

BRAIN FRIEZE by Stitchnerd Designs



Bockstark Handspun and West Yorkshire Spinners BFL DK on 5.5mm (US 9)

YARNS: DK/worsted or fingering weight.

2 yarns - one plain; the other can be self-striping or handspun (or substitute variegated or semi-solid, but the effect will be a little different).

Double loop (approx. 140cm/56")
- allow about 200m (220yds) of each yarn

Tall single loop to wear folded in half
(approx. 70cm/ 28") - allow about 150m
(165yds) of each yarn

**YOU NEED GOOD CONTRAST
BETWEEN THE TWO YARNS OR
YOU'LL LOSE THE MOTIF.**

Gauge: isn't critical, but will affect the finished size and yarn usage. For the sizes given, the gauge per 10cm/4" should be should be 15 sts for DK/worsted and 20 sts for fingering weight.

I would **HIGHLY** recommend swatching if you are planning on a double loop (for a single I find the sizing isn't as critical, but for a double you'll have lots of stitches so best to swatch to be sure to get the size you want.) **SWATCH USING ROUNDS 1 AND 2 OF THE MAIN SECTION.** (to knit flat just purl for Round 2).

Needle size suggestions:

If you have average tension try 4.5mm - 5mm (US 7-8) for DK and 4mm (US 6) for fingering. If you knit tightly you may need to go up a size; if you knit loosely go down a size.

Stitches used:

k	knit
p	purl
yo	yarn over
quilt stitch	link to photos on pg. 2 and details in the written instructions on pg. 3
wyif/wyib	with yarn in front/with yarn in back
sl = slip	all stitches are slipped purlwise, but some wyif (creating a strand across the RS of the knitting); some wyib - (strand not visible on the RS)

For ideas of specific yarns that work well, why not check out the projects linked to the pattern on ravelry - or join us in the stitchnerds group?

And don't forget to post pics of your versions so we can see how your yarns work with the pattern.

MAKING A DOUBLE LOOP (see pgs. 4-5 for a single loop):

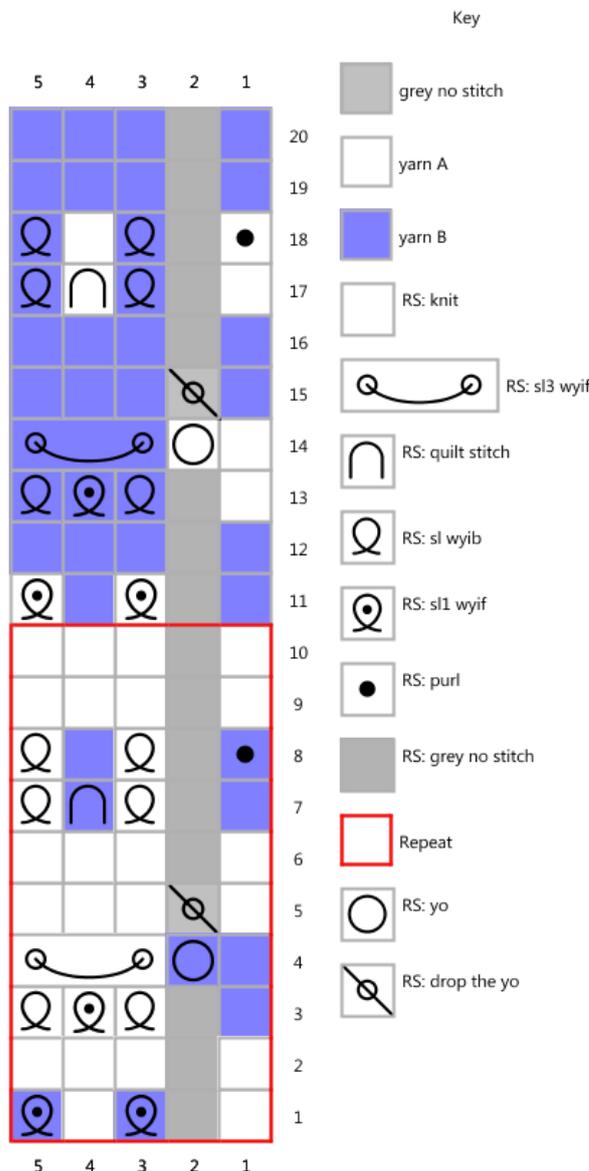
Note - for best results for a double loop, use one size smaller needle for the top and bottom edges; change to the larger needle for the main section.

Bottom edge (reverse stockinette): use either the solid or the other yarn (your choice, depends on the effect you want - you can see examples to help you choose on page 4 and there are more on ravelry) - using the smaller needles and cable cast on, cast on 208 stitches (DK) or 280 (fingering) (or other multiple of 4)

Link: <http://stitchnerd.blogspot.be/2011/10/cable-cast-on.html>

Purl one row and then join and place a marker for the start of the round.

Work 2 more purl rounds, followed by one knit round. Then work the Main Section either from the chart below or the table on the next page; be sure to read the notes and tips on both pages.



Notes for the chart:

The first stitch in Column 1 is always the yarn with which you are working the round.

All coloured boxes represent the colours of the stitches on the needle.

The symbols represent the knitting action for each stitch.

General tips:

Be sure to cross your yarns when you change colour (every 2 rounds).

Link for quilt stitch:
<http://stitchnerd.blogspot.be/2014/11/quilt-stitch.html>

On Rounds 3 and 13 you may find it helpful to repeat "knit, back, front, back," as you work the round (knit one, then slip one wyib, slip one wyif, slip one wyib).

For Rounds 5 and 15 I found it useful to think of the repeat as "knit 4, drop 1".

Main section - remember to switch to a larger needle size if you are making a double loop: **If your cast-on yarn is dark call it yarn B and then start with round 1; if it is light call it yarn A and then start with round 11.**

(20-round repeat - note that rounds 11-20 are the same as 1-10, but the colours are switched.)

Round	Yarn colour	Repeat (work repeats to the end of the round, then slip the marker)
1	A	K1, sl1 wyif
2	A	Knit
3	B	K1, sl1 wyib, s1 wyif, sl1 wyib
4	B	K1, yo, sl3 wyif (creates 5 stitches per repeat instead of 4)
5	A	K1, drop the yo, k3 (you end up with 4 knit stitches in yarn A and a long strand across the front in yarn B)
6	A	Knit
7	B	K1, sl1 wyib, insert the RH needle under the long loop and then knit the next stitch on the LH needle (this creates a v-shaped stitch), sl1 wyib
8	B	P1, sl1 wyib, k1, sl1 wyib
9	A	Knit
10	A	Knit
11	B	K1, sl1 wyif
12	B	Knit
13	A	K1, sl1 wyib, s1 wyif, sl1 wyib
14	A	K1, yo, sl3 wyif (creates 5 stitches per repeat instead of 4)
15	B	K1, drop the yo, k3 (you end up with 4 knit stitches in yarn B and a long strand across the front in yarn A)
16	B	Knit
17	A	K1, sl1 wyib, insert the RH needle under the long loop and then knit the next stitch on the LH needle (this creates a v-shaped stitch), sl1 wyib
18	A	P1, sl1 wyib, k1, sl1 wyib
19	B	Knit
20	B	Knit

Stop when you like the height or have just enough for the top edge, **whichever comes first**. You can stop after round 1, 2, 3, 8, 9 or 10; or 11, 12, 13, 18, 19 or 20 - if you have not just worked a knit round with the yarn you want to use for the top edge, then work one before working the top edge.

Top edge: purl 3 rounds and then bind off purlwise.

Single loop - refer to the double loop for main instructions; cast-on and edging details below:

For the single loop I had fun playing around with different edge options.

My favourite version was **no-sew picot for the bottom edge and seed stitch for the top**, but you can try them out and choose your own favourite.

Although the two edges don't match on my favourite version, I found this worked best - it means you have 2 options for wear and also means that the two edges are not too thick when the cowl is folded over.

(I tried both edges as picot, but found the four layers were a bit too bulky).



Edging options - left to right:

Red and cream: picot and seed stitch

Blue and purple: both edges picot

Reds: Picot and reverse stockinette

Blue and green: both seed stitch; one in each colour.

Use cable cast on and cast on 104 sts (DK) or 140 sts (fingering weight) (or any other multiple of 4) with either yarn (see pg. 2 for notes).

For the single loop you do not need to use a smaller needle size for the edges - this way the edges will flare out slightly and sit over the shoulders.

BOTTOM EDGE OPTIONS:

1. No-sew picot

(see blog post for photos : <http://stitchnerd.blogspot.be/2014/11/no-sew-picot-edge.html>)

Start with a **provisional cast-on**.

Round 1: knit 1 row; then join and place a marker for the start of the round.

Rounds 2-3: Knit 2 more rounds.

Round 4: [k2tog, yo] to the end of the round.

Rounds 5 - 7: knit 3 rounds.

Round 8: remove the provisional cast-on and place the cast-on stitches on a second circular needle which you hold behind the active stitches from round 7. Work round 8 by knitting together 2 stitches (one from the front needle - one from the back) until you reach the end of the round. You should now have joined the 2 sets of stitches and have the number of stitches you originally cast on and picots forming along the bottom edge. Then work the Main Section.

BOTTOM EDGE OPTIONS (CONTINUED):

2. Reverse stockinette - work as for the double loop.

3. Garter stitch - Cast on using cable cast-on (see pg. 2). Work 1 purl row, then join. Work one knit round, one purl round and another knit round before starting with the Main Section.

Seed stitch - Cast on using cable cast-on.

Round 1 = [k1, p1] to the end. Join.

Round 2 = [p1, k1] to the end.

Work just once - or twice if you prefer.

Then work one knit round before starting with the Main Section.

TOP EDGE OPTIONS:

1. Picot - knit 3 rounds. Work 1 round as [k2tog, yo], then knit 3 more rounds - bind off and sew in place.

2. Garter stitch - start with 1 knit round, followed by 1 purl round, 1 knit round and another purl round, then bind off knitwise.

3. Seed stitch: knit 1 round and then work rounds 1-2 as for the bottom edge (once or twice to match), then bind off "in pattern".

4. Reverse stockinette: follow the instructions for the double loop.

Double loop:



Tall single loop with picot edging (folded over):

