

#120 double cabled cowl

#SWB-K00120



Cowls are an easy and stylish alternative to scarves this season!

This one features a wonderfully easy double cable pattern to add lots of textural interest.

It knits up quickly in the round (no seams!) and can be worn like a folded-over turtleneck or scrunched down for a cool, slouchy look.

A great quick gift knit using less than 3 hanks of Cadena yarn from Knit Picks!

The cable pattern really is easy, despite how it looks. . . great for the knitter wanting to try out cables for the first time!

Visit SweaterBabe.com for more detailed photos, as well as yarn substitution suggestions.

FINISHED KNITTED MEASUREMENTS:

27 ½" [70 cm] around x 12" [30.5 cm] high

KNITTING LEVEL: Intermediate

TECHNIQUES USED:

- ❖ **k** = knit
- ❖ **p** = purl
- ❖ **C10F, C4F, C4B** = cable twists explained below
- ❖ **knitting in the rnd**

Please visit
<http://www.sweaterbabe.com/abbr.htm>
for a list of standard knitting abbreviations.



MATERIALS

- ❖ A bulky weight yarn in a soft wool blend:
Approximate total yardage required: 264 yds [241 m]. Please visit this pattern at SweaterBabe.com for yarn suggestions, photos of finished projects, etc.
Shown In: Knit Picks Cadena (70% Peruvian Highland Wool, 30% Superfine Alpaca); 3.5 oz/100 gram [110 yds/101 m] per hank): 3 hanks in Natural #23782
- ❖ Size 11 [8 mm]: 24" long circular needle OR SIZE TO OBTAIN GAUGE
- ❖ Cable needle
- ❖ Stitch marker
- ❖ Yarn tapestry needle

GAUGE

- ❖ 24 sts (One rep of Double Cable) = 5 ½" [14 cm] and 20 rows = 4 ½" [11.5 cm] in Double Cable Patt on size 11 [8 mm] needles
PLEASE TAKE TIME TO CHECK YOUR GAUGE



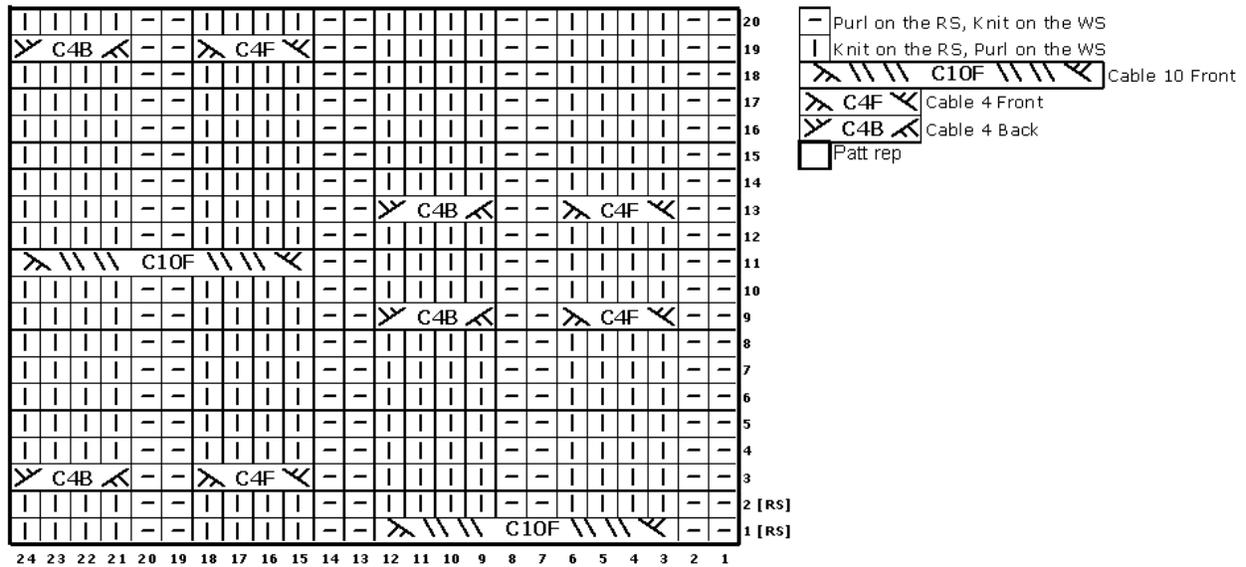
Your #1 website for free pattern downloads, great knitting and crochet patterns, a big, searchable yarn shop directory, and much more!

PATTERN STITCH

DOUBLE CABLE PATTERN (worked in the Rnd)

NOTES:

- 1) "C10F" = "Cable 10 Front" = Sl next 5 sts to cn and hold in FRONT, k5, k5 from cn.
- 2) "C4F" = "Cable 4 Front" = Sl next 2 sts to cn and hold in FRONT, k2, k2 from cn.
- 3) "C4B" = "Cable 4 Back" = Sl next 2 sts to cn and hold in BACK, k2, k2 from cn.



Over a multiple of 24 sts:

Rnd 1: *P2, C10F, [p2, k4] 2 times; rep from * to around.

Rnds 2, 4 through 8, 10, 12, 14 through 18, and 20: *P2, k4; rep from * around.

Rnd 3: *P2, [k4, p2] 2 times, C4F, p2, C4B; rep from * around.

Rnd 9: *P2, C4F, p2, C4B, [p2, k4] 2 times; rep from * around.

Rnd 11: *P2, [k4, p2] 2 times, C10F; rep from * around.

Rnd 13: Rep Rnd 9.

Rnd 19: Rep Rnd 3.

Rep these 20 rnds for patt.

Your #1 website for free pattern downloads, great knitting and crochet patterns, a big, searchable yarn shop directory, and much more!

KNITTING THE COWL

CO 120 sts.

Join in the rnd, placing a st marker to mark end of rnd.

Bottom Ribbed Border:

Rnds 1 through 5 [RS]: *K2, p2; rep from * around.

Establish Cable Patt:

Rnd 6: *P2, k4; rep from * around.

Rnds 7 through 48: Work in Double Cable patt, starting with Rnd 1 (use table below to track rnds).



Use this table to keep track of total rnds ("Cowl Rnd") and Double Cable patt rnds:

Cowl Rnd	Double Cable Patt Rnd	Cowl Rnd	Double Cable Patt Rnd
7	1	28	2
8	2	29	3
9	3	30	4
10	4	31	5
11	5	32	6
12	6	33	7
13	7	34	8
14	8	35	9
15	9	36	10
16	10	37	11
17	11	38	12
18	12	39	13
19	13	40	14
20	14	41	15
21	15	42	16
22	16	43	17
23	17	44	18
24	18	45	19
25	19	46	20
26	20	47	1
27	1	48	2

Top Ribbed Border:

Rnds 49 through 53: *K2, p2; rep from * around.
 BO all sts loosely in ribbing.

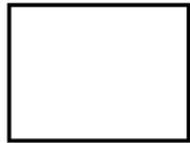
FINISHING

Weave in all loose ends. Block cowl to flatten out cable patt, but be careful not to stretch out the ribbing.

Your #1 website for free pattern downloads, great knitting and crochet patterns, a big, searchable yarn shop directory, and much more!

APPROXIMATE FINISHED MEASUREMENTS

27 1/2" [70 cm] around



12" [30.5 cm] high



Visit www.SweaterBabeClub.com
for more info!

**You'll always have something new
and exciting to knit!**

**JOIN THE
SWEATERBABE.COM
KNITTING CLUB FOR JUST
\$7.99/month!!**

- * Download great **NEW** knitting patterns for **FREE** every month
- * **WIN** cool product giveaways
- * Meet other **FUN** knitters like you
- * Access **YOUR** exclusive, members-only web site 24/7
- * Get personal **EXPERT** advice from **ME** on **YOUR** knitting questions. SweaterBabe is your knitting coach!

***** WIN a free pattern of your choosing! *****

Submit photo of ANY SweaterBabe.com finished pattern **on a person** and email it to gallery@sweaterbabe.com. If your photos are chosen for use, you earn a free pattern! **Details at SweaterBabe.com!**

Other SweaterBabe.com patterns you may like for your next project. . .



#98 Lush Button-Up Cowl



#92 One Skein Braided Cable Hat



#103 Luscious Cabled Cowl

Visit www.SweaterBabe.com for the complete selection of Knitting Patterns, including the latest FREE patterns.

♥ page 5 of 5; SWB-K00120 ♥