

Twisted

By Taffy Rossie



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MATERIALS

2 skeins fingering weight yarn. Some contrast is important!

- 1 solid, tonal, or lightly speckled
- 1 contrasting and/or multi-colored

US Size 5 circular needle 32+ inches, US Size 6 double point needles

Stitch markers

Cable needle



ABBREVIATIONS

K = knit, P = purl, sts = stitches, pm = place marker, slm = slip marker, Sl1pwyf = slip one stitch purl-wise with yarn in front, dpn = double pointed needle

PART 1 Reversible Cable

With main color, cast on 20 stitches using a provisional cast on. Place a lifeline in your first row of stitches with your main color, using a smooth, contrasting yarn. (The lifeline makes it much easier to pick up stitches later.)

Row 1: Knit 6 sts, pm, (K1, P1) 4 times, pm, K6.

Row 2: Sl1pwyf, K5, slm, (K1, P1) 4 times, slm, K6.

Rows 3-7: Repeat row 2

Row 8: Sl1pwyf, K5, slm, C8F, slm, K6. (C8F – sl 4 sts to cable needle and hold to the front of the work. Work next 4 sts in pattern, then work 4 sts from the cable needle in pattern.)

Row 9-15: Repeat row 2

Row 16: Repeat row 8

Repeat rows 9-16 until the strip measures 36 inches. (Make sure you have 3 repeats of row 2 after the last row 8.)

PART 2 Mobius

Carefully take out the provisional cast on while placing each stitch on one of your double pointed needles. Lay the strip out flat. Turn one end of the strip over (180 degrees). Join the ends using a 3 needle bind off. Joining in this way forms a “mobius” loop.

PART 3 Stripes Around Mobius

In this section, we will be making a jogless color change every row. This will move your beginning of round to the right 3 stitches each row. Starting at any place on the edge of your loop, using your main color, pick up and knit 1 stitch in each slipped stitch along the edge of your loop.

Round 1: Using contrasting color, purl each stitch stopping 3 stitches before the change of color.

Round 2: Slip 3 stitches purl-wise with yarn in back, pick up main color, and knit each stitch stopping 3 stitches before the change of color, slip 3 stitches.

Repeat rounds 1 and 2 three times. Repeat Round 1 once more. Then, slip 3 stitches purl-wise with yarn in back, pick up main color, and knit to end of round.

Cut contrast yarn, leaving a 5-inch tail. Place marker for beginning of round.

Using main color, work 5 rounds in seed stitch (see below).

Seed stitch: (K1, P1) around. If your last stitch will be a K1, purl your last two stitches together. Next row: Knit the purl stitches from last row and purl the knit stitches. Continue this last row for 3 more rounds. Remove marker.

Pick up contrasting color and work Rounds 1 and 2 (from Stripes Around Mobius section above) five times (knitting to end of round instead of slipping last 3 stitches on very last round).

PART 4 Twisted I-Cord Bind Off

Using main color and a knitted cast on, cast on 6 stitches.

Step 1: Using dpn, knit 5 stitches, slip next stitch knit wise, purl next stitch, pass slipped stitch over the purlled stitch. Slide the 6 stitches on the dpn back on to the circular needle.

Steps 2-6: Repeat step 1.

Step 7: Knit 6 stitches. Slide the stitches back on to the circular needle.

Step 8: **The Twist.** Slip the first 3 stitches on to a cable needle and hold in front of your work. Knit the next 3 stitches, then knit the first 2 stitches from the cable needle, slip the next stitch knit wise, purl the next stitch and pass the slipped stitch over the purlled stitch. Slide the stitches back on to the circular needle.

Repeat steps 1-8 until you have cast off all stitches. Watch your spacing of twists for the last several inches. Adjust the amount of Step 1 repeats between twists to end the row after 3 repeats of Step 1. It's okay if your last repeat is slightly larger or slightly smaller than the spacing has been between the twists. Then use the Kitchener stitch to join the I-Cord ends or cast off the six stitches and using a tapestry needle, sew the ends together.

Cut yarn and weave in ends.

BLOCKING

Soak for approximately 30 minutes in lukewarm water. Gently squeeze out water and roll in a towel to remove excess water. Lay out on a dry towel and smooth out. Pick the cowl up every 30 to 60 minutes and move the twist around until it dries.

