

# --- Sarah Cooke Designs ---

[www.sarahcookedesigns.com](http://www.sarahcookedesigns.com)

## Quick & Easy Cowl

### Size

Measures approximately 50 inches (127cm) in length and 5 inches (12.5cm) in width (unstretched)

### Materials

200g/130 yds Super Chunky/Super Bulky yarn  
Knitting needles in size US 15 (10mm)  
Tapestry needle

### Gauge

8 sts and 12 rows = 4"/10cm in St st.

### Abbreviations

CO Cast On  
k Knit  
p Purl  
sl Slip stitch  
st(s) Stitch(es)  
St st Stocking Stitch

### Directions:

Provisionally CO 18 sts

Row 1: sl1 purlwise, \*k1, p1, repeat from \* until last st, k1

Repeat this row until work measures approx 50" (127cm) from cast on edge.

Break yarn leaving a long tail for grafting.

Place stitches from provisional cast on onto a 2<sup>nd</sup> needle. Thread yarn tail onto tapestry needle and graft the two ends of the cowl together using Kitchener Stitch for 1x1 Rib (see below).

*Alternative seamed version:*

Cast on and bind off the stitches as normal and sew the two ends of the cowl together.



## **Kitchener Stitch for 1x1 Rib:**

**Step 1:** Hold the needles in your left hand so that the working yarn is on the right hand side and on the back needle. Insert the tapestry needle purlwise into the first stitch on the front needle and pull the yarn through. Leave the stitch on the knitting needle.

**Step 2:** Keeping the working yarn under the front needle, insert the tapestry needle knitwise into the first stitch on the back needle and pull yarn through.

**Step 3:** Insert the tapestry needle knitwise into the first stitch on the front needle and slip stitch off knitting needle.

**Step 4:** Insert tapestry needle purlwise into the next stitch on the front needle. Pull the yarn through, leaving stitch on the knitting needle.

**Step 5:** Insert the tapestry needle purlwise into the first stitch on the back needle and slip stitch off knitting needle.

**Step 6:** Insert tapestry needle knitwise into the next stitch on the back needle. Pull the yarn through, leaving stitch on the knitting needle.

**Step 7:** Insert the tapestry needle purlwise into the first stitch on the front needle and slip stitch off knitting needle.

**Step 8:** Insert tapestry needle knitwise into the next stitch on the front needle. Pull the yarn through, leaving stitch on the knitting needle.

**Step 9:** Insert the tapestry needle knitwise into the first stitch on the back needle and slip stitch off knitting needle.

**Step 10:** Insert tapestry needle purlwise into the next stitch on the back needle. Pull the yarn through, leaving stitch on the knitting needle.

Repeat steps 3-10 until only two stitches remain. Always keep the working yarn underneath the knitting needles and pull it snug every few stitches.

On the last two stitches, insert the tapestry needle knitwise into the front stitch and then purlwise into the back stitch. Pull tight and fasten off the yarn. Weave in ends.

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