

Arise Cowl by Erica Saint



Inspired by a picture of painted ladders resting along a weathered fence, the Arise Cowl is a two-color cowl with a fun slip stitch texture section. Using DK weight yarn, it is knit in the round, from the bottom up with two colors and a combination of knit, purl, and slip stitches. Decreasing some stitches along the way gives the cowl a loose and drapery fit along the collarbone and a comfortable but closer fit along the jawline to help keep out the winter chill.

Finished Size and Measurements

Size: One Size

Height: 12 in (30 cm)

Circumference: 25 in (64 cm)

Gauge

22 sts x 30 rnds = 4 inches, stockinette stitch knit in the round and blocked

Needles

US 6/ 4 mm 16 and 24 inch circular needles or size needed to get gauge

Yarn

Fyberspates Vivacious DK, 251yds (230 m) /115g

Berroco Ultra Wool DK, 292yds (267 m) /100g

- black and plum cowl yarn breakdown: Fyberspates Vivacious DK color Plum Imps 130yds (120 m) /60g, Berroco Ultra Wool DK color 8334 (Cast Iron) 133yds (123 m) /46g

- white and pastel purple cowl yarn breakdown: Fyberspates Vivacious DK color Heavenly 130yds (120 m) /60g, Berroco Ultra Wool DK color 8300 (Snow) 133yds (123 m) /46g

Designer Notes and Tips

Color A is the color that is at the bottom of the cowl. Color B is the color that will be up by your face. If you are not using the suggested yarns, please make sure that you have at least 140 yds (128 m) of DK weight yarn in both color A and B.

If you want to knit the cowl longer you can easily do that by adding more repeats of the Slip Stitch Stripe section. However, I designed a hat pattern that coordinates with this cowl. When you knit the Arise Cowl to pattern specifications using a full skein of each of the suggested yarns, you will have enough yarn to knit the Arise Hat.

The slip stitch textured portion of the Slip Stitch Stripe Section consists of 49 sts. It is easy to memorize and fun to knit. Using stitch markers in that section is not necessary, so I did not include them in the pattern. However, you may want to use two stitch markers at the beginning and end of the 49 sts that make up the slip stitch textured portion to help you keep track of your sts and notice a mistake more easily. There is an *optional rnd 6* to set-up these additional stitch markers in the Decreasing Stockinette Section if you should want to use them.

Notions

Stitch marker for beginning of round.

Optional 2 stitch markers that are different from the beginning of round stitch marker.

Tapestry needle for weaving in ends.

Scissors.

Blocking mat and pins.

Abbreviations and Stitch Glossary

k - knit

p - purl

k2tog - knit two together

sl1 - slip one stitch purlwise with yarn held in back

st(s) - stitch(es)

rnd(s) - round(s) or rows around the needle

Cast On and Set Up

With the longer needle, cast on 148 sts with color A using the long tail cast on method. Making sure not to twist the cast on sts, position the needle to knit in the round and place a stitch marker on the right needle.

Ribbing

Knit 2x2 rib, *k2, p2, repeat from * to the end of the rnd, for a total of 12 rnds.

Decreasing Stockinette Stitch Section

rnd 1 - k all sts.

rnd 2 - *k35, k2tog, repeat from * to the end of the rnd. (144 sts)

rnd 3 - k all sts.

rnd 4 - k all sts.

rnd 5 - *k34, k2tog, repeat from * to end of the rnd. (140 sts)

rnd 6 - k all sts.

rnd 6 option for additional stitch markers - k45, place marker, k49, place marker, k to end of rnd.

Slip Stitch Stripe Section

Keeping color A attached, begin knitting with color B.

rnd 1 (color B) - k45, (k3, sl1, k3, sl1, k5, sl1) 3 times, k3, sl1, k to end of rnd.

rnd 2 (color B) - k45, (k3, sl1, k3, sl1, p5, sl1) 3 times, k3, sl1, k to end of rnd.

rnd 3 (color A) - k45, (sl1, k5, sl1, k3, sl1, k3) 3 times, sl1, k5, sl1, k to end of rnd.

rnd 4 (color A) - k45, (sl1, p5, sl1, k3, sl1, k3) 3 times, sl1, p5, sl1, k to end of rnd.

Repeat rnds 1-4 a total of 14 times.

Cut color A, leaving a tail long enough to weave in later. The rest of the cowl is knit with color B. If you used the optional extra stitch markers for the slip stitch textured portion, you can remove them as you knit rnd 1 of the Decreasing Stockinette Stitch Section.



Decreasing Stockinette Stitch Section

rnd 1 - k all sts.

rnd 2 - *k33, k2tog, repeat from * to the end of the rnd. (136 sts)

rnd 3 - k all sts.

rnd 4 - k all sts.

rnd 5 - *k32, k2tog, repeat from * to end of the rnd. (132 sts)

rnd 6 - k all sts.

Ribbing and Bind off

Knit 2x2 rib, *k2, p2, repeat from * to the end of the rnd, for a total of 12 rnds.

Bind off loosely in pattern. Weave in the ends.

Blocking

Soak the finished cowl in a gentle wool wash for 15 minutes. After soaking, carefully remove the cowl from the water and give it a gentle squeeze. Next, roll the cowl in a towel to remove the excess water. Then place the cowl, front side up, on a blocking mat making sure to match up the bottom edges. Carefully manipulate the cowl to the proper dimensions. With an upward motion, nudge the slip stitch texture section to open it up. Continue that motion until the top edges of

the cowl are even. Carefully place pins along the bottom and top edges of the slip stitch texture section only. Allow the cowl to air dry.



Erica Saint is a busy wife, homeschooling mom, and grandmother. She enjoys many crafts, but her favorite pastime is knitting. Erica and her daughter-in-law, Daphne, are the makers of Rose Opal Knits. You can find them on Instagram @roseopalknits, and their Rose Opal Knits YouTube channel, and their website roseopalknits.com.

This pattern is for personal use only. Do not distribute for free or for profit. Do not sell items made from this pattern. Please contact Erica at roseopalknits@gmail.com with any questions or comments.