

Knit Knowledge

MEASUREMENTS & SIZES

Iona: Height when folded down: 23cm

KNIT KIT

Yarn: Rowan Cocoon, shade 833 Duck Down, two 100g balls
Needles: 6.5mm, 7mm
Cable needle



SPECIAL ABBREVIATIONS

T3B: sl next st on to cn, hold at back of work, k2, p1 from cn

T3F: sl next two sts on to cn, hold at front, p1, k2 from cn

C6B: sl next three sts on to cn, hold at back, k3, k3 from cn

T5B: sl next two sts on to cn, hold at back, k3, p2 from cn

T5F: sl next three sts on to cn, hold at front, p2, k3 from cn

MB: k into front, back and front of next st, (turn, k3) three times, turn, sl 1, k2tog, psso

FOR ABBREVIATIONS SEE PAGE 86

ABOUT THE YARN

Rowan Cocoon is made of 80% merino and 20% mohair giving it a soft feel with a subtle halo. Due to the natural fibre content it should be hand washed.

Need an alternative yarn?

Wendy Norse is a similar style roving yarn that blends 50% wool with 50% acrylic, meaning it's machine washable.

Let's
Knit!
SHOP



Rowan Cocoon costs £7.99 per 100g (115m) ball from Wool Warehouse, 0800 505 3300, www.woolwarehouse.co.uk

Wendy Norse costs £2.49 per 50g (80m) ball from Black Sheep Wools, 01925 764231, www.blacksheepwools.com



Iona

Be prepared for the turn in the weather with **Helen Ardley's** cosy cowl

exclusive
TO LET'S KNIT!

Sometimes a bulky scarf is just too much, even for the chilliest of people. This project is an ideal compromise – it keeps you snug and fits neatly under your favourite winter coat. Unlike most cowls, it also covers your shoulders to add extra warmth.

Cowl

With 6.5mm needles cast on 90 sts

□ Row 1: * k3, p3, rep from * to end

This row forms rib

□ Work in rib for 13cm

□ Next row (inc): rib 5, kfb in next st, * rib 2, kfb in next st, rep from * to last six sts, rib to end. 117 sts

Change to 7mm needles and work in patt as folls:

□ Row 1 (RS): p3, * p2, T3B, p5, C6B, p5, T3F, p5, C6B, p3, rep from * to end

□ Row 2: * k3, p6, k5, p2, k6, p6, k6, p2, k2, rep from * to last three sts, k3

□ Row 3: p3, * p1, T3B, p4, T5B, T5F, p4, T3F, p4, k6, p3, rep from * to end

□ Row 4: * k3, p6, k4, p2, k5, p3, k4, p3, k5, p2, k1, rep from * to last three sts, k3

“Rowan Cocoon is a lovely wool roving-style yarn and the soft sheen works well with the textured bobbles and cables”

LK DESIGNER HELEN ARDLEY



□ Row 5: p3, * T3B, p3, T5B, p4, T5F, p3, T3F, p3, k6, p3, rep from * to end

□ Row 6: * k3, p6, k3, p2, k1, MB, k2, p3, k8, p3, k2, MB, k1, p2, rep from * to last three sts, k3

□ Row 7: p3, * T3F, p3, k3, p8, k3, p3, T3B, p3, C6B, p3 rep from * to end

□ Row 8: * k3, p6, k4, p2, k3, p3, k8, p3, k3, p2, k1, rep from * to last three sts, k3

□ Row 9: p3, * p1, T3F, p2, T5F, p4, T5B, p2, T3B, p4, k6, p3, rep from * to end

□ Row 10: * k3, p6, k5, p2, (k4, p3) twice, k4, p2, k2, rep from * to last three sts, k3

□ Row 11: p3, * p2, T3F, p3, T5F, T5B, p3, T3B, p5, k6, p3, rep from * to end

□ Row 12: * k3, p6, k4, MB, k1, p2, k5, p6, k5, p2, k1, MB, k1, rep from * to last three sts, k3

These 12 rows form patt

□ Work in patt until work meas 15cm from end of rib inc row

□ Next row: k3, * p3, k3, rep from * to end

□ Next row: p3, * k3, p3, rep from * to end

These two rows form rib

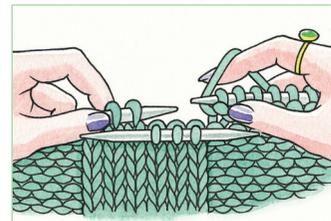
□ Work in rib for 3cm

□ Cast off in rib

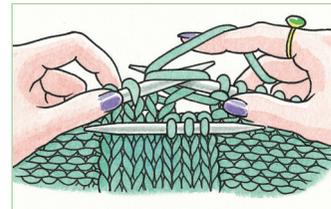
To make up

Sew in all loose ends. Sew back seam using mattress stitch **LK**

TECHNIQUE: Cables



1 Work up to the point where you are instructed to add the cable. Referring to the instructions, slip sts onto the cable needle and hold either at the back (B) or the front (F).



2 With the RH needle knit the required number of sts from the LH needle as instructed in the pattern. Then knit the sts from the cable needle.



Knit Wise

CABLES AND TWISTS: This project uses cables and twists. These are both worked using a cable needle and follow the same technique of holding stitches at the front or back of the work. Cables involve only knit stitches while twists use a combination of knit and purl to create the finished effect.

GREAT
XMAS
GIFT IDEA!

