

# THE CUSHY COWL

— A KNITTING PATTERN —



all photos: Ashley Young/ model: Lizzie Gunst

**T**he Cushy Cowl is more challenging than a scarf, but not so hard as to scare off beginners. It's a project that introduces a few essential techniques that will move you beyond noob territory and closer to the realm of hats, socks and mittens! Best of all, the cowl is knit in garter stitch with super bulky yarn, which produces a thick fabric that highlights the sculptural and springy qualities of garter stitch. Super bulky yarn also knits up quick for instant gratification!

The Cushy Cowl includes a tutorial video that guides you step-by-step through the pattern, from beginning to end. Watch the entire Cushy Cowl being knit up, and follow along at your own pace. To watch, visit: [sheepandstitch.com/learn/how-to-knit-a-cushy-cowl](https://sheepandstitch.com/learn/how-to-knit-a-cushy-cowl)

**LEVEL:** beginner

**SKILLS NEEDED:**  
knit, purl, cast off

**SKILLS YOU'LL LEARN  
IN THE VIDEO:**

long-tail cast on, knitting in the round, garter stitch in the round, joining a new ball, weaving in



**WATCH THE  
TUTORIAL**

This pattern includes a complete video tutorial!

## MATERIALS

**Yarn** 180 yds of super bulky yarn (sample made with two skeins of Malabrigo Rasta in colourway Pearl Ten)

### Recommended Needles

32" - 40" circular needle size 12mm (US 17)

*(use a needle size that gives you the gauge listed below - every knitter's gauge is unique!)*

### Notions

- ▶ Stitch marker
- ▶ Ruler or Tape Measure
- ▶ Scissors

### Finished Measurements

circumference: 50"

width: 7"

**Gauge** 8 sts = 4"(10cm) in garter stitch

### Pattern Notes

Garter Stitch in the Round:

Row 1: Knit all stitches to end

Row 2: Purl all stitches to end

Repeat these two rows



## FUN FACT

A cowl is also known as an infinity scarf or a snood.

And a snood is sometimes worn by dogs to protect their long ears, long fur, or lack of fur. Google it. It's a thing, and it's adorable!



## DIRECTIONS

Using the long-tail cast on, CO 100 sts and join in the round, making sure not to twist stitches. Place a stitch marker to mark the beginning of the round.

Work in garter stitch in the round until piece measures 7" or your desired width.

Bind off loosely on a knit row.

### ABBREVIATIONS used in this pattern

" : inch

CO: cast on

Sts: stitch(es)

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