

Knit Cowl Pattern Ideas:
*7 Free Knitted
Cowl Patterns
for Women*



Knit Cowl Patterns Ideas: 7 Free Knitted Cowl Patterns for Women

COWLS ARE SO MUCH FUN TO KNIT, AND SO HANDY TO HAVE AROUND.

In the last couple of winters, I've worn more cowls and infinity scarves than regular scarves. Cowls are quick to knit and you can use up small amounts of luxury yarns you might have in your stash.

I've gathered seven of my favorite cowl patterns here for you. I hope you'll try one or two of these patterns.

Lisa Shroyer's **Rainbow Cowl** is a beginner's delight, but it's also a great pattern for any knitter who wants to show off some beautiful self-striping yarn. It's knit in relaxing garter stitch; perfect for gift knitting!

My **Winding River Cowl** is a reversible cabled cowl. Since it's knit lengthwise and not in the round, you can make it as long as you want. Turn the Winding River into an infinity scarf and make a real statement! Knit this in a super soft yarn and you'll never want to take it off.

I designed **Orange Crush** as an extra-tall cowl made with lace-weight cashmere yarn. The lace yarn is knit on larger needles to give it fabulous drape; you can crush the cowl down to make a cozy and warm winter accessory.

Bulky yarn and an openwork stitch work together in the **Winter Sea Cowl** by Marie Segares. You'll learn to knit the star stitch, an easy lace pattern that's quickly memorized. Choose two complementary colors to give your cowl depth and show off the pretty stitch pattern. This cushy cowl will become your winter go-to!

Knit on size 10s, Kate Gagnon Osborn's **Amplified Cowl** will be done in a jiff. A graphic lace stitch is dramatic when worked in a plush, airy chunky-weight yarn. Slanting blocks of garter stitch plus an eyelet-based pattern make a beautifully textured cowl. This is easy lace knitting at its quickest and most beautiful!

Gladys We's **Rippling Fans Cowl** is designed specifically for hand-dyed yarn. Knitting in the round is a great way to control color pooling because the finished piece closely resembles the original skein. Take a look at your hand-dyed yarn and see if you have any special skeins that will work for this cowl!

The **Serpentine Cowl** is created with surprising stitches that create a stunningly textured piece of neckwear. Designer Angela Hahn uses yarnovers to create structure rather than lace, and patterning is worked every round, forming rapid diagonal movement and revealing the bold motif in relatively little space.

Have fun knitting these wonderful, free cowl patterns. Whether you're knitting for yourself or making gifts, you'll enjoy making these quick-to-knit winter warmers!

Cheers,

Kathleen Cubley
Editor, KnittingDaily.com

Contents

Rainbow Cowl by Lisa Shroyer	PAGE 3
Winding River Cowl by Kathleen Cubley	PAGE 6
Orange Crush by Kathleen Cubley.....	PAGE 8
Winter Sea Cowl by Marie Segares.....	PAGE 9
Amplified Cowl by Kate Gagnon Osborn	PAGE 11
Rippling Fans Cowl by Gladys We	PAGE 13
Serpentine Cowl by Angela Hahn	PAGE 16
Glossary.....	PAGE 18

KNIT COWL PATTERN IDEAS:
7 FREE KNITTED COWL PATTERNS
FOR WOMEN

A Knitting Daily eBook edited by
Kathleen Cubley

EDITORIAL STAFF
EDITOR, KNITTING DAILY Kathleen Cubley

CREATIVE SERVICES
PRODUCTION DESIGNER Janice Tapia
PHOTOGRAPHY As noted
ILLUSTRATION Gayle Ford

Projects and information are for inspiration and personal use only. *Interweave Knits* and *Knitting Daily* do not recommend, approve, or endorse any of the advertisers, products, services, or views advertised in this publication. Nor does *Knits* or *Knitting Daily* evaluate the advertisers' claims in any way. You should, therefore, use your own judgment in evaluating the advertisers, products, services, and views advertised in *Knits* or *Knitting Daily*.

Rainbow Cowl

Lisa Shroyer

*Originally published in
Knitscene Easy, 2010*



Joe Coca

rainbow cowl

lisa shroyer

BEGINNER



Nashua Handknits Geologie worsted weight

Size 16" wide (before twisting) and 23" long (before seaming)

Yarn Nashua Handknits Geologie (37% acrylic, 33% mohair, 30% wool; 142 yd [130 m]/50 g):

- #0389 shale, 2 balls

Yarn distributed by Westminster Fibers

Gauge 13 sts and 28 rows = 4" in garter st

Tools

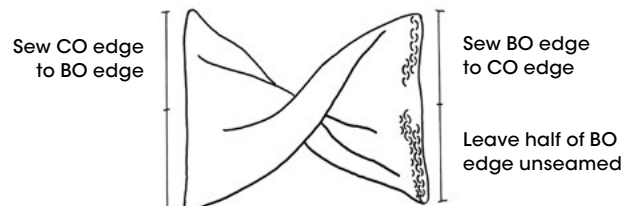
- Size 10 (6 mm) needles
- Yarn needle

COWL

CO 52 sts. Work in garter st (knit every row) until piece measures 23" from CO. BO all sts.

FINISHING

Following diagram, lay piece flat. Twist once as shown. Fold and seam side edges with horizontal mattress st (see page 5), sewing only half the depth of the piece. Weave in ends. ☐



Horizontal Mattress Stitch

Step 1: Lay the two pieces next to each other (with one above the other), right sides facing up, edges side by side and lining up stitch for stitch. Thread a tapestry needle with a length of yarn three times as long as the area you are sewing.

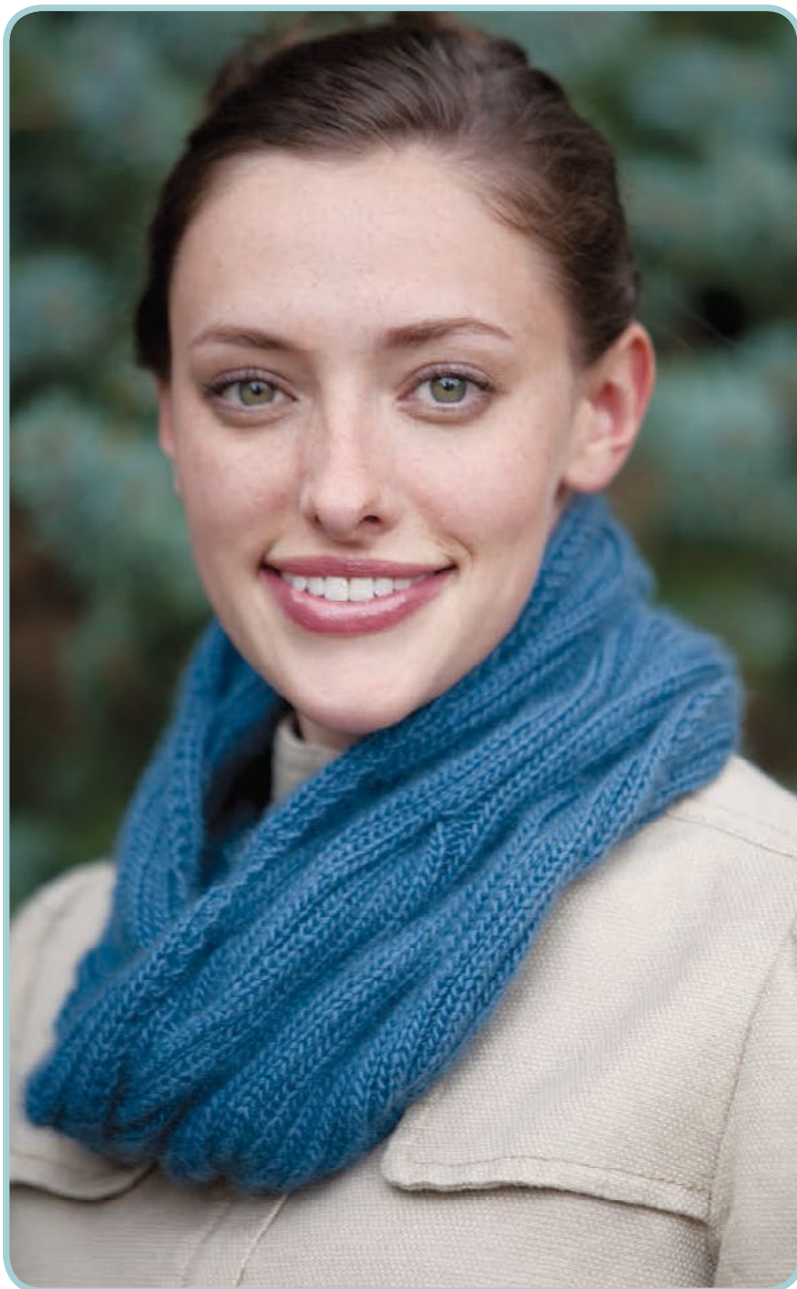
Step 2: To start the seam, *insert the needle from back to front into the center of the V of the stitch just below the bound-off edge of the bottom piece. Insert the needle under the V (the two strands) of the knit stitch on the top piece, then return to the stitch used in the first piece and insert the needle into the center of the same V from front to back. Move to the next V on the bottom piece and repeat from *.

Step 3: Pull the yarn gently as you repeat this process, so the seam is nearly invisible; it should look like another row of stitches. When you reach the end of the bound-off edges, pull gently on your seaming yarn and weave it into the knitted work for a few inches.



Winding River Cowl

by Kathleen Cubley



Kathryn Martin

☆ FINISHED SIZE:

8" wide and 25" circumference.

🌀 YARN:

Karabella Boise (50% cashmere, 50% merino; 163 yd [150 m]/ 50 g): #67 slate blue, 2 balls.

✂️ NEEDLES:

Size 8 (5 mm). Adjust needle size if necessary to obtain the correct gauge.

☆ NOTIONS:

Size H/8 (5 mm) crochet hook; waste yarn for CO; cable needle (cn); markers (m); tapestry needle.

☆ GAUGE:

22 sts and 27 rows = 4" in St st.

☆ SKILL LEVEL:

Intermediate. ●●●



WINDING RIVER COWL

Kathleen Cubley

Finished Size 8" wide and 25" circumference.

Yarn Karabella Boise (50% cashmere, 50% merino; 163 yd [150 m]/50 g): #67 slate blue, 2 balls.

Needles Size 8 (5 mm). Adjust needle size if necessary to obtain the correct gauge.

Notions Size H/8 (5 mm) crochet hook; waste yarn for CO; cable needle (cn); removable markers (m); tapestry needle.

Gauge 22 sts and 27 rows = 4" in St st.

Stitch Guide

12/12 RC: Sl 12 sts to cn and hold in back, [k2, p2] 3 times, then [k2, p2] 3 times from cn.

NOTES

- It's helpful to place a marker to designate the side that correlates to even-numbered rows in pattern.
- First and last two stitches are worked in garter stitch throughout for edge stitches.

COWL

Use the crochet-chain-provisional method (see below) to CO 100 sts.

Row 1: K2 (edge sts), *k2, p2; rep from to last 2 sts, k2 (edge sts).

Row 2: K2 (edge sts), knit the knit sts and purl the purl sts to last 2 sts, k2 (edge sts); place a marker in any st on this side of work before turning (see Notes).

Rows 3–13: K2, work sts as they appear to last 2 sts, k2.

Row 14: K2, 12/12 RC (see Stitch Guide), [k2, p2] 6 times, 12/12 RC, [k2, p2] 6 times, k2.

Rows 15–27: Rep Row 3.

Row 28: K2, [k2, p2] 6 times, 12/12 RC, [k2, p2] 6 times, 12/12 RC, k2.

Rep Rows 1–28 until piece measures 25" from CO, ending with Row 14. Do not BO.

FINISHING

Lay the piece flat and twist one end over so there is a bend in the center of the cowl, creating a Möbius strip. Unzip the CO, place the live sts on a needle, and join ends with three-needle BO (see below), maintaining Möbius twist. Weave in ends.

Kathleen Cubley is the editor of *Knitting Daily*. She actually does knit daily, working mostly on sweaters, cowls, and hats.



CROCHET CHAIN (PROVISIONAL) CAST-ON

With waste yarn and crochet hook, make a loose chain of about four stitches more than you need to cast on. With needle, working yarn, and beginning two stitches from end of chain, pick up and knit one stitch through the back loop of each crochet chain (Figure 1) for desired number of stitches. Work the piece as desired, and when you're ready to work in the opposite direction, pull out the crochet chain to expose live stitches (Figure 2).



Figure 1

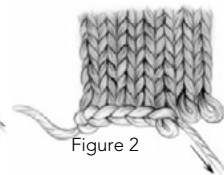
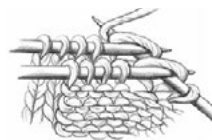


Figure 2

THREE-NEEDLE BIND-OFF

Place stitches to be joined onto two separate needles. Hold them with right sides of knitting facing together. Insert a third needle into first stitch on each of the other two needles and knit them together as one stitch. *Knit next stitch on each needle the same way. Pass first stitch over second stitch. Repeat from * until one stitch remains on third needle. Cut yarn and pull tail through last stitch.



Orange Crush

Kathleen Cubley



Finished Size: 15" wide and 22" circumference

Yarn: The Plucky Knitter Cashmere Handpainted Laceweight (100% cashmere; 400 yd [366 m]/50 g): Spice of Life, 1 skein.

Needles: Size 4 (3.5mm) 16-inch circular needles. Adjust needle size if necessary to obtain the correct gauge.

Notions: Markers, tapestry needle.

Gauge: 26 sts and 34 rows = 4" in St st.

Skill Level: Beginner/Very Easy

NOTE

This cowl is much longer than a normal cowl. The yarn is so soft and fine that after it's knit, it bunches up and makes a perfect warm, snuggly cowl.

COWL

Cast on 144 stitches. Place marker and join for knitting in the round.

Knit in stockinette stitch (knit every round) for 15 inches.

Bind off loosely. Weave in ends and block.

Kathleen Cubley is the editor of Knitting Daily. She actually does knit daily, working mostly on sweaters, cowls, and hats.

Winter Sea Cowl

Marie Segares



Donald Scott and Melissa Karlin Mahoney

Winter Sea Cowl



Skill Level

Bulky yarn and an openwork stitch combine to form a great last-minute gift. Featuring the simple star stitch, this easy lace pattern is quickly memorized. The creative use of two complementary colors gives this scarf an additional layer of depth. Bulky yarn makes this scarf a quick knit and the larger yarn and needles makes this cowl a wonderful introduction to lace knitting. Learn a new stitch and a new skill with this fun to knit gift idea.

Designed by Marie Segares

Materials

Yarn weight:  5

Yarn used: Classic Wool Roving by Patons

- 1 skein Classic Wool Roving by Patons, 100% wool (120 yds/100g) in color 77219 Low Tide (A)
- 1 skein Classic Wool Roving by Patons, 100% wool (120 yds/10 g) in color 77203 Pacific Teal (B)

Tools:

- U.S. size 11 (8mm) circular knitting needles, or size required for gauge
- Yarn needle
- Locking stitch marker

Finished measurements

52" circumference x 4" deep

Stitches used

Slipped stitches

Gauge

12 sts and 14 rows = 4" (10cm) in patt (unblocked)

Special abbreviation

Star st: K3, pass first of 3 sts just knit over 2nd and 3rd sts.

Notes

Slip marker every round unless otherwise noted.

PATTERN

With A, cast on 156 sts.

Set up row: With A, purl. Pm and join, being careful not to twist the sts.

Rnd 1: With A, knit.

Rnd 2: With A, *yo, star st; rep from * around.

Rnd 3: With B, knit, remove marker.

Rnd 4: With B, sl 2 sts, pm, *yo, star st; rep from * around to marker.

Rnd 5: With A, knit, remove marker, pm before last st.

Rnds 6–9: Rep rnds 2–5 once.

Rnds 10–12: Rep rnds 2–4 once. Fasten off B.

Rnd 13: Rep rnd 1.

Rnd 14: With A, purl. Bind off.

Finishing

Weave in ends. Block. 



Amplified Cowl

Kate Gagnon Osborn

Joe Hancock



Rippling Fans Cowl

Gladys We

*Originally published in
ColorKnits, Fall 2011*

Joe Hancock

RIPPLING FANS COWL *by gladys we*

a project in the round can be one of the easiest ways to control color pooling, as the finished piece very clearly resembles the original skein. your color calculation is simple: start at one color change and cast on all the way around until you reach that color change again. for a wider wrap like the one shown here, cast on until you have repeated the color changes of the skein twice. this original stitch pattern evokes leaves or fans, creating a texture that waves from right to left and lets the colors ripple up the work.



MATERIALS

FINISHED SIZE About 33¾" (85.5 cm) circumference and 11" (28 cm) tall, unstretched. *Note:* The exact finished size will depend on the length of the yarn's color repeat. The cowl shown here is very stretchy.

YARNS Fingering weight (Super fine #1). *Shown here:* Malabrigo Sock (100% superwash Merino wool, 440 yd [402 m]/100 g): #474 caribeno, 1 skein.

NEEDLES U.S. size 6 (4.25 mm): 24" circular (cir). Adjust needle size if necessary to obtain the correct gauge.

NOTIONS Markers (m); tapestry needle.

GAUGE About 17 sts and 32 rnds = 4" (10 cm) in patt from Rippling Fans chart.

NOTES

- For pooling in the round, you need to calculate the gauge and needle size to match the chosen yarn, but you don't have to make sure that your yarn is dyed across the skein (with the same color progression on two halves of the skein) in order to stack the colors on top of each other.
- If this is your first pooling project, take your time with the first few rounds and make sure that the colors mostly land on top of each other, plus or minus a stitch or two.
- The cast-on should use two full repeats of the color progression in the skein. After all the stitches have been cast on, the next color of the working yarn should match the color of the first cast-on stitch.
- The swatching and gauge-testing required for a pooling project worked in the round is identical to that for a flat-

pooled piece, making this cowl a great introduction to the technique.

- If the color repeat forces you to miss the desired cast-on number by 2 or 3 stitches, simply continue with the number of stitches on the needle, then increase or decrease the extra stitches to the correct number in the last round of the garter edging.
- The wrap shown here uses a stitch pattern with a multiple of 13 stitches, represented by the entire 13-stitch chart. If your color repeat doesn't allow you to get close to a multiple of 13 stitches, try going up or down a needle size. You can also try omitting the [ssk, yo] pair at the beginning of the chart (shown shaded in gold) to reduce the pattern from a 13-stitch repeat to an 11-stitch repeat.
- For the garter-stitch borders, make sure the gauge of your purl rounds is the same as the knit rounds, adjusting your tension on the purl rounds if necessary.

COWL

Bottom Border

Beginning at a prominent color transition and using the backward-loop method or a provisional method (see Glossary), CO 143 sts (if using the entire 13-st patt) or 121 sts (if using the modified 11-st patt; see Notes). Place marker (pm), and join for working in the rnd, being careful not to twist.

[Knit 1 rnd, purl 1 rnd] 2 times, then knit 1 more rnd, adjusting the st count to be a multiple of 13 sts or 11 sts in the last rnd as necessary—piece measures ½" (1.3 cm). As you work, check to make sure that each color stacks above the same color within a stitch or two (see Notes).

Lace Section

Working either the entire 13-st patt or the modified 11-st patt, work Rnds 1–20 of the Rippling Fans chart 4 times or until cowl measures ½" (1.3 cm) less than desired length—80 chart rnds completed. As you work, try to match the colors of the new sts to the colors of the sts in the previous rnd.

[Knit 1 rnd, purl 1 rnd] 2 times, then knit 1 rnd—piece measures about 11" (28 cm) from CO. Using the sewn method, BO all sts loosely.

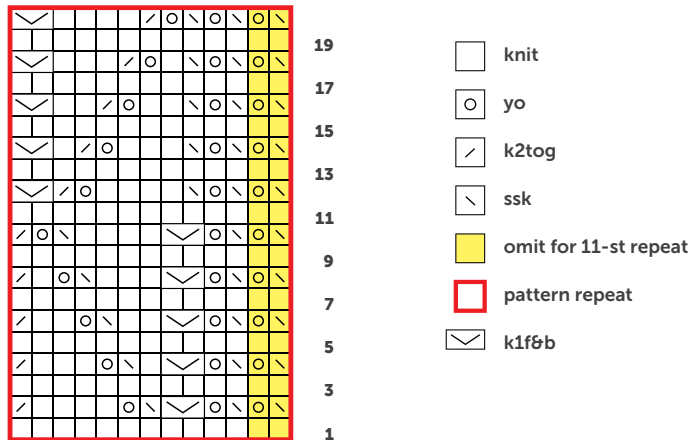
FINISHING

If you began with a provisional CO, remove the waste yarn and place revealed sts on needle. With yarn threaded on a tapestry needle, use the sewn method (see Glossary) to BO loosely, matching the color pooling as established. Block cowl, pinning out the points created by the lace pattern. Weave in ends.

GLADYS WE *used to hate hand-dyed yarns because they pooled so unpredictably, but she eventually became obsessed with planned-pooling effects. She was invited to lecture on planned pooling at Sock Summit 2011. Find her free pooling patterns on her blog, yarnfloozy.blogspot.com.*



Rippling Fans



A woman with blonde hair is shown in profile, wearing a dark blue hat with a matching fabric bow. She is also wearing a thick, red, textured knitted cowl. Her hands are near the hat and cowl. She is wearing a white top with black polka dots.

Serpentine Cowl

Angela Hahn

Originally published in
Interweave Knits
Accessories, 2011

Harper Point Photography



SERPENTINE COWL

Angela Hahn

Finished Size 16½" top circumference, 27½" bottom circumference, and 8" high.

Yarn Cascade Yarns Cash Vero (55% merino extrafine wool, 33% microfiber acrylic, 12% cashmere; 98 yd [90 m]/50 g): #026 burgundy, 3 skeins.

Needles Size 8 (5 mm): 20" circular (cir). Adjust needle size if necessary to obtain the correct gauge.

Notions Markers (m); tapestry needle.

Gauge 19 sts and 25 rows = 4" in St st; 22 sts and 29 rows = 4" in chart patt.

COWL

CO 180 sts. Place marker (pm) and join in the rnd.

Rnd 1: *K1, p3, k2; rep from * around, pm after every 30th st around (after every 5th patt rep).

Rnds 2–7: Work in rib patt as established.

Dec rnd: *K1, ssk, k1, yo, k2, ssk, knit to 9 sts before m, k2tog, k2, yo, k1, k2tog, k1, p1, sl m; rep from * around—12 sts dec'd. Rep Dec rnd every rnd 3 more times—132 sts rem. Work Rnds 1–20 of Serpentine chart once, then rep Rnds 1–14 once more.

Dec Rnd 1: *K5, ssk, k2, k2tog, k3, k2tog, k5, p1; rep from * around—114 sts rem.

Dec Rnd 2: *Ssk, p1, [p2tog] 2 times, k2tog, k1, ssk, p1, p2tog, p1, k2tog, k1; rep from * around—72 sts rem.

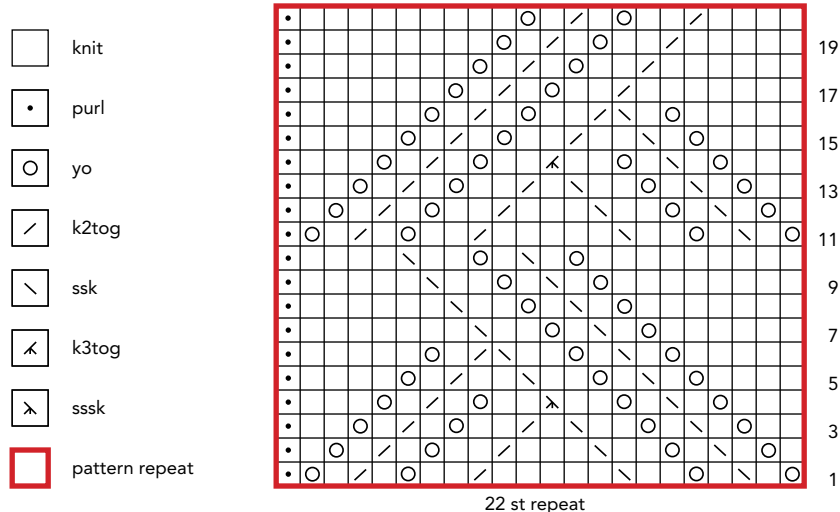
Next rnd: *K1, p3, k2; rep from * around. Rep last rnd 5 more times. BO all sts loosely in patt.

FINISHING

Weave in ends. Block to measurements.

After practicing for many years as a veterinarian, **Angela Hahn** decided to practice knitwear design instead. She and her family divide their time between Cape Cod, Massachusetts, and Como, Italy. More can be found on her website www.knitude.com.

Serpentine



GLOSSARY

▼ Backward-Loop Cast-on

*Loop working yarn and place it on needle backward so that it doesn't unwind. Repeat from *.



▼ Sewn Bind-off

Leaving a tail that contains two full repetitions of the color pattern plus 6" (15 cm), cut yarn and thread onto a tapestry needle. Working from right to left, *insert tapestry needle purlwise (from right to left) through first 2 sts (**Figure 1**) and pull the yarn through, then bring needle knitwise (from left to right) through the first st (**Figure 2**), pull the yarn through, and slip this st off the knitting needle. Repeat from *.

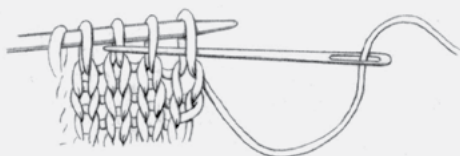


Figure 1

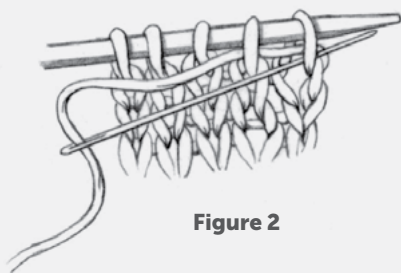


Figure 2

❓ See knittingdaily.com/Glossary for terms you don't know.

▼ Crochet Chain Provisional Cast-on

With waste yarn and crochet hook, make a loose chain of about four stitches more than you need to cast on. With needle, working yarn, and beginning two stitches from end of chain, pick up and knit one stitch through the

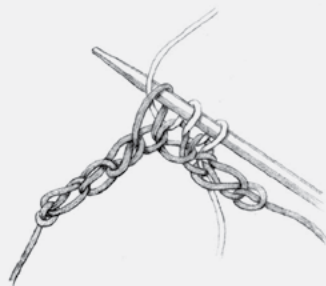


Figure 1

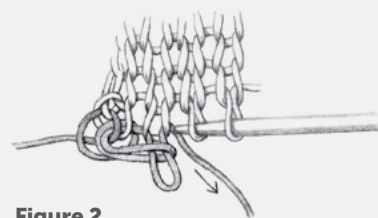


Figure 2

back loop of each crochet chain (**Figure 1**) for desired number of stitches. Work the piece as desired, and when you're ready to work in the opposite direction, pull out the crochet chain to expose live stitches (**Figure 2**).

▼ Invisible Provisional Cast-On

Place a loose slipknot on needle held in your right hand. Hold waste yarn next to slipknot and around left thumb; hold working yarn over left index finger. *Bring needle forward under waste yarn,

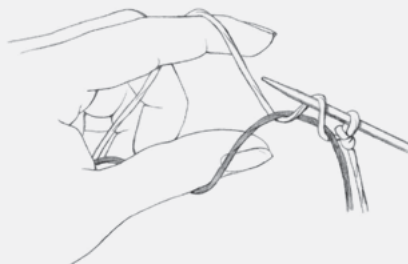


Figure 1

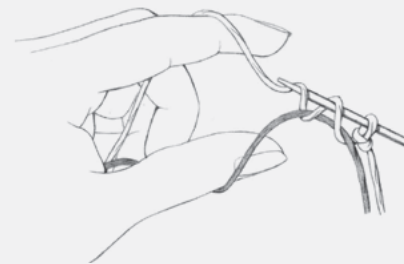


Figure 2

over working yarn, grab a loop of working yarn (**Figure 1**), then bring needle to the front, over both yarns, and grab a second loop (**Figure 2**). Repeat from *. When you're ready to work in the opposite direction, pick out waste yarn to expose live stitches.

▶ Ssp (Single Decrease)

Holding yarn in front, slip two stitches knitwise one at a time onto right needle (**Figure 1**). Slip them back onto left needle and purl the two stitches together through back loops (**Figure 2**).

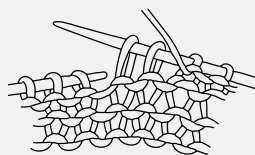


Figure 1

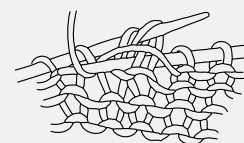


Figure 2