



EMPOWERMENT

Swatch/Cowl/Scarf

Textured Cowl/Scarf/Swatch for beginning knitters
by Christina Mursa

ZENTENSION STUDIO

EMPOWERMENT
About This Design



This Swatch/Cowl/Scarf is a great option for a beginning knitter. Knitters do not need to worry about gauge and can focus on learning the basics. The pattern teaches all the skills necessary to complete a pattern labeled “Easy” by the Craft Yarn Council. This pattern is easily modified; knitters can make as many rows of any stitch pattern as they please, as long as they start each new pattern on the right side of the work. Knit with thick yarn on larger needles, this project progresses quickly and creates a beautiful result.

SKILL LEVEL



PATTERN VERSION

1.0

Updated 06.19.21

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#EmpowermentKnitting

We'd love to see it!

I strive to make sure my patterns are clear, concise and fun to make. If you need any help, or find an error, please reach out to me at contactme@zentension.com

*Components***MATERIALS**

Heavy Aran/Bulky weight yarn in the following approximate amounts (be sure to wind skeins into a ball or cake before starting the pattern):

For Swatch (using a second color is optional):

Approximately 28 yards **each** of bulky weight (#5) yarn in Color 1(C1) and Color 2(C2)
Quince & Co. *Osprey* (100% American Wool); 170 yards/100g):

1 skein **each** of C1 *Audouin* and C2 *Caspian*

For Cowl (using a second color is optional):

60 yards each of bulky weight (#5) yarn in Color 1(C1) and Color 2(C2)
Quince & Co. *Osprey* (100% American Wool); 170 yards/100g):

1 skein **each** of C1 *Audouin* and C2 *Damson*

For Scarf:

280 yards of bulky weight (5) yarn

Quince & Co. *Osprey* (100% American Wool); 170 yards/100g):

2 skeins of color *Caspian*

GAUGE

Varies, no certain gauge is required

NEEDLES

One set of 10" knitting needles, suggested size 8mm (US 11)

TOOLS

One stitch marker



Row counter



Scissors

Tapestry needle

SKILL LEVEL

Easy

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Abbreviations

K - Knit

P - Purl

RS - The side of the work that faces the public

WS - the opposite side of the RS

tbl - through the back loop

M1 - This is an increase; it adds one stitch to your work. Hold your knitting in your left hand, with the working yarn to the right. Knit 2 stitches. Very gently, pull apart the stitch you have just knit on the right needle from the next one on the left needle. You will see a yarn string down between these two stitches. Take your left needle and pick up that yarn string, moving the needle tip from front to back, like rowing an oar. Now, take your right needle and insert it into the back leg of the loop you have just picked up with your left needle. Wrap the yarn around the right needle as if to knit. Pull the loop through onto your right needle. You have just knit the stitch through the back loop (tbl) and have increased one stitch.

K2tog - This is a decrease; it subtracts one stitch from your work. Hold your knitting in your left hand, with the working yarn to the right. Knit 2 stitches. Count one stitch over from the next stitch. Insert the tip of your right needle into this stitch and into the stitch next to it. Wrap the yarn to knit and pull through the loop through both stitches with the right needle. You have just decreased one stitch.

SSK - This is a decrease; it subtracts one stitch from your work. In this pattern you will knit the row to the last 4 stitches. Then you will slip one stitch from the left needle to the right needle knitwise, without pulling through a loop. Repeat this procedure with the next stitch. You will have 2 slipped stitches on the right needle. Now take the left needle and insert it into the front of those two stitches. Your left and right needles will be in a shallow "X" shape. Take the working yarn and wind it around the right needle, and pull a loop through the two stitches. You have just knit two stitches through the back loop (tbl), and have decreased one stitch.

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Special Instructions

Slip knot

Use your yarn to make a loop with the tail end on the bottom and the working yarn (the yarn coming from the ball) on top. Pinch your index finger and thumb together; thread them through the loop and grab the yarn coming from the ball. Put your knitting needle through this loop and gently pull to tighten the loop around the needle. This is your first stitch.

Knitted Cast-on

Make a slip knot and put it on the needle in the left hand. This is the first stitch. Insert the right needle into the first stitch, so that the needles make an “X” with the needle in the right hand **under** the needle in the left hand. Lightly grip both needles in the “X” formation in your left hand. Take the working yarn (the yarn coming from the ball) and wrap it counterclockwise around the right needle so that the yarn is placed between the two needles where the “X” crosses. Now, take the right needle in your right hand and bring it down so that the needle tip catches the yarn between both needles, pull up that yarn loop, and place it on the left needle. Pull gently on the working yarn to snug up the new stitch on the needle. One stitch made. Two stitches on the needle. Repeat these steps until the required number of stitches are on the left needle.

Wet Blocking

Fill a basin with lukewarm water, drizzle in a gentle soap and swirl the water with your hands. Add your finished project and gently push it into the water. Let it sit for 30 minutes. Carefully gather the item in your hands, lift it out of the water and slowly squeeze out as much water as you can; never wring it. Place the newly washed item on a bath towel, shape it without stretching and roll up the towel like a burrito. Let it sit in the towel burrito for 30 minutes. Unroll the towel, remove your item, supporting its weight so it won't stretch. Place it flat on a dry towel or drying net. Your item will be dry in 24-48 hours.

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Stitch Patterns

Garter Stitch - K every row on RS and WS

Stockinette Stitch - K on RS, P on WS

1X1 Ribbing - Row 1, *K1, P1, repeat from * to the end of the row. Row 2, *K1, P1, repeat from * to the end of the row.

Seed Stitch - Row 1, *K1, P1; repeat from * to the end of the row. Row 2, *P1, K1; repeat from * to the end of the row.

*Directions***Swatch/Cowl/Scarf**

Use the knitted cast-on (See Special Instructions) cast on 20 stitches with C1.

Row 1: (RS) Knit one row. Loop a marker through one stitch on this side to mark it as the right side (RS) of the work. (See materials)

Rows 2-10: Garter stitch – Knit every row, both RS and WS. End with a WS row.

Row 11: (RS) K (Knit)

Row 12: (WS) P (Purl)

Rows 13-22: Stockinette Stitch – K on RS, P on WS. (Finish on a purl row (WS)), so that when you turn the work you will be ready to knit.)

Rows 23-32: Ribbing 1X1 - Row 1, *K1, P1, repeat from * to the end of the row. Row 2, *K1, P1, repeat from * to the end of the row. (Finish on a purl row (WS))

When making a swatch, leave a 6-inch tail and cut C1. Start knitting with C2, leaving a 6" tail. (This is optional if making a cowl or scarf)

Row 33-42: Seed Stitch - Row 1, *K1, P1; repeat from * to the end of the row. Row 2, *P1, K1; repeat from * to the end of the row. (Finish on a purl row (WS))

Row 43: (RS) K to the end of the row.

Row 44: (WS) P to the end of the row.

Row 45: (RS) Increase row: K2, M1, knit to last 2 stitches, M1, K2. Two (2) increased, 22 stitches.

Row 46: (WS) P to the end of the row.

Row 47: (RS) Increase row: K2, M1, knit to last 2 stitches, M1, K2. Two (2) increased, 24 stitches.

Row 48: (WS) P to the end of the row.

Row 49: (RS) Increase row: K2, M1, knit to last 2 stitches, M1, K2. Two (2) increased, 26 stitches.

Row 50: (WS) P to the end of the row.

Directions

Row 51: (RS) Decrease row: K2, K2tog, K to last 4 stitches, SSK, K2. Two (2) stitches decreased, 24 stitches.

Row 52: (WS) P to the end of the row.

Row 53: (RS) Decrease row: K2, K2tog, K to last 4 stitches, SSK, K2. Two (2) stitches decreased, 22 stitches.

Row 54: (WS) P to the end of the row.

Row 55: (RS) Decrease row: K2, K2tog, K to last 4 stitches, SSK, K2. Two (2) stitches decreased, 20 stitches.

Row 56: (WS) P to the end of the row.

Swatch:

To finish with the swatch, bind off all 20 stitches. Leave a 6-inch tail and cut yarn. Go to Finishing.

Cowl:

To continue making a cowl, repeat Rows 1-56 one more time. Changing yarn colors is optional. Bind off all 20 stitches, leaving a 12-inch tail and cut or break the yarn. Go to Finishing. After Finishing, sew cowl ends together to make a cylinder – mattress stitch is a great option.

Scarf:

To continue making a scarf, repeat **Rows 1-56** five times (or as many times as you wish for depending on desired length). Changing yarn colors is optional.

After finishing **Row 56**, continue with the following instructions:

Rows 57-68: Garter stitch - Knit every row, both RS and WS. End with a WS row. Bind off all 20 stitches, leaving a 6-inch tail and cut yarn. Go to Finishing.

FINISHING:

Wet-block and air dry your finished project. (See Special Instructions) Weave in ends invisibly.

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