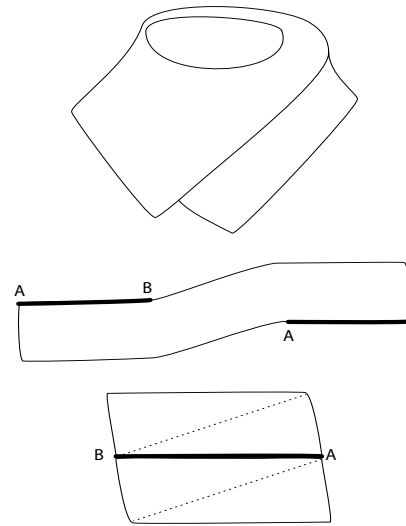


Rio Calina Cowl, a "Let the River Carry You" Design by Cat Bordhi



Tape a 10" x 2" paper strip as shown to discover how simple the shape actually is.



This cowl is a satisfying travel companion, because you make it up as you go along, allowing a spontaneous river of cables. One side of the long rectangle you will be knitting appears fierce and the other tranquil, something that will delight other knitters you meet on your journey.

Yarn: About 200 grams/ 360 yards of a smooth worsted.

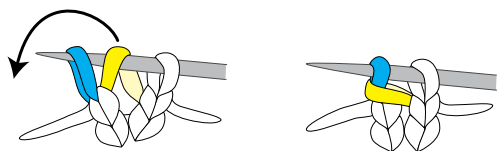
Needles: 24" circular in size 7 (4.5 mm), or any size you need to produce springy ribbing; also a cable needle in the style of your choice.

Gauge: Unstretched k2, p2 ribbing, 26 sts = 4" (10 cm)

Cast on 64 sts. Row to repeat: *Knit 2, p2, repeat from * to end. After about half an inch, begin adding "Let the River Carry You" cables as follows: Cable on one side only; work ribbing as established across other side. Work up to a *purl-knit-knit-purl* set, and move these 4 sts to a cable needle. Hold the cable needle to the front or back while you work the next 4 sts, which are also a *purl-knit-knit-purl* set. Now replace the first set back on the left needle and work them. This completes one cable. Randomly scatter cables, on this side only. Work ribbing until you are moved (like a river) to cable again. Scatter cables impulsively. Rivers never make plans. Both sides will be beautiful, and distinct. Continue in this manner until the strip is about 34 inches long. Knit about half an inch without cables, then bind off with Jeny's Surprisingly Stretchy Bind-Off. Then fold the strip in thirds and sew the overlapped edges between A to B as shown.

Jeny's Surprisingly Stretchy Bind-Off

Jeny Staiman's brilliant bind-off, known as the JSSBO, includes the familiar move of passing one stitch over another, with a game-changing addition: each stitch acquires a yarn-over collar. *To begin*, yo, k1, pass the yo over the knit stitch and off the right needle (illustration on left). The knit stitch now wears a yo collar (illustration on the right).



Repeat with the next stitch. Then pass the first collared stitch over the second collared stitch and off the right needle. *One stitch is bound off.*

To continue, collar next stitch and pass most recently bound-off stitch over collared stitch and off right needle; repeat until all stitches are bound off. *For speed and efficiency*, try passing over the yo and the most recently bound-off stitch at the same time like this: yo, knit next stitch, pass *both* yo and most recently bound-off stitch on right needle over the knit stitch and off the right needle. Once the final stitch is bound off, don't cut the tail. *See the next column to learn to create a smooth, continuous chain closure around the neck of your cowl.*

On a ribbed edge, the ribbing will accordion if you *work a reverse yo in front of knit stitches, and a regular yo in front of purl stitches*. This actually makes the knit-purl junctions hinge.

Video tutorial: <http://tinyurl.com/3z6haza>

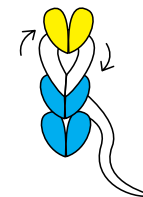
A continuous chain for the bind-off

This little trick creates a continuous chain of stitches running around the edge of your cowl so that you cannot find the beginning or end. You may have been taught to cut a tail and pull it through the final stitch to secure it. I was taught that if you didn't do that the knitting would unravel. I find that most knitters were taught the same, and still believe it. However, it is a myth!

Try this instead: Cut a tail, and now insert a needle into the final stitch and pull the stitch until the tail pops out of the center of that stitch. Now the tail is free, and tug as you will, you cannot unravel the knitting, for the yarn is secure, rising from the center of the stitch.

To create the continuous chain (like a daisy-chain in embroidery), thread the tail onto a tapestry needle.

Locate the first bound-off stitch (yellow) and weave the tail (white) through its legs and then back down through the (blue) stitch from which it came. Snug up the new chain link (white) and weave in the end. *You're done!*



Video tutorial: <http://tinyurl.com/6r3c8rf>