Eco Duo

Prairie Wheat Cowl

Designed by

Adina Logsdon

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Skill Level: Beginner / Intermediate

Techniques Used: Knit in the round and Cables

Materials: 1 Skein of Cascade Yarn’s Eco Duo, 70% Undyed Baby Alpaca / 30% Undyed Merino Wool, 100 g (3.5 oz.), 197 yds (180 m). Shown size Medium in color #1707 (Latte). 1 - 24”/ US 8 (5.0 mm) Circular Knitting Needles, or size needed to obtain correct gauge. 1 stitch marker

Sizes: S (M)

Finished Measurements: S = Aprox. 29” x 8.5”  M = Approx. 33” x 8.5”

Gauge: In Stockinette stitch, 18 sts x 20 rows = 4” (10 cm)

Abbreviations:
Sts = stitches
K = Knit
P = Purl
PM = Place Marker
SM = Slip Marker
C4F = Cable 4 Front - slip 2 sts to a cable needle, hold them to the front of the work, knit the next 2 off the left needle, then knit the 2 slipped sts off the holder.
C4B = Cable 4 Back, slip 2 sts to a cable needle, hold them to the back of the work, knit the next 2 off the left needle, then knit the 2 slipped sts off the holder.
To Begin:

Cast on 120(140) sts. Place stitch marker, being careful not to twist stitches and join in the round.

Rnds 1 - 5: *[K2, P2] Repeat from * to end of row. SM.

Rnds 6 – 7: Knit.

Rnd 8 (Cable Row): *[C4B, C4F, K2] Repeat from * to end of row.

Rnds 9 – 12: Knit.

Rnd 13 (Cable Row): *[C4B, C4F, K2] Repeat from * to end of row.

Rnds 14 – 17: Knit.

Rnd 18 (Cable Row): *[C4B, C4F, K2] Repeat from * to end of row.

Rnds 19 – 22: Knit.

Rnd 23 (Cable Row): *[C4B, C4F, K2] Repeat from * to end of row.

Rnds 24 – 27: Knit.

Rnd 28 (Cable Row): *[C4B, C4F, K2] Repeat from * to end of row.

Rnds 29 – 32: Knit.

Rnd 33 (Cable Row): *[C4B, C4F, K2] Repeat from * to end of row.

Rnds 34 – 37: Knit.

Rnd 38 (Cable Row): *[C4B, C4F, K2] Repeat from * to end of row.

Rnds 39 – 42: Knit.

Rnd 43 (Cable Row): *[C4B, C4F, K2] Repeat from * to end of row.

Rnds 44 and 45: Knit.


Bind off in K2, P2 ribbed pattern stitch.

Weave in loose ends and carefully wet block the cowl.