

TO & FRO COWL

A Lace Cowl Knitting Pattern by Holly Beemer

at yarn's length



SIZING

The finished cowl measures 18" in circumference and is 12" tall.

MATERIALS

YARN

200 yards of [Mountain Colors Bearfoot yarn in Meadow](#)

NEEDLES

US #3/3.25 mm

NOTIONS

[finishing needle](#)
[stitch markers](#)

GAUGE

28 sts x 24 rows = 4" x 4"
in Stockinette stitch

Precise gauge is not essential.

The simple back-and-forth lacework in this pattern lets a peek of light into the cozy cowl. Because it doesn't contain a single purl stitch, it works up quickly, even for beginners.

PATTERN

The cowl is worked in the round from the bottom up.

ABBREVIATIONS

BO - bind off
CO - cast on
k - knit
kfb - knit 1 into front and back of stitch; single knit increase
k2tog - knit 2 stitches together; single right-leaning decrease
m - marker
pm - place marker
ssk - slip 2 stitches knitwise, knit these 2 stitches together through back loops; single left-leaning decrease
st(s) - stitch(es)
yo - yarn over

SETUP

CO 123 sts. PM and join in the round, using care not to twist.

K 1 round.

BODY

Rounds 1, 3, 5, 7, 9, 11 - k all sts

Round 2 - k6, yo, ssk *k9, yo, ssk* k5

Round 4 - k7, yo, ssk *k9, yo, ssk* k4

Round 6 - k3, k2tog, yo, k3, yo, ssk *k4, k2tog, yo, k3, yo, ssk* k3

Round 8 - k2 *k2tog, yo, k5, yo, ssk, k2*

Round 10 - k1, k2tog *yo, k9, k2tog* yo, k10

Round 12 - k2tog *yo, k9, k2tog* k11

Repeat these 12 rows 5 times
(work them 6 times total).

Repeat round 1, then BO all sts.

FINISHING

Weave in ends and block lightly if desired.



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