

Caledonian Dreams

An easy cable cowl in wool.

Cables always seem so daunting to a new knitter. It took me two years of knitting experience before I would even attempt them. And like most knitters I was shocked to find how easy they were. This pattern uses cable stitches on only one row of an eight row pattern. Very simple for such beautiful results!

This pattern requires a wool or wool blend yarn. The warm water soak at the end of knitting is essential to get the cables to lie flat. Only wool will relax appropriately in warm water.

Techniques needed:

Knit

Purl

Knitting in the round

Materials:

1 Size US 6 circular needle 16" length

1 cable needle

1 skein (50 gr) of DK weight yarn. Shown: in Debbie Bliss Rialto, color 19 Duck Egg

9 stitch markers

Gauge:

22 sts and 30 rows over 4". Exact gauge not critical for this project.



Cast On:

Using a flexible cast on method like a long-tail cast on, cast on 108 stitches. Place stitch markers after every 12 stitches to help keep track of pattern repeats. Join in the round being careful not to twist stitches.

Pattern:

CF6 = slip 3 stitches to cable needle and hold in front. Knit next 3 stitches. Knit the 3 stitches on the cable needle.

Round 1: * K2 P2 K6 P2 *
Round 2: * K2 P2 K6 P2 *
Round 3: * K2 P2 K6 P2 *
Round 4: * K2 P2 K6 P2 *
Round 5: * K2 P2 **CF6** P2 *
Round 6: * K2 P2 K6 P2 *
Round 7: * K2 P2 K6 P2 *
Round 8: * K2 P2 K6 P2 *



Repeat Rounds 1-8 three more times for a total of 4 repeats.

Bind Off

Bind off in the rib pattern using a stretchy bind off. The Russian Bind Off or Jeny's Surprisingly Stretchy Bind Off are good choices. A great tutorial of the Russian Bind Off given by Knitting Pipeline's Paula Fuessle can be found at <http://bit.ly/1j4dYZP>. You can find Cat Bordhi's tutorial of Jeny's Surprisingly Stretchy Bind Off at <http://bit.ly/1aV4KiT>.



Blocking

To relax and flatten the cables, soak the cowl in warm (NOT hot) water with a bit of wool wash for 3-5 minutes. Let dry flat.

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