	6	4

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Designer Contact Information

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Computer chip and knitwear designer, loves science & tech, good stories, nice colors, and any diorama anywhere.

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References

Jeny's Surprisingly Stretchy Bind-Off
(for directions see [Cat Bordhi's video](#))

Credits

Model: Amy Lou Stein (Twitter: [@dyefugitive](#)) of [Craftwork Somerville](#)

PatternGenius Software



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Pattern Notes

• Knit the cowl as tall as you like, though it looks and fits best if it is cast off after doing the 7 rows of (k3,p1). The worsted weight sample goes through the chart twice, for 64 rows using up one skein. The bulky weight one was twice through the chart plus 7 more rows, this made the cowl long enough to pull over the head.

• Values in parenthesis are for [worsted weight, bulky weight]

Instructions

Cast on [96, 64] connecting in a circle as row 1 begins.

Knit using chart on the next page, or follow the written directions below:

Rows 1 - 7: *(k3 p1), repeat *.

Row 8: *(3-1-3 lpc, p1, k3, p1, k3, p1), rep * [6,4] times

Rows 9 - 15: *(k3 p1), repeat *.

Row 16: *(3-1-3 lpc, p1, k3, p1, k3, p1), rep * [6,4] times

Rows 17 - 23: *(k3 p1), repeat *.

Row 24: *(k3, p1, k3, p1, 3-1-3 lpc, p1), rep * [6,4] times

Rows 25 - 31: *(k3 p1), repeat *.

Row 32: *(k3, p1, k3, p1, 3-1-3 lpc, p1), rep * [6,4] times

Rows 33 - 39: *(k3 p1), repeat *.

Row 40: *(3-1-3 lpc, p1, k3, p1, k3, p1), rep * [6,4] times

Rows 41 - 47: *(k3 p1), repeat *.

Row 48: *(3-1-3 lpc, p1, k3, p1, k3, p1), rep * [6,4] times

Rows 49 - 55: *(k3 p1), repeat *.

Row 56: *(k3, p1, k3, p1, 3-1-3 lpc, p1), rep * [6,4] times

Rows 57 - 63: *(k3 p1), repeat *.

Row 64: *(k3, p1, k3, p1, 3-1-3 lpc, p1), rep * [6,4] times

Rows 65 - 71: *(k3 p1), repeat *.

Row 72: Cast off loosely, i.e. with a stretchy bind off.

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Chart & Legend

Symbol



Right Side

k
knit

p
purl

3-1-3 LPC

Left Purl Cable
slip 3 sts to cn1, hold to front,
slip 1 sts to cn2, hold to back,
knit 3 sts, purl sts from cn2,
knit sts from cn1

