Longwood Sport

Twisted Palindrome Cowl

Designed by Julie Gaddy

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Skill Level:
Easy / Intermediate

Size:
5" wide x 52" circumference

Materials:
Cascade Yarns® Longwood Sport
100% Extra Fine Superwash Merino Wool
100 g (3.5 oz) / 273 yds (250 m)
2 skeins of color #47 (daybreak).
US 6 (4 mm)/24” circular knitting needles
Yarn Needle

Gauge:
23 sts and 32 rows = 4” (10 cm) in Pattern St after blocking.

Abbreviations:
BO = Bind Off
CO = Cast On
K = Knit
P = Purl
P2tog = Purl 2 stitches together
RH = Right Hand
RS = Right Side
St(s) = Stitch(es)
TW1L = Twist 1 Left
WS = Wrong Side
YO = Yarn Over

Note: Cowl is knit flat and then folded and seamed. A circular needle is used to accommodate the large number of sts.

Special Pattern stitches:
TW1L (Twist 1 St Left):
Begin with yarn in back ready to work a knit stitch. Knit the second stitch on the left needle through the back loop then knit the first stitch on the left needle through the front loop. Drop both stitches from the left needle. The result will be a reordering of the stitches that forms a two stitch mock cable.

YO (between a knit and a purl st):
Bring the yarn from the back (knit position) to the front (purl position) between the needles and then wrap it completely around the RH needle by wrapping over the needle and back between the needles to the front of the work. The yarn will be between the needles and in the correct position to purl 2 sts together.
Cowl:
CO 301 sts. Turn work, do not join.
Set up Row: K1, *[K1, YO, P2tog, K1, P2, K2, P2]; repeat from * to end of row.
Row 1 (RS): *[K2, P2, K2, K1, YO, P2tog, K1]; repeat from * to last st, P1.
Row 2 (WS): K1, *[K1, YO, P2tog, K1, P2, K2, P2]; repeat from * to end of row.
Row 3 (RS): *[TW1L, P2, TW1L, K1, YO, P2tog, K1]; repeat from * to last st, P1.
Row 4 (WS): K1, *[K1, YO, P2tog, K1, P2, K2, P2]; repeat from * to end of row.
Row 5 (RS): *[K2, P2, K2, K1, YO, P2tog, K1]; repeat from * to last st, P1.
Row 6 (WS): K1, *[K1, YO, P2tog, K1, P2, TW1L, P2]; repeat from * to end of row.

Repeat Rows 1 – 6, 5 more times.
Work Rows 1 through 5 once more.
BO in pattern.

Note: Treat the [K1, YO, P2tog, K1] as 4 purl sts.

Finishing:
Weave in ends and block as necessary.
When dry, fold cowl widthwise so that selvedge edges meet with WS together.
Give 1 edge a half twist so that RS of that edge is now facing WS of other edge.
Seam selvedge edges together.
Weave in remaining ends.
Block seam again if desired.