

# Overlap Cowl

by Sarah Schira

Maybe you're wiser than I am and can resist the urge to buy yarn where the speckle in one skein matches the solid you're pairing it with. My friend, Lisa Ross, keeps telling me, "No overlap!" In other words, the colours need to be different if you want to do any kind of colourwork or combining with a pattern. And yet, here I was (again).

I decided to find a way to combine these anyways, to let the colours play and interact in a way that lets both wonderful colourways shine.

Of course, the Overlap Cowl will work with yarns that have no colour overlap at all - I can't wait to see what you combine!

## Skills Used

- knit and purl
- kfb
- k2tog
- slipping sts
- provisional cast-on
- grafting

## Materials

- Yarn
  - C1: 1 skein Black Cat Fibers US Essential DK (100% merino); 231 yd. / 211 m per 100 g skein; colour shown: Sleep with the Fishes (solid)
  - C2: 1 skein Black Cat Fibers US Essential DK (100% merino); 231 yd. / 211 m per 100 g skein; colour shown: Slither (speckle)
- Needles
  - US 7 / 4.5 mm for knitting flat and US 8 / 5 mm 16" / 40 cm circular needles, or size needed to get gauge plus one size larger
- Notions
  - yarn needle, stitch markers, waste yarn, crochet hook for provisional cast-on of similar size to smaller needle



## Gauge

18 stitches and 33 rows = 4" / 10 cm in garter stitch worked flat with smaller needle, soaked and laid flat to dry

## Size

Circumference: 26" / 66 cm

Height: 12.5" / 32 cm

Height: 15.2" / 39 cm  
Circumference: 26" / 66 cm



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## PATTERN NOTES

This cowl is knit flat on the bias and Kitchener stitched together. Stitches are then picked up from each end and edging is worked in the round.

Markers are referred to by number *as worked on the right side*. It may help you to have unique markers and note which marker is m1, m2, etc.

If markers are necessary as a point of reference, they will be noted, otherwise they are not mentioned and you should simply work across as indicated in the pattern.

Yarn is carried up the work. There is no need to cut the yarn except where indicated.

I have provided my favourite stretchy bind-off here, but use the one that suits you best.

## ABBREVIATIONS

**C1, C2** - Colour 1, 2

**inc** - increase(d)

**k** - knit

**kfb** - knit front and back (1 st inc)

**m** - marker

**p** - purl

**PM** - place marker

**RS** - right side

**sl wyib** - slip stitch purlwise with yarn in back

**sl wyif** - slip stitch purlwise with yarn in front

**SM** - slip marker

**st(s)** - stitch(es)

**WS** - wrong side

## Special Techniques

### Provisional Cast-on

Video tutorial [click here](#) or [https://youtu.be/R3J-sUx\\_whE](https://youtu.be/R3J-sUx_whE)

Using scrap yarn, make a slip knot and put it on the crochet hook. Hold the knitting needle in your left hand and the hook in your right. We will be working around the knitting needle - with the yarn coming from behind and the hook in front.

Using the crochet hook, go over the needle, hook the yarn, and bring it through the loop already on the hook. Return yarn to the back. This creates one stitch on the needle. Repeat until you have the total number of sts you need, not counting the loop on the hook.

To make it easy to know which end to unravel from: before breaking the yarn, hold the yarn below the knitting needle and pull the yarn through the loop on the hook a few times. Creating a little chain of sts here will act as a reminder to unravel starting with this end and make the process so much smoother. Now break the yarn and pull on the live st on the crochet hook until it pulls through and secures things. When it is time to place the sts back on the needle, the end with the extra chains is the place to start unravelling the cast-on. Thank you, Lucy Neatby, for teaching me this trick to know which end to unravel!

Begin knitting at side without the extra chains.

### Lace Bind-Off

k2, \*insert left needle tip into the front of the two sts on right needle and k them together, k1 Repeat from \* across work, fastening off final loop

**Photography:** Doug Derksen

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## INSTRUCTIONS

### SOLID SECTION

Using scrap yarn and smaller needles, provisionally cast on 60 sts.

Join C1.

Row 1 (RS): kfb, k to last 2 sts, k2tog

Row 2 (WS): k all

Repeat Rows 1-2 four more times

### Transition

Join C2.

Row 1: using C2, kfb, k1, PM1, sl2 wyib, [k6, sl2 wyib] two times, PM2, k to last 2 sts, k2tog

Row 2: using C2, k to m2, [sl2 wyif, k6] two times, sl2 wyif, k to end

### STRIPE SECTION 1

Row 1: using C1, kfb, k to last 2 sts, k2tog

Row 2: using C1, k to m2, [p2, k6] two times, p2, k to end

Row 3: using C2, kfb, k to m1, sl2 wyib, [k6, sl2 wyib] two times, k to last 2 sts, k2tog

Row 4: using C2, k to m2, [sl2 wyif, k6] two times, sl2 wyif, k to end

Repeat Rows 1-4 four more times

### Transition

Row 1: using C1, kfb, k to last 2 sts, k2tog

Row 2: using C1, k all

Row 3: using C2, kfb, k to m2 (removing m1 as you go, m2 now called m1), sl2 wyib, k6, sl2 wyib, replace m (now m2), k to last 2 sts, k2tog

Row 4: using C2, k to m2, sl2 wyif, k6, sl2 wyif, k to end

### STRIPE SECTION 2

Row 1: using C1, kfb, k to last 2 sts, k2tog

Row 2: using C1, k to m2, p2, k6, p2, k to end

Row 3: using C2, kfb, k to m1, sl2 wyib, k6, sl2 wyib, k to last 2 sts, k2tog

Row 4: using C2, k to m2, sl2 wyif, k6, sl2 wyif, k to end

Repeat Rows 1-4 two more times

### Transition

Row 1: using C1, kfb, k to last 2 sts, k2tog

Row 2: using C1, k all, removing markers as you come to them

Row 3: using C2, kfb, PM1, sl2 wyib, PM2, k to last 2 sts, k2tog

Row 4: using C2, k to m2, sl2 wyif, k to end

### STRIPE SECTION 3

Row 1: using C1, kfb, k to last 2 sts, k2tog

Row 2: using C1, k to m2, p2, k to end

Row 3: using C2, kfb, k to m1, sl2 wyib, k to last 2 sts, k2tog

Row 4: using C2, k to m2, sl2 wyif, k to end

Repeat Rows 1-4 nine more times

Repeat Rows 1-2 one more time

### Transition

Row 1: using C2, kfb, k to m1, sl2 wyib, remove m2, k6, sl2 wyib, PM2, k to last 2 sts, k2tog

Row 2: using C2, k to m2, sl2 wyif, k6, sl2 wyif, k to end

Row 3: using C1, kfb, k to last 2 sts, k2tog

Row 4: using C1, k to m2, p2, k6, p2, k to end

### STRIPE SECTION 4

Row 1: using C2, kfb, k to m1, sl2 wyib, k6, sl2 wyib, k to last 2 sts, k2tog

Row 2: using C2, k to m2, sl2 wyif, k6, sl2 wyif, k to end

Row 3: using C1, kfb, k to last 2 sts, k2tog

Row 4: using C1, k to m2, p2, k6, p2, k to end

Repeat Rows 1-4 two more times

Repeat Rows 1-2 one more time

### Transition

Row 1: using C1, kfb, k to last 2 sts, k2tog

Row 2: using C1, k to m2 and remove it, k8, replace m2, p2, k to end

## STRIPE SECTION 5

Row 1: using C2, kfb, k to m1, sl2 wyib, k to last 2 sts, k2tog

Row 2: using C2, k to m2, sl2 wyif, k to end

Row 3: using C1, kfb, k to last 2 sts, k2tog

Row 4: using C1, k to m2, p2, k to end

Repeat Rows 1-4 eight more times

### Transition

Note: we will be placing 2 more markers to create a new slipped st section to the right of the current one. What were m1 and m2 will be referred to as m3 and m4.

Row 1: using C2, kfb, k21, PM1, sl2 wyib, PM2, k to m3, sl2 wyib, k to last 2 sts, k2tog

Row 2: using C2, k to m4, sl2 wyif, k to m2, sl2 wyif, k to end

Row 3: using C1, kfb, k to last 2 sts, k2tog

Row 4: using C1, k to m2, removing m3 and m4 as you come to them, p2, k to end

## STRIPE SECTION 6

Row 1: using C2, kfb, k to m1, sl2 wyib, k to last 2 sts, k2tog

Row 2: using C2, k to m2, sl2 wyif, k to end

Row 3: using C1, kfb, k to last 2 sts, k2tog

Row 4: using C1, k to m2, p2, k to end

Repeat Rows 1-4 four more times

Repeat Rows 1-2 one more time

Cut C2, leaving a 4" / 10 cm tail for weaving in.

### Transition

Row 1: using C1, kfb, k to last 2 sts, k2tog

Row 2: using C1, k all, removing markers as you come to them, and k2tog somewhere in the middle - 59 sts

## GARTER STITCH GRAFTING

Cut C1, leaving a tail 3-4 times the width of the sts on the needle and thread on darning needle.

Place provisionally cast-on sts onto a needle and hold parallel to the other needle with wrong sides together. (Don't twist the cowl.)

### Setup

Thread yarn purlwise into first stitch on the front needle, leave the stitch on the needle.

Repeat on the back needle.

### Graft

Step 1: Thread the yarn through the first stitch on the front needle knitwise and slip it off the needle.

Thread the yarn through the second stitch on the front needle purlwise and leave it on the needle.

Step 2: Repeat on the back needle.

Repeat Steps 1-2 until only one stitch remains on each needle. Thread the yarn through the first

stitch on the front needle knitwise and slip it off the needle. Repeat for the stitch on the back

needle. Cut yarn, leaving a 4" / 10 cm tail for weaving in.

## EDGING 1

Using C1, larger needles, and with RS facing, pick up 1 st in every ridge along one of edges. PM and join to work in the round.

Round 1: p all

Round 2: k all

Round 3: p all

Bind off using larger needle and a stretchy bind-off.

## EDGING 2

Using C1, larger needles, and with right side facing, pick up 1 st in every ridge along the other edge.

PM and join to work in the round.

Round 1: p all

Round 2: k all

Rounds 3-6: repeat Rounds 1-2 two more times

Round 7: repeat Round 1 once more

Join C2.

Round 8: using C2, k all

Round 9: using C2, p all

Round 10: using C1, k all

Round 11: using C1, p all

Rounds 12-13: repeat Rounds 8-9

Cut C2, leaving a 4" / 10 cm tail.

Round 14: using C1, k all

Round 15: using C1, p all

Bind off in C1 using larger needle and a stretchy bind-off.

## **FINISHING**

Weave in ends. Soak, and block to measurements.

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