KnitAntics
Singularly Silly, Sassy, and Saucy

Silk creations with a
whimsical attitude

Knot A Helix

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MATERIALS & INFO

Yarn (for the pictured version): Winter Silk "By the Fire", 1 skein

Gauge: This is a cowl, we don't need no stinkin' gauges! Seriously, this pattern can be made in any size to fit. Just adjust the yarn gauge and/or needle size and continue making rounds until you get the size you want. Gee-whiz nifty cool!

Needles: This body of this example used US7 circular needles in the round. The set up base used US7 straight needles.

Notions: Darning needle

Finished size: Dependent on the gauge yarn used.

PATTERN NOTES AND SPECIAL STITCHES

This stitch pattern can be adapted to any yarn weight and looks fabulous worked in lace or fingering weight yarns. Simply increase or decrease the number of repeats in the round to obtain the size you desire. For fingering weight yarn, 160 stitches is recommended.

The pattern is an overall cable with lace filling the open spaces between. The chart is a repeat of 16 stitches over 12 rows, with a half drop.

Left Twist: Working behind the first stitch on the left needle, knit into the back of the second stitch. Do not drop the stitch. Then, knit the first stitch and drop both from the left needle.

Icord bind off: Cast on 3 sts. K2, ssk, return all sts to the left needle and repeat until only 3 sts remain. Use the darning needle to attach to the beginning 3 sts of the edge.

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PATTERN INSTRUCTIONS:

For this cowl, I used KnitAntics Winter Silk in the "By the Fire" colorway. You can use any DK weight using US7 circular and straight needles. Or, this stitch pattern can be adapted to any yarn weight and looks fabulous worked in lace or fingering weight yarns. Simply increase the number of pattern repeats for the proper fit.

Cast on 5 stitches, leaving a tail long enough to sew up the ends. Work the following pattern flat in sets of 16 rows to obtain your desired width:

1. K, p, left twist, k
2. P

For this cowl, I used 127 rows (work a multiple of 16 rows minus 1 and end the last repeat after row 1) of the twist stitch band for the base. Alternatively, you could use the icord cast on over the same number of stitches. Once the band is the desired length, do not bind off. Turn the work and pick up the stitches along the edge of the purl side.

Shift to working in the round as follows: end by working a RS row (the 15th row of the last repeat). Turn the work and bind off 4 sts, keeping the last st on the needle. Be careful not to twist the strip! Pick up the sts along the edge beginning in the first row worked (opposite end of the strip). Then, knit around once for the base row. Begin working the chart. After the first 12 rows are complete, knit 8 stitches and begin the second repeat. The 6-stitch cables will twist in the directions opposite each other.

Continue working in this manner until you reach your desired length (end by working row 12 or 24). I prefer using odd numbers of repeats so the cables look "finished".

Knit around once for the final row, then use the icord bind off. Connect the end to the beginning. Sew up the 5 stitches of the beginning band. Weave in the ends.

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I hope you enjoy this stitch pattern. Play with it on other projects. Make a scarf or a shawl. Adapt it for a sweater or tunic using finer yarn. Above all, HAVE FUN!

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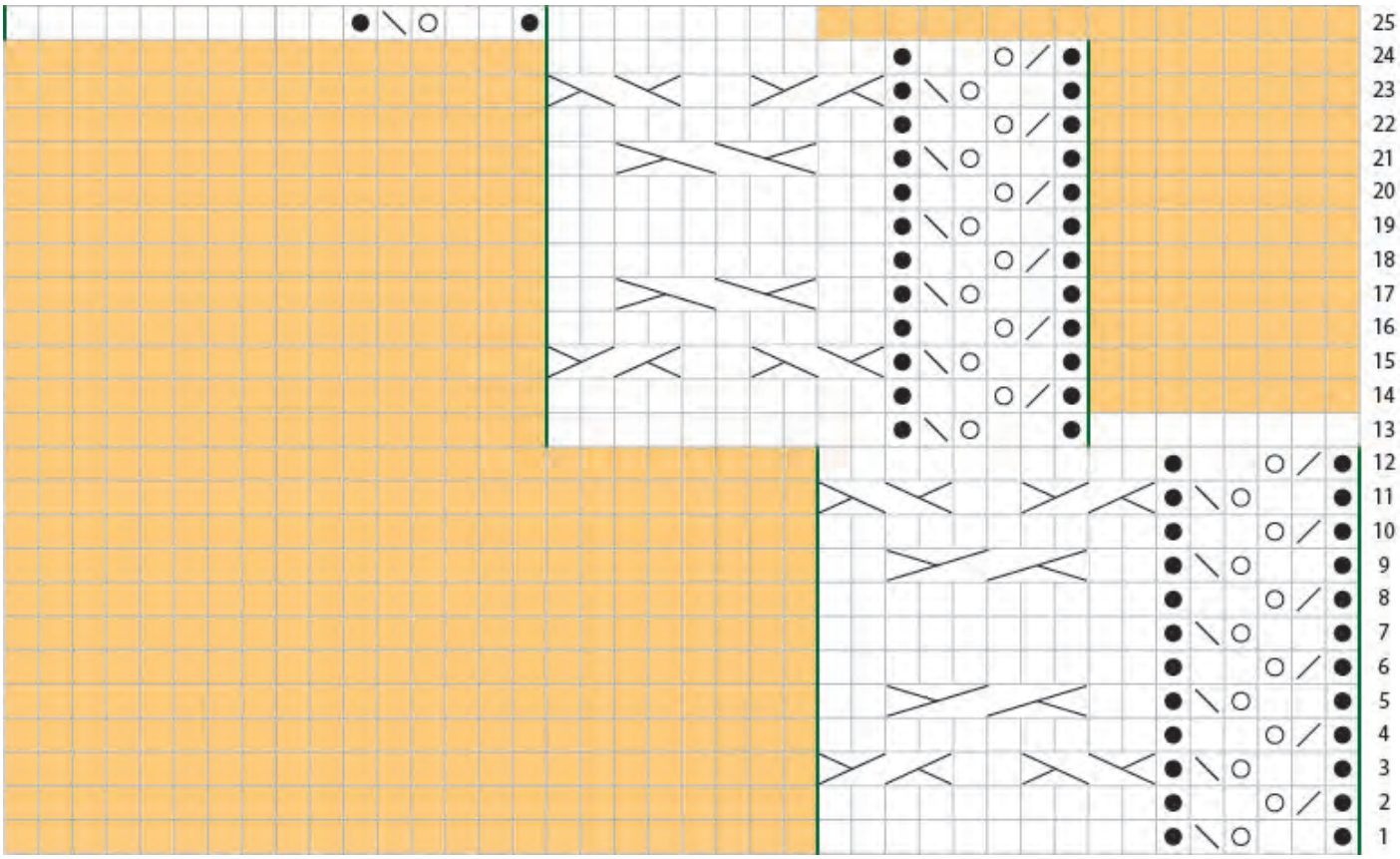
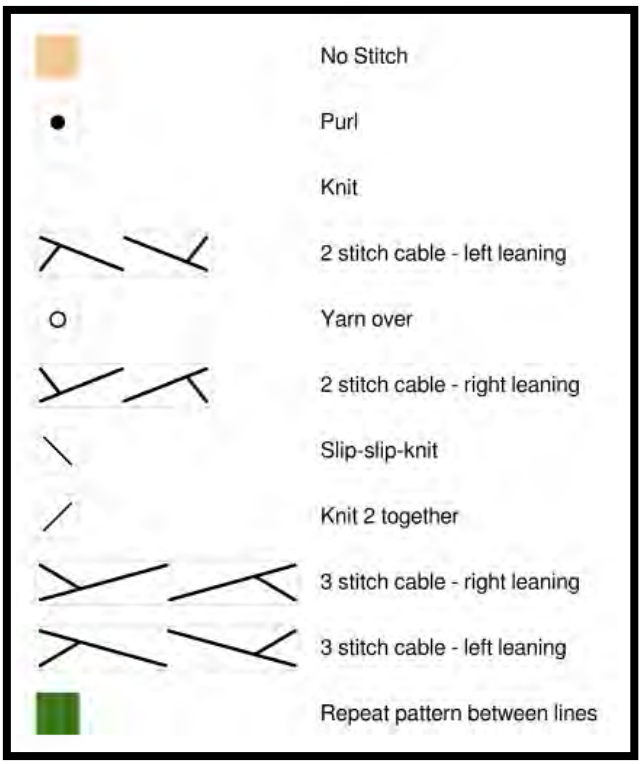
Pattern Chart:





Stitch Guide

2-stitch cable-left leaning: Slip next 2 sts to cable needle and hold in front of work, k2, k2 from cable needle

2-stitch cable-right leaning: Slip next 2 sts to cable needle and hold in back of work, k2, k2 from cable needle

3-stitch cable right leaning: Slip next 3 sts to cable needle and hold in back of work, k3, k3 from cable needle

3-stitch cable left leaning: Slip next 3 sts to cable needle and hold in front of work, k3, k3 from cable needle

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Written Chart Instructions:

Round 1: *P1, k2, yo, ssk, p1, k10; repeat from * around.

Round 2: *P1, k2tog, yo, k2, p1, k10; repeat from * around.

Round 3: *P1, k2, yo, ssk, p1, 2-stitch cable-left leaning, 2-stitch cable-right leaning; repeat from * around.

Round 4: *P1, k2tog, yo, k2, p1, k10; repeat from * around.

Round 5: P1, k2, yo, ssk, p1, k2, 3-stitch cable right leaning, k2; repeat from * around.

Round 6: *P1, k2tog, yo, k2, p1, k10; repeat from * around.

Round 7: *P1, k2, yo, ssk, p1, k10; repeat from * around.

Round 8: *P1, k2tog, yo, k2, p1, k10; repeat from * around.

Round 9: P1, k2, yo, ssk, p1, k2, 3-stitch cable right leaning, k2; repeat from * around.

Round 10: *P1, k2tog, yo, k2, p1, k10; repeat from * around.

Round 11: P1, k2, yo, ssk, p1, 2-stitch cable-right leaning, 2-stitch cable-left leaning; repeat from * around.

Round 12: *P1, k2tog, yo, k2, p1, k10; repeat from * around.

Round 13: Remove end of round marker, k8, place marker to indicate new end of round, *p1, k2, yo, ssk, p1, k10; repeat from * around.

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Round 14: *P1, k2tog, yo, k2, p1, k10; repeat from * around.

Round 15: *P1, k2, yo, ssk, p1, 2-stitch cable-left leaning, 2-stitch cable-right leaning; repeat from * around.

Round 16: *P1, k2tog, yo, k2, p1, k10; repeat from * around.

Round 17: P1, k2, yo, ssk, p1, k2, 3-stitch cable left leaning, k2; repeat from * around.

Round 18: *P1, k2tog, yo, k2, p1, k10; repeat from * around.

Round 19: *P1, k2, yo, ssk, p1, k10; repeat from * around.

Round 20: *P1, k2tog, yo, k2, p1, k10; repeat from * around.

Round 21: P1, k2, yo, ssk, p1, k2, 3-stitch cable left leaning, k2; repeat from * around.

Round 22: *P1, k2tog, yo, k2, p1, k10; repeat from * around.

Round 23: P1, k2, yo, ssk, p1, 2-stitch cable-right leaning, 2-stitch cable-left leaning; repeat from * around.

Round 24: *P1, k2tog, yo, k2, p1, k10; repeat from * around.

Round 25: Remove end of round marker, k8, place marker to indicate new end of round, *p1, k2, yo, ssk, p1, k10; repeat from * around.

Repeat Rounds 2-25 for desired length, ending by working Round 12 or 24. Cast on 3 sts, then work an icord bind off as follows: *k2, k2tog; slip 3 sts back to left needle; repeat from * around. Cut yarn and weave through last 3 sts, then sew to beginning of icord.

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ABOUT THE AUTHOR:

Bunny was deposited under the farthest cabbage in the back of the garden. She was, therefore, overlooked by a nearsighted stork. Luckily for her, she was found by a kindly band of wandering fairies who raised her as one of their own. To this day, Bunny cannot keep the leaves out of her hare.

The fairies taught Bunny everything they knew, which toadstools and plants were good for food and medicine, weaving moonbeams, and the lore of the woods, among other things. As she grew up, Bunny perfected her wild skills. As a result, she is a highly sought after member of various Zombie Apocalypse teams. From 2003 to 2011, Bunny was the reigning World Champion of Pick-up-Sticks. She gave up the crown to spend more time with said sticks, to knit webs for needy spiders. Bunny spends her time knitting the silk of the fabled Bombyxmori, a tribe of wild silkworms from the hidden valleys of Shangri-la. Her knit designs are a flight of fancy, another legacy from her fairy upbringing.

All comments, questions, rude remarks, and unsolicited worship may be sent to Bunny directly at Bunny.KnitAntics@gmail.com. You can follow our shenanigans on Ravelry, Facebook, and Instagram.

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