manhattan cowl

Snug "fitting" (english version)

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PATTERN FOR MAN & WOMAN - fitting cowl, which suits men as well as women

Matériel	150-160m, chunky/bulky wool Cable needle 6mm (US size 10) circular needles Stitch marker
Tension/Jauge	14 stitches, 19 rows over 10 cm

Techniques / cables, knit stitches, purl stitches

Size / one size, adjustable

Level / novice

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A simple cowl or snood to make, perfect for learning simple cables. A snug fitting collar to wear tightly to keep nice and warm, or to protect, for example cyclists, from the cold.

MEASUREMENTS:
Test knit: In Phildar Phil Looping wool with 6mm needles the cowl is 21 cm wide, so about 42 cm circumference* and 26 cm long. The cowl is stretchy, and is easily put on whilst still being close round the neck. Perfect for keeping out drafts.

INSTRUCTIONS FOR SNUG FITTING COWL

RIB, rounds 1 - 7

Round 1: cast on 96 stitches to make a tight or snug fitting cowl. At the end of the round, pick up the first stitch to join the round. Place a stitch marker for the end of the round.

Round 2: k2, p2 repeat between * * to the end of the round to make a 2x2 rib.

Rounds 3 – 7: continue the 2x2 ribbing.

CABLES, repeat every three rounds (see chart)

Round 8: K2, P2, K6, p2 x5, K2, P2 x3, K6, P2 x5 and you are at the end of the round

Round 9: K2, P2, cross two stitches left in front of one knit stitch, cross two stitches right in front of one knit stitch, P2x5, K2, P2 x3, cross two stitches left in front of one knit stitch, cross two stitches right in front of one knit stitch, P2x x5 and you are at the end of the round

Rounds 10 & 11: K2, P2, K6, P2 x5, K2, P2 x 3, {K6, P2] x 5 and you are at the end of the round.
Repeat rounds 8 – 11 except for the last cable repeat, then only repeat rounds 8 – 10 before the rib.

TIP :
For my model I repeated the cable section 13 times, but you can add or remove vertical repeats according to the length you want.
Similarly, to make the cowl wider or narrower, add or omit a horizontal cable repeat on each side of the central motif. For example, two cables less or more (so 12 stitches + 2 for the purl stitches on the left and the same on the right..

RIB

Round 1 : 2x2 rib for seven rounds.
Round 7 : Cast off.

Happy knitting !

Alfafa

Thanks to Jane (Peggy Ritch on Ravelry) for your help and for the translation !

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LINKS TO HELPFUL TECHNIQUE VIDEOS:

CASTING ON (FRENCH VIDEOS)

www.youtube.com/watch?v=g6xbulckSOg
www.youtube.com/watch?v=op-36l6_1uI
Personally, I cast on with two hands and a straight needle before transferring the stitches onto a circular needle on the next row. This is the second method in the first video, and the method in the second video. But you can use your preferred method.

Casting off (French):

https://youtu.be/do2oYZAcFDI
Similar videos in English:

- Long tail cast on: https://youtu.be/kn4rcAnnS7U
- Reverse loop cast on: https://youtu.be/0_oN8WcbTng
- Knitted cast on: https://youtu.be/3BiVUTZ3j4k
- Casting off (US binding off):https://youtu.be/mzh6gamYFBU
- Jenny's surprisingly stretchy bind off:https://youtu.be/53Mtbkyf5CQ

Instructions for six stitch twist

Slip two stitches purl-wise onto a cable needle, poke one end into the knitted fabric in front in order to knit the third stitch, which will therefore cross behind them. Knit the two stitches on the cable needle.
Slip the fourth stitch purl-wise onto the cable needle, poke the end of the cable needle into the knitted fabric at the back in order to knit the fifth and sixth stitches. Now knit the stitch on the cable needle, which crosses behind the fifth and sixth stitches.
(Video in English demonstrating these twists in another pattern: https://youtu.be/MwZh-OV-OZ4)
Your cable is done. Repeat these steps for each following cable.

CHART KEY

Knit

Purl

Cross two stitches left in front of one knit stitch

Cross two stitches right in front of one knit stitch

Repeat or omit section to enlarge or reduce size
Pattern repeat for cable

CONTACT

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Photographies, written pattern : © Alfafa Closeupfactory / English translation by Jane @PeggyRitch on Ravelry
Please, don't hesitate to contact me for offer your help in translation in others languages.

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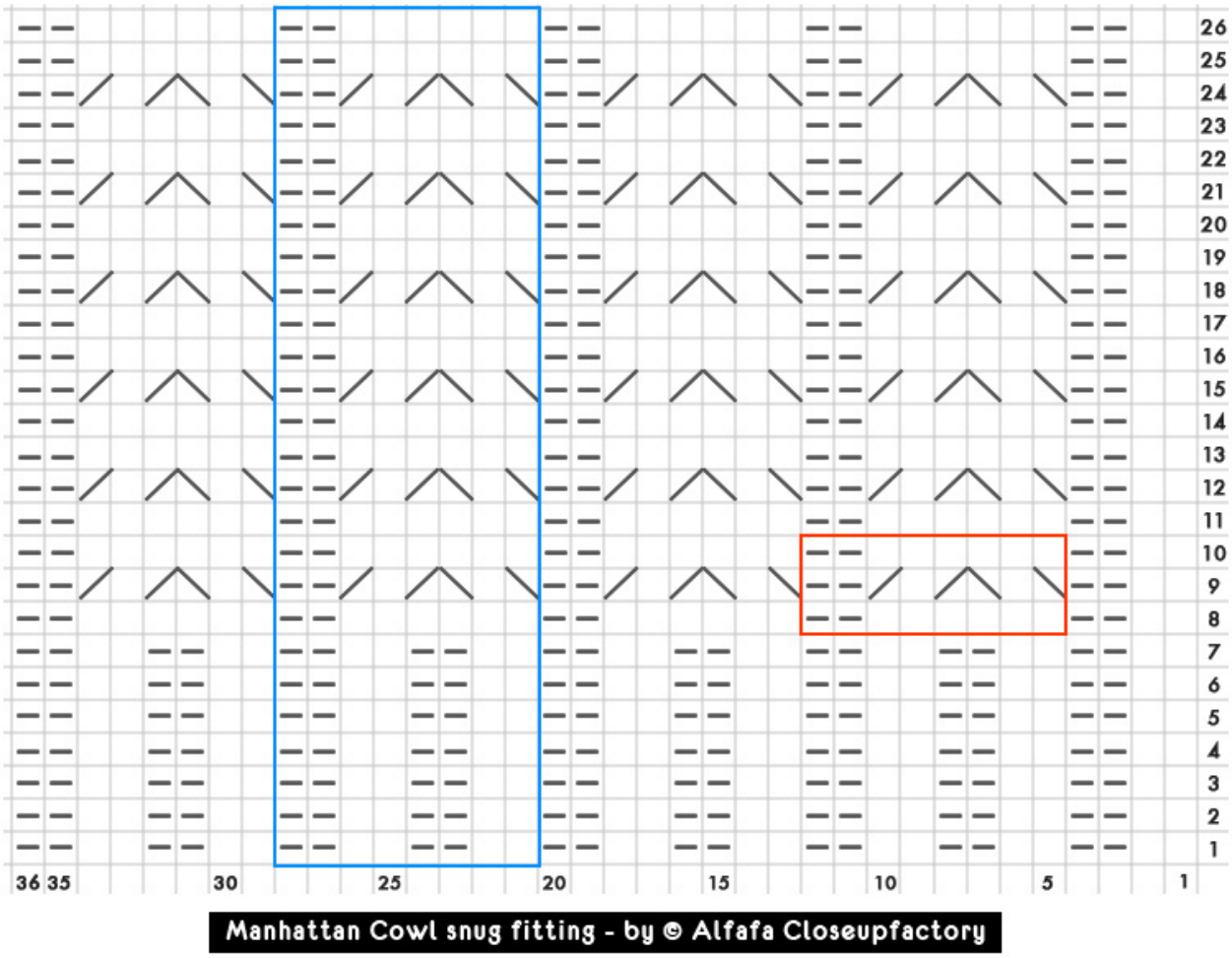
COWL CHART (HELPFUL TECHNIQUE PAGE 3)



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