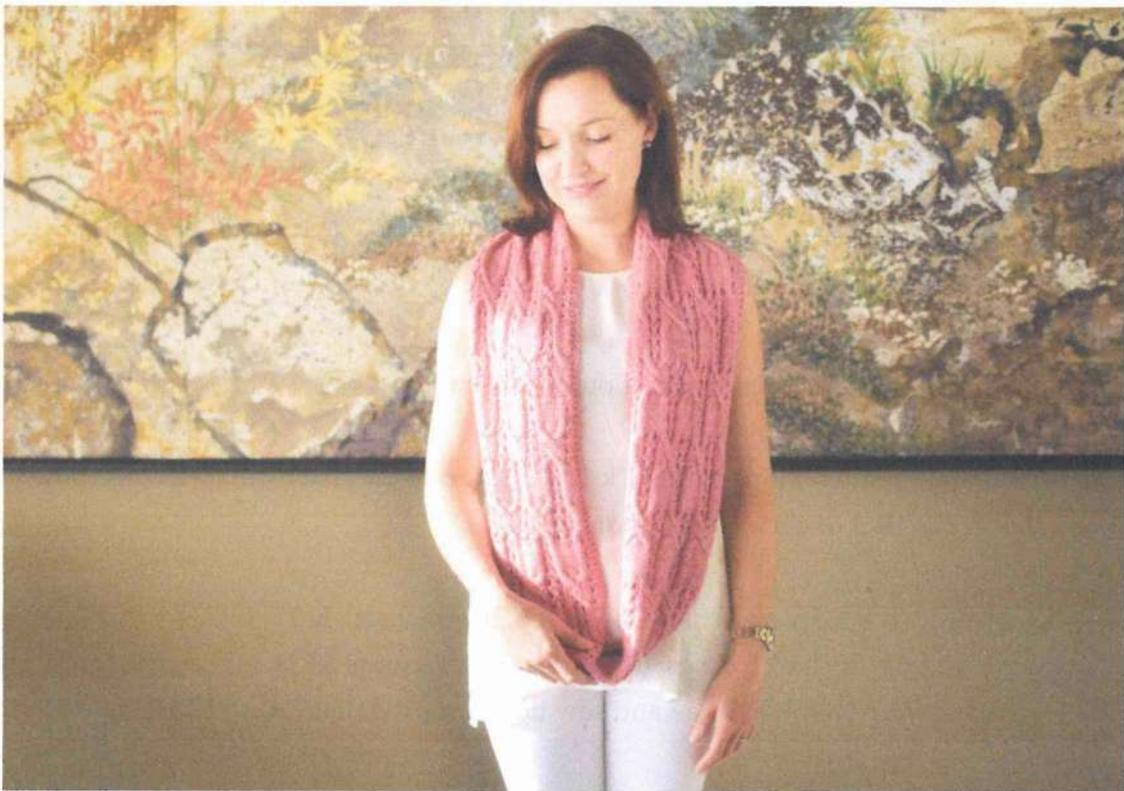


2026

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# Spring at last

cable and lace cowl  
by Nina Talbot



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### Finished measurements

Approx 8" wide, 58" inches long

**Yarn** - (Any double knitting weight yarn)

*Bello Worsted by Plucky Knitter (55% merino, 45% cashmere); 200 yds / 183 m*

- 2 skeins in color *At Last* or 420 yds (385 m) of worsted weight yarn

### Needles

- One pair straight needles in size US 7 (4.5 mm) or size to obtain gauge

### Notions

- Waste yarn
- Cable needle
- Tapestry needle to weave in ends

### Gauge

19 x 28 in stockinette stitch

### Note

Cowl is worked back and forth in rows and seamed together.

### Chart:

Read chart from right to left

### Garter stitch border:

Knit on RS and WS

### Cowl

Using waste yarn and provisional cast on, CO 49 sts.

Set up row:

WS : K 3 in garter stitch (border), p 2, \*k 1, p 9, k 1, p 3 \*, repeat from \* \* 1 more time, k 1, p 9, k 1, p 2, K 3 in garter stitch (border)

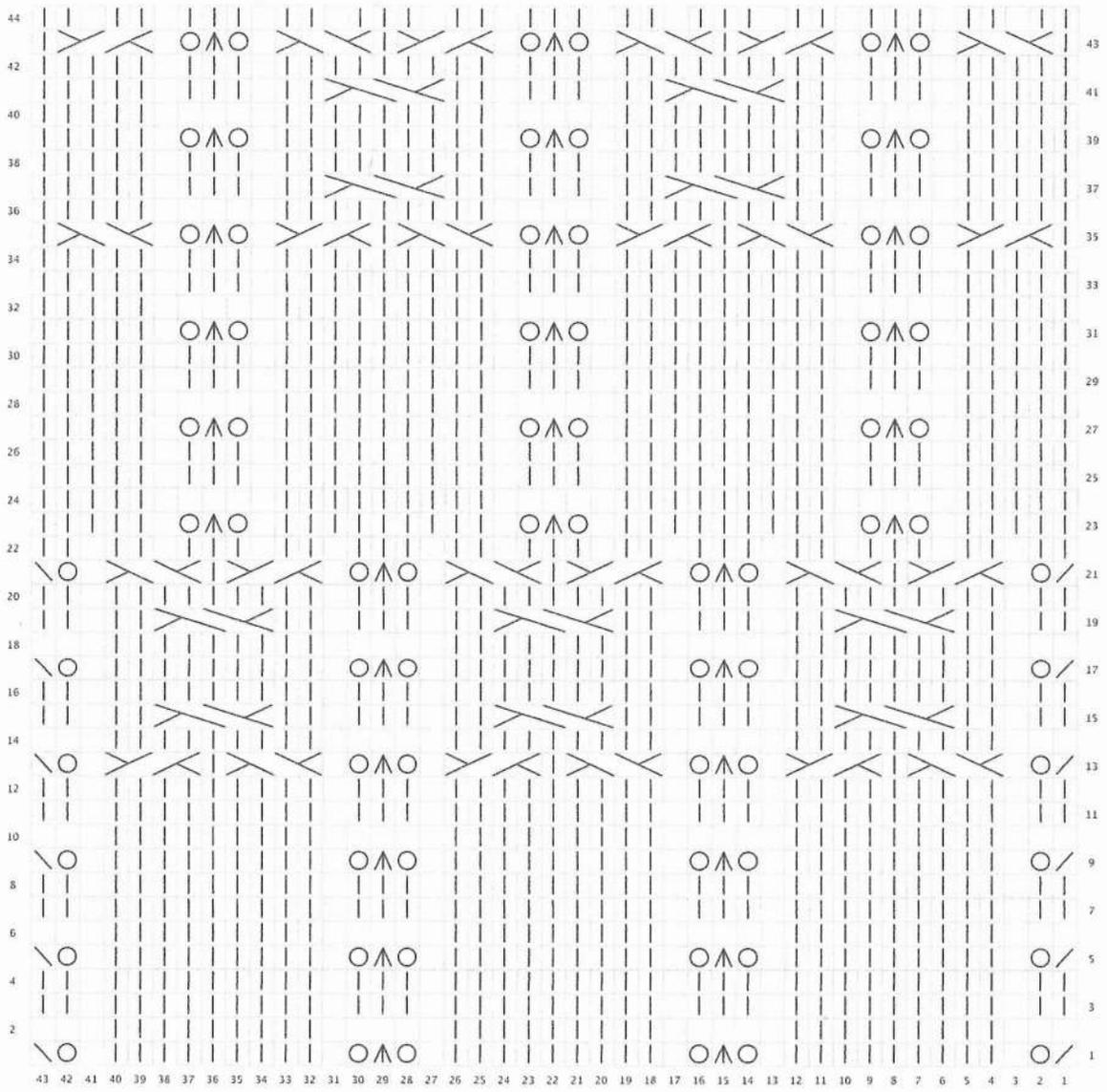
Begin garter stitch border and chart on RS: K 3, begin chart, K 3.

Repeat rows 1 - 44 of chart 8 times (or until cowl measures 58"), end on row 44.

Remove waste yarn from CO edge and sew both ends together using Kitchener stitch.

Weave in ends neatly on WS of fabric. Wet block or steam to measurements.

# Chart



- | RS: knit, WS: purl
- RS: purl, WS: knit
- / k2tog
- \ ssk
- yo
- △ sl2, k1, p2sso
-  2/2 RC
-  2/2 LC
-  2/3 LC

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**Abbreviations:**

**Approx** : approximately

**RS**: right side

**WS**: wrong side

**CO**: cast on

**K**: knit

**P**: purl

**CN**: cable needle

**k2tog**: knit two stitches together (1 stitch decreased; leans right)

**ssk**: slip, slip knit. Slip 2 stitches knitwise, one at a time, from L to R needle. Replace stitches on L needle in new orientation and knit 2 stitches together through the back loops (one stitch decreased; leans left)

**Yo**: yarn over

**sl2, k1, p2sso**: slip 2 stitches at the same time as if to k2tog. Knit the next stitch. Lift two slipped stitches up and pass them over the knit stitch (a central double decrease)

**2/2 RC**: slip 2 stitches to CN and hold in back. Knit 2 stitches from L needle. Knit 2 stitches from CN

**2/2 LC**: slip 2 stitches to CN and hold in front. Knit 2 stitches from L needle. Knit 2 stitches from CN

**2/3 LC** : slip 2 stitches to CN and hold in front. Knit 3 stitches from L needle. Knit 2 stitches from CN

**Helpful Links:**

Provisional cast on : <https://www.purlsoho.com/create/provisional-cast-on/>

Kitchener stitch : <https://www.purlsoho.com/create/kitchener-stitch-video/>

Thank you very much for your support !  
I hope you will enjoy knitting and wearing this piece.  
If you have any questions or comments regarding this pattern, please email:  
[studio921knits@gmail.com](mailto:studio921knits@gmail.com)  
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