



Donita Westman Designs

Handspun Cowl Recipe

By Donita Westman

Show off that gorgeous handspun goodness with a simple cowl that lets your spinning take center stage and sing!

Finished size varies based on your individual yarn, needle choice and gauge. Sample measures 14" tall, with a 25" circumference.

Materials

- ~ 4 oz or ~ 100 grams of worsted weight handspun yarn
- US 7, 4.5 mm, 16" circular needle, or size to meet gauge
- US 9, 5.5 mm, needle (for bind off only - a DPN or interchangeable needle tip will suffice)
- Stitch marker
- Digital scale
- Yarn needle

Gauge

5 sts per 1" - Choose a needle size that will give you a substantial, but not firm or stiff fabric.

This is easily adaptable to any weight of yarn!

To choose a needle size for handspun, I usually draw up a loop through my needle sizing tool. If the yarn hangs limp or loosely in the needle sizing hole, go down a needle size. If the loop doesn't easily slide through, go up. The ideal needle size will allow you to slide the loop up through the hole and comfortably stay there, without flopping or forcing it.

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Notes for other weights of handspun continued: Cast on a number of stitches divisible by 4 that overfills your 16" needle or do a little guesstimated gauge math to get the perfect stitch count for your handspun.

Knitting

Weigh your ball of yarn. *Make a note of this amount on your project page!*

Using a long tail cast on and your smaller needle, cast on 124 sts for a closer to the neck, but long enough to pull up over your ears snood OR 132 sts for a looser, warm cowl to pile about your neck.



Place stitch marker and join for working in the round. Be sure not to twist your cast on edge!

Knit 2×2 ribbing (k2, p2) for 8 rounds (~1").

Weigh your ball of yarn again. Subtract this from your original weight; the difference is how much you need to reserve for the other end's ribbing and bind off. *This is your magic number.*

Example: You started with 100 grams and after your ribbing was knit, you had 88 grams; this means you need to reserve at least 12 grams for your ribbing and bind off at the end of your cowl. 12 would be your magic number.

Knit in stockinette stitch until your yarn weighs nearly your magic number, but not less than!



At the beginning of the next round, knit 2×2 ribbing for 7 rounds.

Cast off loosely in pattern using the larger needle. If you choose to use a stretchy bind off (like Jenny's Super Stretchy Bind Off), the larger needle tip may not be necessary.

Finishing

Weave in ends using the yarn needle.

Wash gently, squeeze out excess water (Do Not Wring or Twist!), and lay gently into shape to block.

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