FREE KNITTING PATTERN + TUTORIAL

First Round Cowl

Learn to knit in the round on a 16 in circular needle · 2x2 rib + jogless stripes · Child / Adult

SKILL LEVEL	SIZES	HEIGHT
Beginner	**Child 19.6 in / Adult 24.9 in around**	**9.0 / 11.7 in**
NEEDLE	**YARN**	**GAUGE**
US 8 (5 mm) 16 in circular	**Worsted, 170 / 270 yd**	**18 sts x 24 rnds = 4 in**

Materials

- Worsted (#4) yarn: oatmeal (MC) 140 / 220 yd, rust (CC) 30 / 50 yd
- US 8 (5 mm) circular needle, 16 in (40 cm) long
- 1 stitch marker (beginning of round), tapestry needle

Abbreviations (US terms)

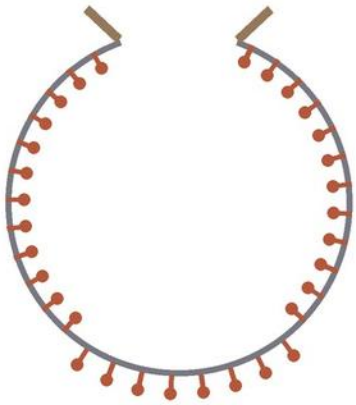
CO	cast on	**pm**	place marker
BO	bind off	**sl1**	slip 1 st purlwise
k / p	knit / purl	**MC / CC**	main / contrast colour
rnd(s)	round(s)	**BOR**	beginning of round

Numbers are given as Child / Adult. Knitting in the round = the right side always faces you: knit every round for stockinette, no purl rows.

Pattern

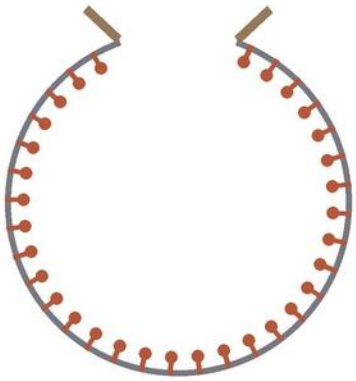
Cast on	With MC, CO 88 / 112 sts with the long-tail cast on.	**(88 / 112)**
Join	Lay the needle on the table and check that no cast-on stitch crosses the cable (all bumps face the centre). Pm, then knit the first st pulling snug.	
Rnds 1–8	*K2, p2*; repeat around.	
Body	Knit 6 rnds with MC.	
Stripe	Knit 1 rnd with CC. Next rnd: sl1 purlwise, knit to the end (jogless stripe). Change back to MC.	
Repeat	Work Body + Stripe 4 / 6 times in total, then knit 6 more rnds with MC.	
Top rib	Work 8 rnds of *k2, p2*.	
Bind off	Bind off loosely in pattern (knit the knits, purl the purls). Weave in the ends, blocking the stripe tails up and down.	**(54 / 70 rnds)**

Knitting in the Round · Join & Three Methods



Twisted

some bumps point out: the tube becomes a Möbius loop



Ready to join

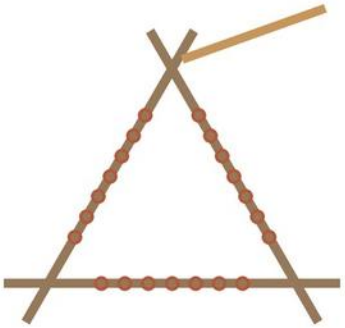
all cast-on bumps point to the centre, none cross the cable

To join: put a marker on the right needle, knit the first cast-on stitch, pulling the yarn snug.



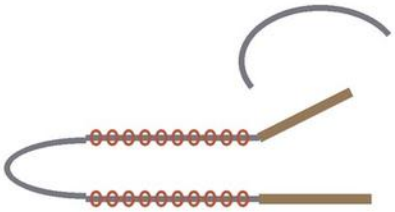
1 · 16 in circular

Best for hats and cowls of 18 in or more. Just keep knitting around.



2 · Double-pointed needles

Stitches split over 3 needles, knit with a 4th. For small tubes: crowns, mittens.



cable loop

3 · Magic loop

One long (32–40 in) circular. Pull the cable out in the middle; knit half at a time.

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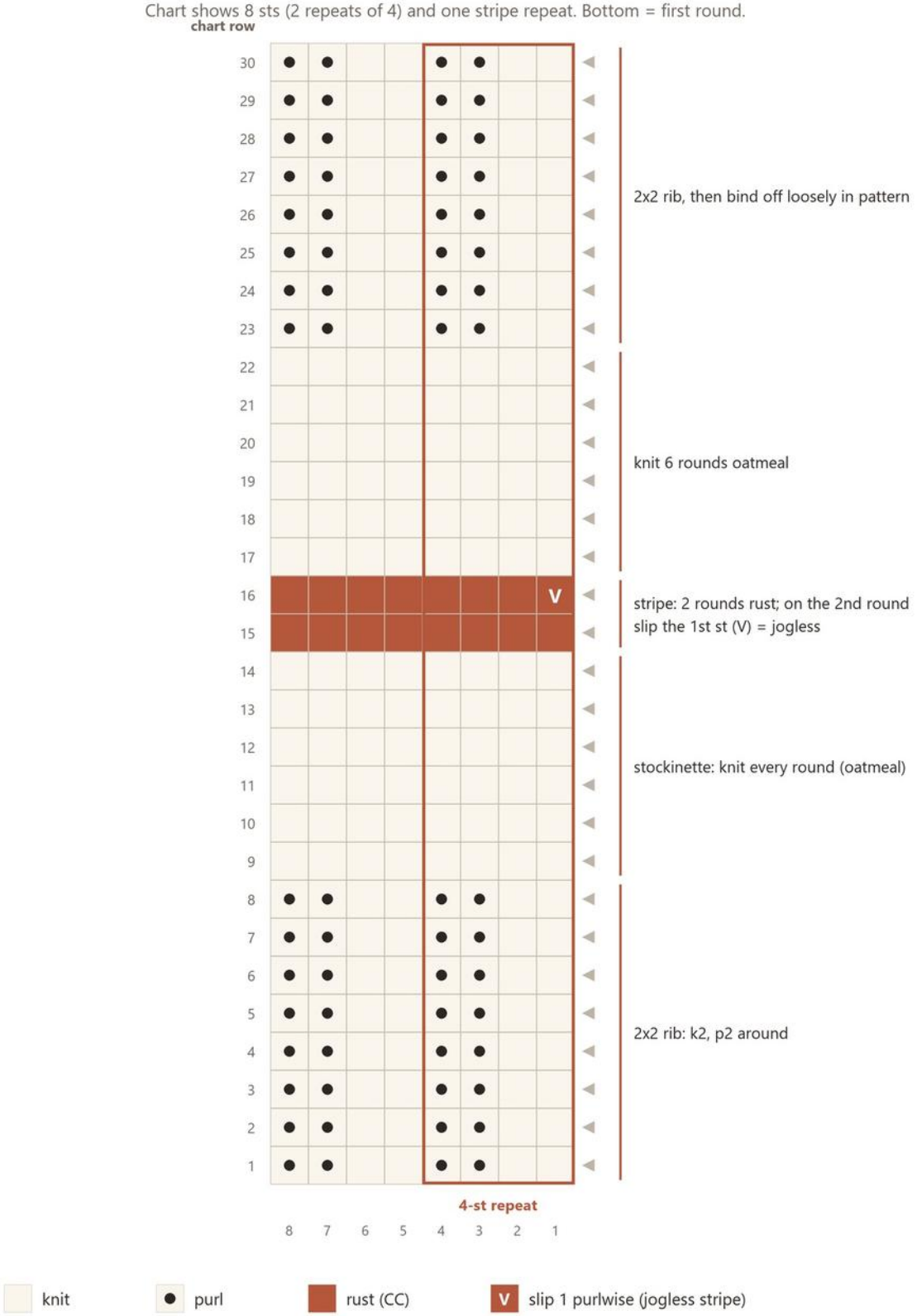
First Round Cowl · Round Chart

Knitting in the round: the right side always faces you, so EVERY round is read from right to left.

Chart shows 8 sts (2 repeats of 4) and one stripe repeat. Bottom = first round.



knit · purl · rust (CC) · V slip 1 purlwise (jogless stripe)

Repeat the stripe block (6 oatmeal + 2 rust) 4 times (Child) or 6 times (Adult), then knit 6 oatmeal rounds.

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