

MARTIN STOREY'S

DUPLICATION PROHIBITED
by copyright holder

EASY CABLE & ARAN

Knits

26 Projects with
a Modern Twist

**Martin Storey's Easy Cable &
Aran Knits**

First published in the United States of
America in 2018 by
Trafalgar Square Books
North Pomfret, Vermont 05053

Designs copyright © 2017 Martin Storey
Copyright © 2017 Berry & Co
(Publishing) Ltd

All rights reserved. No part of this
publication may be recorded, stored in
a retrieval system or transmitted in any
form or by any means, electronic, elec-
trostatic, magnetic tape, mechanical,
photocopying, recording or otherwise,
without the prior permission in writing
from the publishers.

ISBN: 978-1-57076-897-2

Library of Congress Control Number:
2018948385

Design **Steven Wooster**
Pattern writing and knitting **Penny Hill,**
Frances Jago and **Martin Storey**
Pattern checking **Jill Gray** and
Marilyn Wilson
Charts **Steve Jacobson** and
Anne Wilson
Styling **Susan Berry**

Printed in China
10 9 8 7 6 5 4 3 2 1



CONTENTS

Introduction 6

CABLE KNITS 8

First Cable Projects 10

Tendrill Cable Scarf **16** 54

Chain Cable Slipover **18** 44

Corkscrew Cable Shawl **20** 42

Cable Edge Jacket **22** 38

Woodland Cable Blanket **24** 62

Garter Twist Cowl **26** 46

Links Cable Cardigan **28** 48

Seed Twist Mittens **30** 52

Wave Cable Cardigan **32** 56

Windowpane Pillow **34** 60

ARAN KNITS 64

First Aran Projects 66

Long Aran Scarf **72** 114

Deep Aran Cowl **74** 110

Aran Hat for Him/Her **76** 108

Long Aran Cardigan **78** 98

Aran Wrap **80** 120

Classic Aran Sweater **82** 94

Aran Poncho Jacket **84** 102

Square Aran Pillow **86** 106

Aran Throw **88** 116

Rectangular Aran Pillow **90** 112

USEFUL INFORMATION 122

Using a Cable Needle 125

General Information, Yarn Information and Skills Ratings 126

Stockists 128

INTRODUCTION



As those of you familiar with my knitwear designs will know, cables are my thing – in part because of their history in traditional Aran knitting patterns, but mostly because they create really interesting stitch texture in so many ways. You can play almost endlessly with the variations. But, and this is what surprises people, cables are not actually difficult to knit. You just need to understand the basic principle: you are twisting a set number of stitches across another set number of stitches in a repeating pattern of rows to create a raised pattern. Once you master the basics, the world, as they say, is your oyster!

I created the designs in this book primarily for people who have mastered the basics of knitting and are now ready to move onto easy garments, accessories and home decor with more interesting stitches. To this end, I have created simple shaped garments with interesting cable panels or edgings, as well as cabled items without shaping, such as fingerless mittens, a

cowl, a pillow and a throw. As the choice of yarn is so important to the way the cable texture looks, I have chosen Rowan Hemp Tweed and Rowan Softyak DK, as the firm ply of each shows off the cable pattern to best advantage.

I have divided the book into two sections. The first one, **Cable Knits**, concentrates on basic cables that cross knit stitches over knit stitches, mostly on a reversed stockinette stitch background. Although the size and style of these cables varies, the knitting process is very similar, and the abbreviations and symbols used in the patterns are easy to master. If you are knitting cables for the first time, you need to practice, so I have included three very basic cable patterns at the start of the section before launching into the more complex designs. The second section, **Aran**

Knits, takes you to the next level, where you are mastering cable designs that not only cross knit over purl stitches but where several different types of cable are combined in one panel. Again, I have kicked off the section with three very basic Aran designs for you to practice before continuing with the gallery and patterns for rest of the Aran designs.

We chose to photograph the Cable Knits projects in the beautiful landscape of the Dordogne in France – a stone’s throw from where the historic cave paintings were first discovered – which seemed a wholly appropriate location for the cable knits in this book: luminous, light and natural, it had just the ambience we wanted for a collection of designs that are easy to knit, easy to wear and timeless in style. For the second section of the book, **Aran Knits**, we photographed the projects in my home town of Ilfracombe on the north Devon coast. The seaside context references the history of Aran patterns, which originated on the Aran Isles off the west coast of Ireland. These beautiful patterns were used in the local fisherman’s sweaters, knitted from the wool of the island’s sheep, and with some very intricate and beautiful cable stitch designs, which have since become popularly known as “Aran”.

I do hope you enjoy knitting the different designs in this book and that, in doing so, you increase your repertoire of stitch patterns and your understanding of how cable patterns work, perhaps with the end result that you create some fabulous new designs of your own for scarves, wraps, throws and pillows!

At long last I have a website, www.martinstorey.co.uk, via which I hope to keep everybody updated on all things new in my world of knitting!

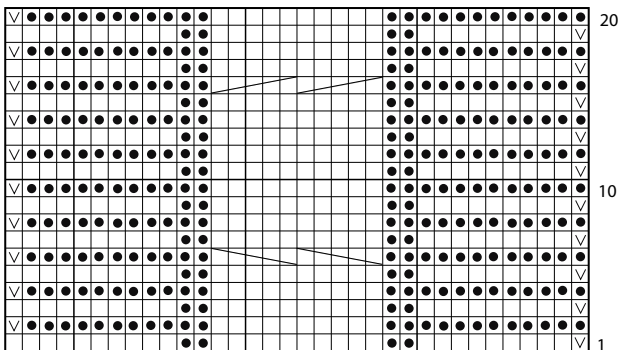






once, ending with a wrong side row.
Change to size 6 (4mm) needles.
Now rep Rib rows 1 and 2 three times.
Bind off in patt.

FINISHING

Sew sides together using mattress stitch, leaving a 1½in (3.5cm) gap for the thumb, 3½in (9cm) up from the bottom, cast-on edge.



KEY

- K on RS, P on WS
- P on RS, K on WS
- ☑ sl 1 p ytf on RS and WS
-  C10B
-  C10F

CHAIN CABLE SLIPOVER

This neat little slipover is perfect for layering over a printed dress or shirt. The staghorn cable panel on the front and back is bordered with a right and left twist cable on either side. Knitted in Rowan Hemp Tweed. *Pattern on page 44.*















BACK

Using size 7 (4.5mm) needles cast on 76 sts.
Beg with a k row, work 100 rows in st st.
Bind off.

FINISHING

With WS together, sew back to front along 3 sides using mattress stitch. Insert the pillow form and join rem seam with mattress stitch.





CLASSIC ARAN SWEATER

Everyone wants a really good classic Aran sweater pattern and this simplified one has an Aran panel on the front and back. It makes a great knit for him or her: in the photographs, Martin and his niece, Harriet, are wearing the same size sweater. It is knitted in Rowan Hemp Tweed. *Pattern on page 94.*





ARAN PATTERNS

When knitting an Aran cable pattern, you must take care to look at the abbreviations **very** carefully before you start, to make sure you understand exactly what you are doing. Each pattern carries its own special abbreviations, but there is also a list of general abbreviations used in the book on page 127.

The fitted garments give a range of sizes and their actual measurements (including ease) for the bust sizes given.

The patterns are given star ratings, so those marked * are the best ones to work on first, as they are small projects with no shaping, while the Aran garments that are shaped to fit are marked ***.

When knitting garments, it is essential to work to the gauge provided (and to change the needles to a size larger or smaller if your gauge is respectively too tight or too loose). See notes on pages 122-127 for further information on working to gauge and on the * ratings used in this book.



Round 4 (dec) [P2tog, patt 6, p2tog, patt 12, p2tog, patt 6, p2tog, patt 6]
6 times. 204 sts.

Work 2 rounds.

Next round * P1, patt 6, p2, [k2, p2] 3 times, patt 6, p2, k3, p2tog; rep from * 5
times. 198 sts.

Work a further 11 rounds in cable and rib patt as set.

Bind off in patt.



ABBREVIATIONS

C4R Slip next st on cable
needle and hold at back
of work, k3, then p1 from
cable needle.

C4L Slip next 3 sts on
cable needle and hold at
front of work, p1, then k3
from cable needle.

C4B Slip next 2 sts on
cable needle and hold at
back of work, k2, then k2
from cable needle.

C4F Slip next 2 sts on
cable needle and hold at
front of work, k2, then k2
from cable needle.

C6B Slip next 3 sts on
cable needle and hold at
back of work, k3, then k3
from cable needle.

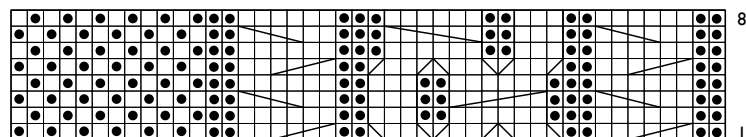
C6F Slip next 3 sts on a
cable needle and leave at
front of work, k3, then k3
from cable needle.

See also page 127.



KEY

- K
- P
- C4R
- C4L
- C6B
- C6F
- C4B
- C4F



44-st rep

USEFUL INFORMATION

CABLE PATTERNS AND CHARTS

The key point to bear in mind with cable patterns is that the cable stitches have to stand out from the rest of the knitting. For this reason, if the cable stitches are to be in stockinette stitch – alternating knit (right side) and purl (wrong side) rows – then the background for these stitches would need to be in a different pattern. The most commonly used background pattern for cables is reversed stockinette stitch. What this means is that the usual right or wrong side of the pattern is reversed. In reverse stockinette stitch, the purl row is the **right side** row, and the knit row the **wrong side** row.

HOW BASIC CABLE STITCH PATTERNS ARE WRITTEN

The stitch pattern for a basic cable is expressed in the number of stitches you twist backwards and forwards (which are then split down into the number of stitches you hold on the cable needle), and the number of rows involved in each repeat. The pattern can either be written out or shown in a chart using symbols for the different stitches (see opposite), or the pattern can be a mixture of a written element for the general knitting pattern information and a chart used just for the cable panel or panels. Some people find it easier to follow a written pattern and others find it easier to follow a chart, but you should be able to do both. You will always find a note as to what special abbreviations have been used in the pattern and there will be a key to a chart where there is one. **It is essential that you always read this carefully.**

Each cable pattern abbreviation will list the number of front and/or back-cable stitches you need to work to create the cable design. The word **C** comes first, denoting cable or cross, followed by the number of stitches in the cable (say **4**, **6** or **8**, for example), followed by **B** or **F**, indicating whether the cable is worked at the **back** or **front** (i.e. the stitches are held to the back or front of the work). If the pattern requires a 6-st wide **back** cable, it will be given as **C6B**. This will mean slipping the first 3 sts of the 6 sts of the cable panel on to the cable needle and holding them at the **back** of the work while the next 3 sts are knitted, before the 3 sts on the cable needle are knitted off. For a 6-st wide forward cable (**C6F**), the same order as for C6B applies, but the stitches are held at the **front** of the work while being knitted off.

Holding the stitches at the back or front of the work will determine the way the cable twists. A back cable will lean from lower left to upper right (right leaning) while a front cable will lean from lower right to upper left (left leaning).

Below Two basic knit stitch cables on a reversed stockinette stitch background. The bottom left cable is a 4-st forward cable (C4F) while the bottom right cable is a thicker 6-st back cable (C6B). Both are knitted in Rowan Hemp Tweed.





DUPLICATION PROHIBITED
BY TRAFALGAR BOOKS

“Cables are not actually difficult to knit. Once you master the basics, the world, as they say, is your oyster!”

Martin Storey

This stunning collection features 26 luxurious projects with all the delight of classic textured cable patterns, plus renowned designer Martin Storey’s trademark contemporary appeal.

With a versatile range of garments—including scarves, hats, mittens, shrugs, sweaters, and more—*Easy Cable & Aran Knits* provides a unique opportunity to expand your repertoire of stitch patterns. Its step-by-step instructions, high-quality photos, and easy-to-follow charts are all you need to start crafting eye-catching textured knits in no time.

