

Cowl Swallowfield

Size for an adult :30cm/ 22cm.

You can wear this cowl with the [Beanie swallowfield](#) and the [Scarf Swallowfield](#).

The size can be easily changed, the pattern is a multiple of 14 stitches to change the width, and for height the choice is free, do more repetition of motive with twists.



Material :

2 balls of [Odin Viking of Norway](#), Circular needles 5.5mm with a cable of 80 cm.

Stitch markers, Cable needle.

Gauge in moss stitch, 10cm/10cm : 26 rounds/19stitches.

Points and abbreviations :

k: knit

p: purl

The twist is made on 6 stitches: put 3 stitches on the cable needle placed in front of the work, knit the following 3 stitches, take back the 3 stitches of the auxiliary needle and knit them.

R: round

*... *: knit from * to * as many times as necessary to reach the end of the round.

(...) x...: knit the pattern in parentheses as many times it is indicated after the 'x'.

Work:

Cast on 84 stitches in long cast tail ([see tutorial on this page](#)). Put a marker to materialize the start of the round, then:

R1 and 3 : *k1, p1*. R2 and 4 : *p1, k1*.

Then knit the following motive

R1 and 3: *k6, (k1, p1) x4*

R2 : *k6, (p1, k1) x4*

R4 : *Twist, (k1, p1) x4*

Repeat this pattern up to 27 cm of total height (or more if necessary) and make one last time round 1, 2 and 3. And then do:

R1 and 3 : *p1, k1*. R2 and 4 : *k1, p1*

Bind of all the stitches very flexibly, bring in the threads and cut them short.