



Back-n-Forth Cowl

By: Emily Charland

Instructions

Using a piece of scrap yarn, provisionally cast on 110 stitches.

Join Color A and begin working in the round placing beginning of round marker. Knit 1 round. Leave color A attached and join color B.

Pattern

Round 1: with B, *sl1wyif, sl1wyib, sl1wyif, sl1wyib, sl1wyif, K5; repeat from * around.

Round 2: with A, *K5, sl5wyib; repeat from * around.

Round 3: with B, *sl1wyib, sl1wyif, sl1wyib, sl1wyif, sl1wyib, K5; repeat from * around.

Round 4: repeat round 2.

Round 5: repeat round 1.

Round 6: repeat round 2.

Round 7: repeat round 3.

Round 8: repeat round 2.

Round 9: repeat round 1.

Round 10: with A, *K5, sl1wyif, sl1wyib, sl1wyif, sl1wyib, sl1wyif; repeat from * around.

Round 11: with B, *sl5wyib, K5; repeat from * around.

Round 12: with A, *K5, sl1wyib, sl1wyif, sl1wyib, sl1wyif, sl1wyib; repeat from * around.

Round 13: repeat round 11.

Round 14: repeat round 10.

Round 15: repeat round 11.

Round 16: repeat round 12.

Round 17: repeat round 11.

Round 18: repeat round 10.

Repeat **rounds 1-18** of pattern 8 times.

Place the provisional cast-on onto a spare needle. Bring cast-on and final edges of the cowl together with the right side facing out, and work a three-needle bind off with color B.

Weave in ends and block.



Materials

Yarn: North Bay Fibers *Heritage DK*, 100% Targhee-Polypay wool, 150 yds/50g - 1 skein each colors A and B.

Needles: US 8 - 24" circular needle.

Notions: 1 stitch marker, scrap yarn for provisional cast on, spare needle of equal or smaller size, yarn needle.

Gauge: 5sts/in

Finished Size

7" tall by 24" circumference.

Abbreviations

K - Knit

P - Purl

sl - slip

wyif - with yarn in front

wyib - with yarn in back

Notes

As you alternate colors with each round, twist your yarns on the inside of your work to maintain even tension through the beginning of round. Do this by dropping the 'old' color down and to the left, and bringing the 'new' color up and to the right.