



KNIT  
SKILL LEVEL  
INTERMEDIATE

Designed by Heather Lodinsky



## What you will need:

**RED HEART® Super Saver®:**  
4 skeins 4313 Aran Fleck

**Susan Bates® Knitting Needles:**  
9mm [US 13] circular needle, 32”  
(80 cm) long

One ring stitch marker, detachable  
stitch markers, stitch holder, yarn  
needle

**GAUGE:** 10 sts = 4” (10 cm); 14  
rows = 4” (10 cm) in Small Cable  
pattern. 12 sts = 4” (10 cm); 14  
rows = 4” (10 cm) in 1x1 Rib.  
**CHECK YOUR GAUGE.** Use any  
size needles to obtain the gauge.



**RED HEART® Super Saver®**, Art. E300  
available in solid color  
7 oz (198 g), 364 yd (333 m);  
multicolor, heather and print 5 oz  
(141 g), 244 yd (223 m), flecks 5 oz  
(141 g), 260 yd (238 m) skeins

# Survival Cowl

*Even though we don't need to survive in the wild, this knit shield is a great look for keeping warm in the city (or suburbia). Wear it over anything from a coat to a sleeveless dress, changing the color choice to fit your own style.*

**Cowl measures 36” (91.5 cm), unstretched, around lower edge (above Side Panel)**

## Notes

1. Cowl is worked in two pieces: Side Panel and Cowl.
2. Side Panel is worked back and forth in rows beginning at lower point of panel.
3. Cowl is worked in rounds.
4. Project is worked with two strands of yarn held together throughout.

## Special Stitches

**kfb** (Knit into front and back) = Knit next st but do not remove from needle, knit into back loop of same st and remove from needle.

**M1** = Make 1 (Increase) – Lift strand between needles to left-hand needle and knit strand through the back loop, twisting it to prevent a hole.

**RT** (Right Twist) = Knit into the front of the second stitch on the left needle leaving the stitch on the needle, knit the first stitch on the left needle, slipping both stitches off the needle.

## Pattern Stitches

**Small Cable Pattern (multiple of 4 sts + 2)**

**Row 1 (right side):** K2, \*p2, RT; repeat from \* to last 4 sts, p2, k2.

**Row 2:** Purl.

Repeat last 2 rows for Small Cable pattern.

**1x1 Rib worked in rounds (over even number of sts)**

**Round 1 (right side):** \*K1, p1; repeat from \* around.

Repeat Round 1 for 1x1 Rib.

## SIDE PANEL

With 2 strands of yarn held together, cast on 4 sts. Work back and forth in rows on circular needle as if working with straight needles.

**Row 1 (right side):** Kfb in each st across—8 sts.

**Row 2:** Purl.

**Row 3:** Kfb in each st to last st, k1—15 sts.

**Row 4:** Purl.

**Row 5:** [K1, M1, p1] 7 times, M1, k1—23 sts.

**Row 6:** Purl.

**Row 7:** [K1, kfb, p1] 7 times, k2—30 sts.

**Row 8:** P15, place marker, p15.

**Row 9:** K2, \*p2, RT; repeat from \* to 1 st before marker, kfb, slip marker, kfb, \*\*RT, p2; repeat from \*\* to last 2 sts, k2—32 sts.

**Row 10:** Purl, slipping marker as you come to it.

**Row 11:** K2, \*p2, RT; repeat from \* to 2 sts before marker, p1, kfb, slip marker, kfb, p1, \*\*RT, p2; repeat from \*\* to last 2 sts, k2—34 sts.

**Row 12:** Purl, slipping marker as you come to it.

**Row 13:** K2, \*p2, RT; repeat from \* to 3 sts before marker, p2, kfb, slip marker, kfb, p2, \*\*RT, p2; repeat from \*\* to last 2 sts, k2—36 sts.

**Row 14:** Purl, slipping marker as you come to it.

**Row 15:** K2, \*p2, RT; repeat from \* to 4 sts before marker, p2, k1, kfb, slip marker, kfb, k1, p2, \*\*RT, p2; repeat from \*\* to last 2 sts, k2—38 sts.

**Row 16:** Purl, slipping marker as you come to it.

Repeat Rows 9–16 until there are 76 sts (38 sts on each side of marker), end with a Row 14.

## Divide Side Panel into Two Halves

**Next Row (right side):** Work Row 1 of Small Cable pattern to marker, remove marker and slip next 38 sts on to a holder.

Continued...

SHOP KIT



### First Half

Continue in Small Cable pattern over the remaining 38 sts for 7" (18 cm). Bind off.

### Second Half

Return 38 sts from stitch holder to needles, ready to work a right side row. Beginning with Row 1 of pattern, work in Small Cable pattern until second half measures same as first half. Bind off.

### COWL

With 2 strands of yarn held together, cast on 108 sts. Join to work in the round, taking care not to twist sts.

Work in 1x1 Rib until piece measures about 3" (7.5 cm) from beginning.

**Decrease Round 1:** [K7, k2tog] 12 times—96 sts.

Work in 1x1 Rib for 3" (7.5 cm) for first pleat.

**Next Round:** Knit.

Work in 1x1 Rib for 1" (2.5 cm).

**Decrease Round 2:** [K6, k2tog] 12 times—84 sts.

Work in 1x1 Rib for 3" (7.5 cm) for 2nd pleat.

**Next Round:** Knit.

Work in 1x1 Rib for 1" (2.5 cm).

**Decrease Round 3:** [K5, k2tog] 12 times—72 sts.

Work in 1x1 Rib for 3" (7.5 cm) for 3rd pleat.

Bind off loosely.

### FINISHING

Fold each of the Cowl pleats to the outside (right side) and whip stitch the top and bottom of each pleat together on the inside (wrong side). Using removable stitch markers, attach the two top edges of the Side Panel to the lower edge of the Cowl, leaving 2" (5 cm) of Cowl between the pieces for the top of armhole, then sew tope edges in place. Weave in all ends.

### ABBREVIATIONS

**k** = knit; **p** = purl; **st(s)** = stitch(es); **[ ]** = work directions in brackets the number of times specified; **\*** = repeat whatever follows the \* as indicated.