



This is a great knit and easy once you master the cast on ideas. It is underused and I hope this handout gets this technique out to mainstream knitting so everyone can add their ideas and inspiration! Make this your own! xox theHumanLoom

Materials: 200-250 yards of DK to Worsted Yarn, US9 40" circular needles, and two different color stitch markers (one for beginning of round and one for the halfway point)

Gauge: 4 stitches to the inch BUT more importantly, the Gauge should be loose for the chosen yarn so this cowl drapes with ease.



Start with a slip knot, as in the photo above. Put this on the needle and prepare to cast on by THUMB CAST ON or BACKWARDS LOOB METHOD as I am illustrating here. You are going to "loop" the yarn around your left thumb and pick up a stitch with the needle held in your right hand.



Yarn is "looped" around your left thumb and you are ready to cast on (or pick up) your first stitch.



Use the needle in your right hand to pick up the stitch as in the photo at left.



Tip of thumb and tip of needle are pointing in the same direction -- UP.



First stitch is on the needle. You need to make the stitch about the same size as the slip stitch...but do not do this real tight or it will make later steps difficult.



Repeat the above steps until you have 150 stitches cast on. This will make a nice sized cowl with drape.



Take a moment to look at your stitches as you hold the needle with your right hand. You can see the tops of the stitches are facing up and the bottom, where the yarn comes off the needle and is connecting one stitch to the next is facing down.

We are going to turn this upside down, as follows.



First, with your right hand, just point the needle tip straight up to the ceiling.



Then, let the tip point all the way to your right, and your right palm will be facing to the ceiling. This is as simple as just rolling your hand over.



Take the needle, as in this photo, with your left hand.



Slide the cast on stitches down to the cord. Doing this will make the next step **INFINITELY EASIER**. Leave the needle at this end lay where it is...you are going to use the needle at the other end of the cable with your right hand for the next step.

NOTE the yarn connecting each stitch is now at the top of the cord. Really take a look at this. In the next step you will insert your RH needle into the yarn connecting each stitch to pick up the rest of your stitches for this project.



Insert needle between the stitches, wrap it with the yarn and pull through a new stitch.



Further illustration of this step -- wrap the needle.



Pull through the new stitch.



Two stitches on the needle. You will pick up a stitch now between every stitch you cast on in the first part of this; for a total of 300 stitches.

A little further along. I left this photo big so you could really see the stitches as they are being made.





As you pick up the stitches (and keep things LOOSE please...for your own sanity), the circular needle will double over on itself, as in this photo...this is the magic...allow it to happen.



In this photo, nearly all the stitches have been picked up. You can tell be the green end at the very left of the photo -- that is where the initial slip stitch is waiting for you to finish! As you go along, you can scooch the stitches around the needles...just keep the other needle at the back -- do no bring it through the cable to the front of the work even though you may think you want to do this.



All 300 stitches are on the needle and the needle tips are facing each other. The "twist" that makes this a mobius is built into this method...You are ready to knit now!



Place the marker you had set for the MIDDLE OF THE ROUND on your needle. WHY? You are at the middle of your first knit round because picking up and knitting those 150 stitches from the bottom of the cast on edge counts as the first HALF of your first full round.



Now, join (no worries, the twist you want is built in) and knit until you come back to the marker you just placed on your needle.



You can see the marker is on the cord below. Now place the marker you wanted to indicate the beginning of your round. This step is also your decision point. If you want this mobius to be in GARTER STITCH, this is where you begin to PURL ONE FULL ROUND, THEN KNIT THE NEXT ROUND. Keep alternating one purl round and one knit round until the mobius is the size you would like. If you would like a different look, then KNIT ONE MORE FULL ROUND. Next -- PURL 2 ROUNDS, then KNIT 2 ROUNDS. This will give a WELT STITCH and a cowl with a very elastic and “scrunchy” look to it.



This is the Welt Stitch cowl mentioned above. I am using on skein of Noro's King yarn on a US 9 circular for a very loose stitch and lots of drape. You can see in this photo the two rounds of purl bumps followed by two rounds of the vee-shaped knit stitches. That green yarn is where everything began with the slipknot. This cowl forms from the middle out to the edges. When you are ready to bind off, just make sure you do so LOOSELY. If you choose a plain bind-off use a needle two sizes larger than the one you knit with. I prefer a 3 stitch I-cord bind off because of its stretchiness. You could also apply a garter stitch lace edging like the one used in my Whipped pattern.



In this photo, at the left edge, there are two stitch markers. The blue stitch marker is the beginning of the round. The green stitch marker is the halfway point. Patti has made three of these and declared to me this week she likes one of these on needles at all times. I can see why! They are easy to work on and can be set down without losing track of ANYTHING. They make great gifts. They are a great way to bust up your stash or try a new yarn to vet it -- see what it will or won't do for you on the knitting needle.

This mobius, at the right, is the first one I knit using Claudia Handpaints Sock Yarn and a US3 40" circular needle. This is a close fitting cowl because of the smaller gauge and is an example of the use of GARTER STITCH with this technique. Have fun and feel free to contact me, either on the blog or by email! Take care and get2ntn!
theHumanLoom

<http://summit yarn studio.wordpress.com>

summit yarn studio@aol.com

Summit Yarn Studio, 276 East Grove Street, Clarks Green, PA 18411

