



# To and fro

*A cabled cowl*

*by Ana Ulin*

# To and fro

## Finished dimensions

31" circumference, after blocking.

8" height, after blocking.

## Yarn

Approximately 115 yards of super-bulky yarn.

3 skeins of Blue Sky Alpacas Bulky (50% alpaca, 50% wool, 45 yards / 100g), in Coyote.

## Needles

US #15 (10mm) 24" circular needle.

## Notions

Cable needle.

Stitch marker to mark beginning of round.

Optionally, stitch markers to separate pattern repeats.

## Gauge

1.75 st and 4.5 rows per inch in seed stitch pattern, after blocking.

## Notes

The cowl is worked in the round, using 6 horizontal and 2 vertical repeats of the zig-zag cable design.

Below is a written version of the pattern. If you prefer charts, refer to the zig-zag cable chart. Work 6 repeats of the chart within each round, and repeat rows 1-15 of the chart a second time, casting off on the last round of the second chart repeat (round 32).



## Directions

CO 72 stitches, using the long-tail method. You will need a tail about 2.5 yards long.  
To make the first row easier to work, I recommend casting on holding together your main needle and a second, thinner needle; I used a US #4 held together with the US #15 needle.

Place a marker and join in the round. Begin working zig-zag cable pattern as follows:

- RND 1 \* p, k, p, k, p, sl 1 st to cn and hold in back, k3, p from cn, k, p, k ; repeat from \* around
- RND 2 \* k, p, k, p, k5, p, k, p; repeat from \* around
- RND 3 \* p, k, p, k, sl 1 st to cn and hold in back, k3, k from cn, p, k, p, k ; repeat from \* around
- RND 4 \* k, p, k, p, k3, p, k, p, k, p ; repeat from \* around
- RND 5 \* p, k, p, sl 1 st to cn and hold in back, k3, p from cn, k, p, k, p, k ; repeat from \* around
- RND 6 \* k, p, k5, p, k, p, k, p ; repeat from \* around
- RND 7 \* p, k, sl 1 st to cn and hold in back, k3, k from cn, p, k, p, k, p, k ; repeat from \* around
- RND 8 \* k, p, k3, p, k, p, k, p, k, p ; repeat from \* around
- RND 9 \* p, k, sl 3 st to cn and hold in front, p, k3 from cn, p, k, p, k, p, k ; repeat from \* around
- RND 10 \* k, p, k5, p, k, p, k, p ; repeat from \* around
- RND 11 \* p, k, p, sl 3 st to cn and hold in front, k, k3 from cn, k, p, k, p, k ; repeat from \* around
- RND 12 \* k, p, k, p, k3, p, k, p, k, p ; repeat from \* around
- RND 13 \* p, k, p, k, sl 3 st to cn and hold in front, p, k3 from cn, p, k, p, k ; repeat from \* around
- RND 14 \* k, p, k, p, k5, p, k, p ; repeat from \* around
- RND 15 \* p, k, p, k, p, sl 3 st to cn and hold in front, k, k3 from cn, k, p, k ; repeat from \* around
- RND 16 \* k, p, k, p, k, p, k3, p, k, p ; repeat from \* around

Repeat rnds 1 - 15 once more, for a total of 31 rounds.

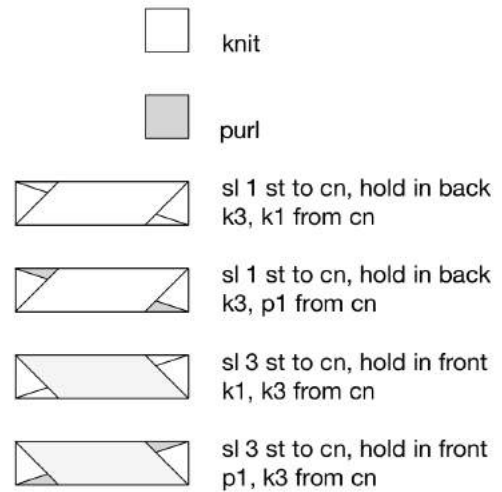
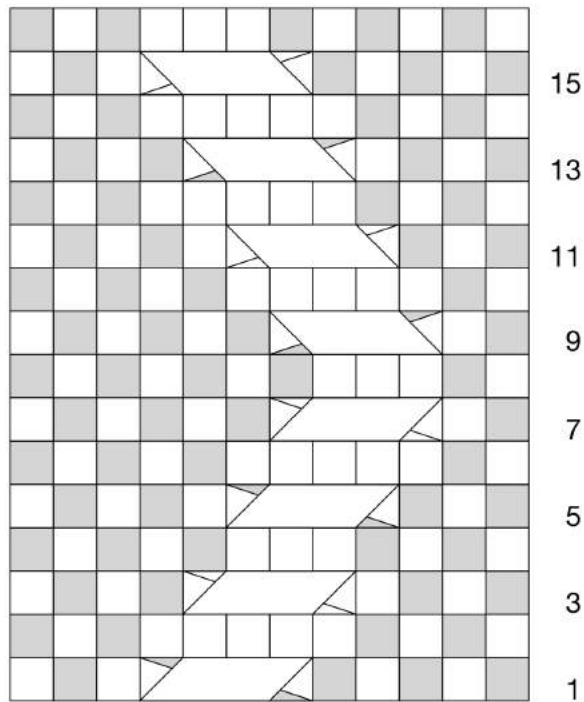
BO loosely, using an elastic method.

Weave in ends.

Wet block.



## Zig zag cable chart



## Abbreviations

<b>k</b>	knit
<b>p</b>	purl
<b>sl</b>	slip stitch (tip to tip)
<b>st</b>	stitch
<b>cn</b>	cable needle
<b>CO</b>	cast on
<b>BO</b>	bind off
<b>rnd</b>	round

