

# Helix the Cowl

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1 Hank Plymouth Reserve Worsted

20" size 8 circular needle

Stitch marker

Gauge approximately 4 stitches per inch

*Gauge is not critical*

Finished size approximately 26" x 10"



Hand dyed yarns can create special delights when you work with the colors, not against them. This project is especially well suited for yarns that are “dye around” the hank; that is, where the dye pattern repeats only one time around the hank. This pattern was created to take full advantage of the color repeats. By adding 1 stitch more than it takes to use one full repeat and knitting in a circle, a beautiful helix pattern develops. The sample was made using Plymouth Reserve Worsted, a scrumptious blend of fine merino wool and silk and a 20" size 8 circular needle. The darkest hue is outlined in a medium hue on a background of the palest of all. The colors spiral around the cowl creating a beautiful effect. If you haven't played with “magic numbers” before, this is a nice little project on which to learn.



Before the yarn is wound for knitting, lay it out in the hank and study the color progression. Tie a slip knot at the beginning of the first full color repeat. Make another slip knot at the end of that first full color repeat. When winding the yarn into a ball for knitting, preserve those slip knots.

Cast on, beginning at the first slip knot and ending at the second slip knot, using the knit on cast on method. Place the first slip knot on the left needle. Insert the right needle into the slip knot and knit a stitch, *keeping the original stitch on the left needle*. Slip the stitch from the right needle onto the left needle, by inserting the left needle into the bottom of the new stitch, giving it half a twist as it goes on the left needle. Now you have 2 stitches. Knit the first stitch on the left needle and leave that stitch on that needle; slip the new stitch from the right needle onto the left needle and now you have 3 stitches on the left needle. Repeat until you come to the second slip knot in your working yarn. This will tell you how many stitches it takes to use 1 full repeat of the color. That's great, but not big enough around to make a cowl, so you will need to cast on another full repeat. If it took 65 stitches to make 1 full repeat, then it should take 130 to use 2 full repeats. To create the spiral effect, we need to increase the number of stitches cast on by at least 1, and we want the number of stitches to be evenly divisible by 2. For the sample, we cast on 132 stitches and joined to work in the round.

Work in 1 x 1 rib (k1, p1) for 5 rounds or about 1" from cast on edge. Switch to stockinette, knitting every stitch for an additional 6". Return to 1 x 1 rib (k1, p1) for 5 rounds. Bind off as follows: knit 2 stitches together; slip the resulting stitch back onto the left needle and knit 2 stitches together; repeat until all the stitches are used up. Cut the yarn leaving a 6" tail. Thread the tail onto a tapestry needle and close the gap between the first and last bound off stitches. Weave in the end and cut off the remaining tail. Returning to the cast on edge, thread the tail onto your tapestry needle and close the gap between the first and last stitches and weave in the end. Block and enjoy!

