

KDO Kowl

2020



# *KDO Kowl*

by Chris Blackford

In 2020, Knitters' Day Out (KDO) celebrates 35 years of spreading the love of knitting. As a non-profit event, KDO is organized by a committee of volunteers committed to the education and enjoyment of this ancient craft by the greater community.

The KDO Kowl is a free pattern designed for all levels of skills and created for your knitting pleasure. Both charted and written instructions are included. This pattern is for you to knit as it is written or change as you so desire. We encourage you to simply play with the pattern. We hope that you will knit it and wear it to our virtual KDO event! Keep track of your changes and share them in our KDO FaceBook, Instagram and Ravelry groups. We'd love to see your finished project!

In celebration of our 35<sup>th</sup> anniversary, we have hidden a 35 motif in the pattern. Can you find it? Enjoy the fun of this year's KDO Kowl creation and learning something new at KDO! See you in September!

**Description:** The KDO Kowl is a reversible cowl knit flat (back and forth) and worked from the bottom up. The pattern incorporates a Pathway motif and cable borders separated by three stitches knit in garter stitch. The pattern makes use of the natural "buttonholes" created on the rows where the cable stitches cross. Double buttons (two shank buttons tied together - video listed below) are created to button the two cable borders together; thus, offering a variety of ways to wear the cowl.

There are two charts:

Chart 1 is the Cable Border

Chart 2 is the Pathways Motif

Each chart is read from right to left on odd numbered rows (right side) and left to right on the even numbered rows (wrong side)

Before and after Chart 1 and Chart 2 are 3 stitches marked off by st markers:

These 3 sts are always knit (garter st)

## **Materials:**

Yarn: Approximately 224 yds of DK weight; shown in Oak-Sky from Yorkshire Medley by Flying Fibers Yarn Company (100g – 262 yds/239.5 meters)

Gauge: 20 sts in 4" (10cm) knit flat in stockinette stitch and lightly blocked. Gauge is not critical for this project but a different gauge will result in a smaller or larger cowl which may require different yardage.

Needles – US size 6 (4mm) 32" circular needle or needle size needed to obtain gauge

Notions needed:

Cable needle

10 stitch markers

small tapestry needle to weave in ends and for creating double buttons

pins/wires for blocking

8 - 5/8" shank buttons (2 sets of 4 buttons or 8 different buttons, as desired)

## **Measurements:**

Approximately 34-36" wide and 8" tall

**Skills required:**

- ✓ Knit, purl, knit into the front and back of a stitch
- ✓ Charts or written instructions
- ✓ Longtail cast on
- ✓ Working with stitch markers
- ✓ Increasing = Yarn over
- ✓ Decreasing = SSK and k2tog
- ✓ Basic Cables
- ✓ Bind off

**Abbreviations:**

garter = knit every row

k = knit

kfb = Knit into the front and the back of the next stitch (1 st increased)

k2tog = knit 2 stitches together

p = purl

pm = place marker

rs = right side of the fabric (cowl)

sm = slip marker

SSK = slip 2 stitches as if to knit, individually. Insert tip of left needle into fronts of the 2 slipped stitches and knit together

st = stitch; sts = stitches

ws = wrong side of the fabric (cowl)

yo = yarn over

( ) = Repeat instructions inside the parentheses x number of times given in instructions

**Pattern:**

CO 141 sts using long tail cast-on.

**Ribbing:**

Rows 1, 3, and 5 (ws): (p3, k3) repeat to the last 3 sts, p3.

Rows 2 and 4 (rs): (k3, p3) repeat to the last 3 sts, k3.

**Setup rows:**

Row 1 (rs): k3, (kfb) 8 times, knit to the last 10 stitches, (kfb) 9 times, k1. (158 sts)

Row 2 (ws): k3, pm, k16, pm, (k3, pm, k36, pm) 3 times, k3, pm, k16, pm, k3

Note: Before beginning the chart, place a stitch marker at the beginning of the next row somewhere below the first few stitches of your fabric to denote the right side (odd numbered rows).

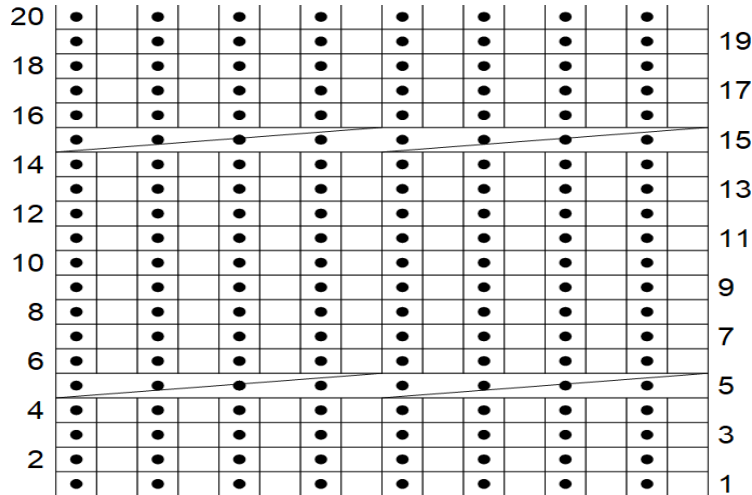
**Main body - Charts (See below for written instructions):**

The 3 garter stitches (between stitch markers) are not shown on Charts 1 and 2 but fall in between the charts and at each end of the cowl. Chart 1 and Chart 2 are knit at the same time in the following order:

**(3ksts) + Chart 1 + (3ksts) + Chart 2 + (3ksts) + Chart 2 + (3ksts) + Chart 2 + (3ksts) + Chart 1 + (3ksts)**

Complete rows 1-20 of Charts 1 and Chart 2 two times.

**Chart 1:**



Legend for Chart 1:

Stitches

- RS: k; WS: p
- RS: p; WS: k

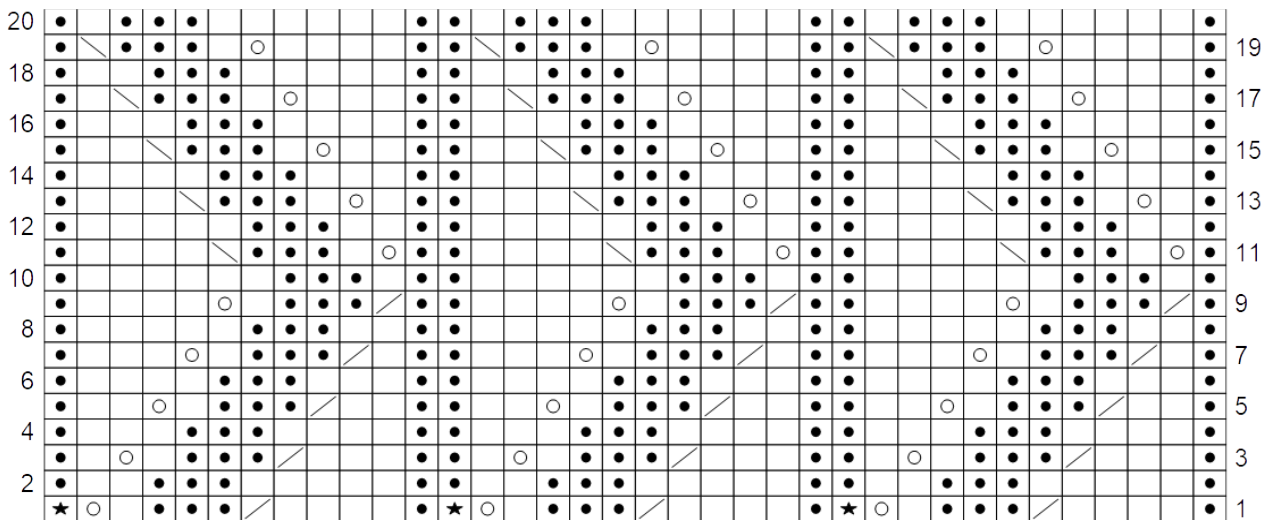
8x8 Cable right twist

Legend for Chart 2:

Stitches

- RS: k; WS: p
- RS: p; WS: k
- yo
- k2tog
- ssk
- ★ extra tug then purl

**Chart 2 – Pathways Motif:** The purl stitch in Row 1, designated with a star follows a yarnover. To prevent the yarnover from being too large, give the yarn an extra tug before purling.



Go to setup for ribbing.

### **Main Body - Written instructions:**

The 3 garter stitches (between stitch markers) are not shown on Charts 1 and 2 but fall in between the charts and at each end of the cowl. Chart 1 and Chart 2 are knit at the same time in the following order:

(3ksts) + Chart 1 + (3ksts) + Chart 2 + (3ksts) + Chart 2 + (3ksts) + Chart 2 + (3ksts) + Chart 1 + (3ksts)

Complete rows 1-20 of Charts 1 and 2 two times. Even numbered rows are the (rs) and odd numbered rows are the (ws).

### **Chart 1 Written Instructions:**

**Rows 1-4:** [k1, p1] 8 times.

**Row 5:** Continue (k1, p1) pattern in the 8X8 Cable right twist

**Rows 6-14:** [k1, p1] 8 times.

**Row 15:** Continue (k1, p1) pattern in the 8X8 Cable right twist.

**Rows 16-20:** [k1, p1] 8 times.

### **Chart 2 Written Instructions:**

**Row 1 (rs):** [p1, k4, k2tog, p3, k1, yo, p1 giving an extra tug before purling] 3 times.

**Row 2 (ws):** [k1, p2, k3, p5, k1] 3.

**Row 3:** [p1, k3, k2tog, p3, k1, yo, k1, p1] 3 times.

**Row 4:** [k1, p3, k3, p4, k1] 3 times.

**Row 5:** [p1, k2, k2tog, p3, k1, yo, k2, p1] 3 times.

**Row 6:** [k1, p4, k3, p3, k1] 3 times.

**Row 7:** [p1, k1, k2tog, p3, k1, yo, k3, p1] 3 times.

**Row 8:** [k1, p5, k3, p2, k1] 3 times.

**Row 9:** [p1, k2tog, p3, k1, yo, k4, p1] 3 times.

**Row 10:** [k1, p6, k3, p1, k1] 3 times.

**Row 11:** [p1, yo, k1, p3, ssk, k4, p1] 3 times.

**Row 12:** [k1, p5, k3, p2, k1] 3 times.

**Row 13:** [p1, k1, yo, k1, p3, ssk, k3, p1] 3 times.

**Row 14:** [k1, p4, k3, p3, k1] 3 times.

**Row 15:** [p1, k2, yo, k1, p3, ssk, k2, p1] 3 times.

**Row 16:** [k1, p3, k3, p4, k1] 3 times.

**Row 17:** [p1, k3, yo, k1, p3, ssk, k1, p1] 3 times.

**Row 18:** [k1, p2, k3, p5, k1] 3 times.

**Row 19:** [p1, k4, yo, k1, p3, ssk, p1] 3 times.

**Row 20:** [k1, p1, k3, p6, k1] 3 times.

### **Setup for Ribbing:**

Row 1 (rs) Remove all markers as you knit across: k2, (k2tog) 9 times, k to last 19 stitches, (k2tog) 8 times, k3. (141 sts)

Row 2 (ws): Knit

### **Ribbing:**

Rows 1, 3, and 5 (rs): (k3, p3) repeat to the last 3 sts, k3.

Rows 2 and 4 (ws): (p3, k3) repeat to the last 3 sts, p3.

### **Bind off:**

Setup row: k2, insert left needle into fronts of both sts on right needle and knit together, one stitch remaining on right needle.

Bind off row: (k1, insert left needle into fronts of both sts on right needle) repeat until 1 st remains, Pull yarn through stitch. (4)

## Finishing:

Weave in all ends. Since this is a reversible cowl, weaving in the ends using a duplicate stitch stitch secures and hides the ends. Block to measurements or desired size.

**Buttons** – the pattern calls for a 5/8" button but check to make sure what size buttons actually fit through the cable buttonhole.

**How to make double buttons:** You will need 8 buttons to create the four double buttons needed for the cowl. Thread a tapestry needle with a 36" piece of yarn; even up the two ends so the yarn is double. No need to knot the ends. Thread the needle through the shanks of 2 buttons one at a time. Pull yarn through leaving a 3-4" tail so you have two ends, the tail just created and the needle end. Knot the two ends using a surgeons knot as follows:



## Surgeon's Knot:

1. Wrap the yarn ends right over left. Tighten enough to hold buttons together securely.
2. Wrap yarn ends left over right twice. Pull to tighten,
3. Cut yarn ends to about 1/4" (They will not show when buttoned through cowl)

Add buttons through buttonholes created by the cable cross. Wear your cowl with all four buttons buttoned; with fewer buttons buttoned; offset buttons in buttonholes; cowl can also be worn folded in half...you're limited only by your imagination. The reversal front and back are designed to give you twice as many options! Enjoy!

**Video:** Video includes overview of the cowl and instructions on making double buttons:

<https://youtu.be/21-a2mdZ6pU>

## Helpful Notes:

- All charts show the right side of fabric:
  - On right side (odd numbered) rows, knit stitches are knitted and purl stitches are purled
  - On wrong side (even numbered) rows, the knit stitches are purled and purl stitches knitted.
- To neaten up ribbing and Chart 2 – wherever a purl stitch follows a knit stitch, before purling, give an extra tug. Doing so will take up the extra slack created when a purl stitch follows a knit stitch.
- Check your work as you knit. In following a chart, always count your stitches.
- If there are any questions on how to do certain stitches, cables, weaving in ends by duplicate stitch, or anything else, search in any search engine and you will find several videos and podcasts with information.
- If there are any questions on the pattern, please do not hesitate to email:  
[2020KDOKowl@gmail.com](mailto:2020KDOKowl@gmail.com)

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