

# For my friends



a simple cowl pattern made for my friends who want to learn how to knit because:  
(a) their children can and they don't want to feel left out;  
(b) it's a fun excuse to get together; and  
(c) we are never too old to learn!

## Yarn Used

Mindful Yarns and Fibres Organic Worsted - 1 skein

<https://www.mindfultyarns.com/products/organic-worsted-weight-wool>

## Supplies

4.5 mm 16" circular knitting needle  
scissors  
darning needle  
stitch marker

## Gauge

24 stitches to 4" (gauge is not critical, given how stretchy this cowl is. Just make sure that it will fit over your head.).

## Instructions

Follow this link for a video showing the steps to make the cowl:

<https://youtu.be/FOF2rxMso2s>

Cast on 104 stitches.

Join in a circle, being careful not to twist your work and place a stitch marker at the beginning of the round.

For the first row - establish your pattern of knit 4 stitches, purl 4 stitches. Work in that pattern until you get to the stitch marker. You should end with 4 purl stitches. If you don't, go back and count to make sure that you have the right number of stitches and that you followed the knit 4, purl 4 pattern around.

For the subsequent rows - slip the stitch marker when you get to it, and continue to work the knit 4, purl 4 pattern around. The stitches should line up in nice neat columns.

Keep working the knit 4, purl 4 pattern, and slipping the stitch marker when you get to it for 10", or until you are close to running out of yarn, you get super bored of it, or think that the cowl is long enough.

Bind off the stitches in the knit 4, purl 4 pattern, keeping your stitches loose.

Work in ends (as shown in the bind off video), block (described below), and wear!

## Blocking

With any knit project, it is a good idea to "block" it. That means to soak it in some cool to luke-warm water with PH neutral wool wash (Eucalan, Soak, etc.) for about 20 minutes. That gives the wool some time to relax into the stitches that have been formed. After 20 minutes, gently squeeze the water out, and then lay the item flat to dry. Blocking knits is like pressing a shirt. It makes a big difference in how "finished" an item looks.

## Washing

To wash your handknit, just follow the instructions for blocking above. It is important to be gentle with wool, as too much heat, soap, or agitation will felt it.