

# A Little Twist

by Audrey Koval

EXPERIENCE LEVEL  
Intermediate Beginner

A Little Twist is a lovely cowl that highlights the color depth of Malabrigo Rasta yarn while working in a little twist that brings sophistication to the piece. Worked flat and seamed at the end, this cowl is a simple, quick knit with one short cable row, making A Little Twist the perfect gift for friends and family (or a treat for yourself!)



PURVEYOR OF FINE YARNS

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St Charles, IL 60174  
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## MATERIALS

1 skein Malabrigo Rasta (90 yards, 100g) or  
90 yards super bulky weight yarn

## SAMPLE YARN COLOUR

The cowl shown was knit using Malabrigo  
Rasta Sombras

Size US 17, 16" or 24" circular needles (or  
size to obtain gauge). Cowl is knit flat.

Large cable needle or US 17 double point  
needle

Tapestry needle

## GAUGE

8 sts x 12 rows = 4 inches in stockinette  
stitch

## FINISHED SIZE

Finished cowl is approx. 24" in  
circumference & 8" wide

## TECHNIQUES

Simple cable

Seaming (mattress stitch)

## SET-UP

Using the long tail cast on, cast on 16 sts  
(leave approximately 25 inches of tail to  
work cast on)

## BEGIN COWL

Row 1: slp1, p15

Row 2: slp1, k15

Row 3-29: repeat rows 1 & 2 (the last row  
worked should be a purl row).

## CABLE ROW

Row 30: C16F

Row 31: slp1, p15

Row 32: slp1, k15

Repeat rows 31 & 32 eighteen times.

Next row: slp1, p15

## FINISHING

Bind off sts loosely and cut yarn, leaving  
approximately 32 inches for a sewing tail.

Steam or spray block.

Seam the two ends using mattress stitch.  
Weave in ends, and ENJOY!

## Notes

k = knit

p = purl

sts = stitches

slp1 = slip 1 sts purlwise

C16F= slip 8 sts to cable needle  
purlwise & hold in front, slp1, k7 sts  
from main needle, k8 sts from cable  
needle

