

# Fifty Below

By Sarah Jane Dunlop



Fifty Below is a warm cowl that is knit flat, then seamed. It can showcase a special yarn or add a pop of colour in an easy to memorize cable panel up centre front. Perfect for those days when the temperature drops and the windchill is biting!

## Supplies:

- ~ 200 yds of worsted weight yarn for main colour (I used Patons Classic)
- ~ 150 yds of worsted weight yarn for contrast (I used hand spun)
  - ~ 4mm needles or size to achieve gauge\*
  - ~ Cable needle
- ~ Two stitch markers if desired to indicate beginning and end of panel stitches
  - ~ Darning needle for seaming

## Gauge:

9 stitches and 13 rows = 2" in twisted stockinette stitch  
on 4mm needle

Finished dimensions once blocked and seamed:

circumference - 26" / height - 9 1/2"

### \*Note\*

Gauge is not terribly important for this project as long as you are pleased with the fabric you are creating, although please keep in mind that a different gauge than called for can affect yardage needed as well as the finished size of the cowl.

## Stitch Patterns:

### Twisted stockinette ~

Right side : knit each stitch through the back loop

Wrong side : purl

### Cable Panel ~

C3F : Slip next 3 stitches to cable needle, and hold in front of the work. Knit 3 from left needle, then knit the 3 from cable needle.

C3B : slip next 3 stitches to cable needle, and hold in back of the work. Knit 3 from left needle, then knit the 3 from cable needle.

Row 1 : Knit all stitches

Row 2, 4, 6 & 8 : Purl all stitches

Row 3 : [C3F, K6] x 2, C3F

Row 5 : Knit all stitches

Row 7 : [K6, C3B] x 2, K6

These 8 rows will be repeated to created the cable panel

## Instructions:

Divide your main yarn into two separate balls

Cast on 120 stitches in contrast yarn using your preferred cast on for ribbing.

Work one inch of 1x1 ribbing, ending on a right side row. Purl the next row. Break yarn.

### \*Notes\*

1) You will be rejoining your contrast yarn on a purl stitch, which will leave your yarn tail at the front of your work. Simply tuck it through to the back and secure it as you come back along the wrong side. It will seem loose at first, but once the end is woven in it will be snug and un-noticeable.

2) When switching between yarns be sure to twist the previous colour over the new colour at the back to prevent a hole

Using main colour yarn work as follows:

### Row 1 :

The first time you work row 1 you will set up your contrast panel section as follows:

Work 43 stitches in twisted stockinette stitch, place marker if desired

Join contrast yarn, purl 2, work cable panel over next 30 stitches, purl 2, place marker if desired

Join second ball of main colour and work 43 stitches in twisted stockinette

Subsequent times you will work the pattern as set

### Row 2 :

Purl and knit all stitches as they appear

Continue these two rows (keeping in mind that you will be working through repeats of the 8 rows of the cable panel in the center as you go) until length from cast on edge measures 9 1/2" or one inch less than desired height ending with a right side row. Break yarn.



Join contrast yarn and purl one row then proceed in 1x1 ribbing for one inch.

Cast off loosely using your preferred method. My favourite is Jeny's Surprisingly Stretchy Bind Off (for a tutorial on this method please check out Jeny's article in the Fall 2009 issue of Knitty :

<http://knitty.com/ISSUEfall09/FEATjssbo.php>)

Seam and block, then bundle up and head outside to enjoy winter knowing you'll be cozy in your cowl when the mercury plummets!