

## CABLED COWL AND HEADBAND SET

**IMPORTANT NOTE:** Unless yarn specified is used, African Expressions cannot accept the responsibility for the finished work.

Owing to printing restrictions the colour reproduction is matched as closely to the yarn as possible.

Original garments worked in one size and shown on a size 87cm model.

Pattern and Design by Dorothy Jacobs

### MATERIALS:

HARMONY (50g balls)  
COWL: 7 balls 2124.  
HEADBAND: 2 balls 2124.  
One pair 4,5mm knitting needles.  
One 6mm circular knitting needle.  
One cable needle.

### MEASUREMENTS:

COWL: Approx. circumference 106cm by 43cm wide.  
HEADBAND: To fit average adult.  
THE INSTRUCTIONS ARE GIVEN FOR ONE SIZE ONLY.

### TENSION: SAVE TIME, TAKE TIME, CHECK TENSION

17sts and 22 rows = 10cm over Stocking Stitch using 6mm needles.  
FOR BEST RESULTS IT IS ESSENTIAL TO OBTAIN THE CORRECT TENSION. IF THERE ARE TOO FEW STS ON TEST SWATCH, USE THINNER NEEDLES; IF THERE ARE TOO MANY STS, USE THICKER NEEDLES.

### ABBREVIATIONS:

**alt** = alternate; **beg** = begin(ning); **cont** = continue; **C4F** = slip next 2sts onto cable needle and hold at front of work, k next 2sts from left-hand needle, then k sts from cable needle; **C4B** = slip next 2sts onto cable needle and hold at back of work, k next 2sts from left-hand needle, then k sts from cable needle; **dec** = decrease; **fol** = follow(ing); **inc(s)** = increase; **k** = knit; **M1** = make one stitch, pick up strand of yarn between needles, purl into back of it; **patt(s)** = pattern(s); **p** = purl; **rem** = remain(ing); **rep** = repeat; **rev** = reverse; **rev st st** = reverse stocking stitch, purl side as right side; **R(W)S** = right(wrong) side; **R(W)SF** = right(wrong) side facing; **R(W)SR** = right(wrong) side row; **RW** = ribwise; **st(s)** = stitch(es); **st st** = stocking stitch; **tog** = together; **T3F** = slip next 2sts onto cable needle and hold at front of work, p next st from left hand-needle, then k sts from cable needle; **T3B** = slip next st onto cable needle and hold at back of work, k next 2sts from left-hand needle, then p st from cable needle; **T4F** = Slip next 2sts onto cable needle and hold at front of work, p next 2sts from left hand-needle, then knit sts from cable needle; **T4B** = Slip next 2sts onto cable needle and hold at back of work, knit next 2sts from left hand-needle, then p sts from cable needle.

### STITCHES USED:

DOUBLE MOSS PATTERN (Worked over 4sts):

**1st row:** \*K1, p1, rep from \* to end.

**2nd row:** \*K1, p1, rep from \* to end.

**3rd row:** \*P1, k1, rep from \* to end.

**4th row:** \*P1, k1, rep from \* to end.

REVERSE STOCKING STITCH:

**1st row:** RSF, one row P.

**2nd row:** WSF, one row K.

Rep these 2 rows.

CABLE PATTERN 1 (Worked over 8 sts on background of reverse st st):

**1st row:** RSF: K2, p4, k2.

**2nd row:** P2, k4, p2.

**3rd row:** C4F, C4B.

**4th row:** P8.

**5th – 8th rows:** Rep 1st and 2nd rows twice.  
Rep these 8rows.

CABLE PATTERN 2 (Worked over 24sts on a background of reverse st st):

**1st row:** P2, C4B, (p4,C4B) twice, p2.

**2nd row:** K2, p4, (k4, p4) twice, k2.

**3rd row:** P1, T3B, (T4F, T4B) twice, T3F, p1.

**4th row:** K1, p2, k3, p4, k4, p4, k3, p2, k1.

**5th row:** T3B, p3, C4F, p4, C4F, p3, T3F.

**6th row:** P2, k4, (p4,k4) twice, p2.

**7th row:** K2, p3, T3B, T4F, T4B, T3F, p3, k2.

**8th row:** (P2, k3) twice, p4, (k3, p2) twice.

**9th row:** (K2, p3) twice, C4B (p3, k2) twice.

**10th row:** Work as 8th row.

**11th row:** K2, p3, T3F, T4B, T4F, T3B, p3, k2.

**12th row:** Work as 6th row.

**13th row:** T3F, p3, C4F, p4, C4F, p3, T3B.

**14th row:** Work as 4th row.

**15th row:** P1, T3F, (T4B, T4F) twice, T3B, p1.

**16th row:** Work as 2nd row.

Rep these 16 rows.

### COWL:

Using a 6mm circular needle, cast on 200sts. Work 5 rows in Double Moss Pattern. **Next row, inc row:** WSF, p2, \*(p3, M1) 6 times, p32sts\*, rep from \* to \* twice more, (p3, M1) 6 times, p30sts = 224sts. **Next row:** RSF, set patt as folls: P10sts, \*work 1st row of cable patt 1 (SEE STS USED) over 8sts, p12, work 1st row of cable patt 2 over 24sts, p12\*, rep from \* to \* twice more, work 1st row of cable patt 1 over next 8 sts, p12, work 1st row of cable patt 2 over next 24sts, p2. **Next row:** Cont in cable patt as now set with reverse st st between cables, until work measures 41cm from beg ending with a WSR. **Next row:** K30sts, \*(k2, k2tog) 6 times, k32sts\*, rep from \* to \* twice more, (k2, k2tog) 6 times, k2 = 200sts. **Next row:** WSF, \*p1, k1, rep from \* to end. **Next row:** \*K1, p1, rep from \* to end. **Next row:** \*K1, p1, rep from \* to end. **Next row:** RSF, \*p1, k1, rep from \* to end. Cast off all sts in patt.

### TO MAKE UP:

Sew back seam. Block garment to measurement, cover with a damp cloth and allow to dry.

### HEADBAND:

Using 4,5mm needles cast on 32sts. Work in patt as folls: Double Moss 4sts, work in Cable patt 2 over next 24sts, Double Moss 4sts. Cont in patt as now set until work measures 48cm from beg ending WSR, cast off.

### TO MAKE UP:

Join cast on and cast off edges together.

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