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## **Make a Reversible Double Knitted Cowl** with Lynne Barr

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### **Chapter 1 - Introduction**

#### Overview

- In this workshop, you'll learn to double knit and create a different design on each side of the cowl. You'll learn to create your own double knit charts so that you're not locked in to the design I'm demonstrating. You'll also learn to do a tubular cast on and a tubular bind off.

### **Chapter 2 - Materials**

#### Materials

- For this workshop you'll need two skeins of yarn. This is Puffin from Quince and Company, it's a chunky wool. You'll have a main color, and a contrasting color. You can find specifics about the yardage and weight in the downloadable pattern. You'll need one set of circular needles, size 13, 16 inch. One blunt tip tapestry needle. One marker for the end of round, and on the pattern you'll find the chart that I'll be demonstrating, but you'll also have available blank double-knit graph paper that you can chart your own after I teach you. And a pair of scissors.

### **Chapter 3 - Double Knit Basics**

#### How to read a double knit chart

- I have a small piece of double knitting worked on the needles. As you can see, the stitches right under the needle here look like the knit one, purl one rib. You can see the flat knit with the bump in between, and I'm going to work a row of double knitting in a solid color. You do two passes when you're working this. So now I'm gonna work the knit stitches on the side facing me. So I knit the first stitch, bring the yarn to the front, and slip the next stitch. Yarn back, knit, yarn front, slip. So as I go across this row, I'm only working the stitches on this side that are facing me. And slipping all the others with the yarn in front. And it's important when you slip a stitch to always keep your yarn behind the front stitches, or in front of the stitches that are on the back of the needle. And in this case, the purl stitches that were under the needle are for the opposite side, so they're being slipped. I've come across to the end and I've only knit the stitches on the side that is facing me, the knit stitches. When I turn,, the ones that were slipped that looked like purls are now my knits and I'm going to work those so that every stitch for this row will get worked once. So knit, yarn to the front, slip, that was a stitch that was worked on the last pass, yarn front, so when you're double knitting, you'll always work two passes across all your stitches. And when you're working in one color like this double knitting, all the stitches that you're working will be on the side that is facing you. I've just completed one row, knit the stitches on this side, turned and knit the stitches on this side. And I'm gonna take these and just divide the knit stitches to a front needle and the purl stitches to a back needle to show you that what you've created is a pocket inside here. You can see that this is totally separate. The stitches on the front are completely separate from the stitches on the back. And you do that, when you do that, that only happens when you're working in a solid color and working the stitches on one side or the other separately. When you're working with two colors, as we will be in this project for this workshop, you'll be interchanging the contrasting color, working some on this side and some on that side and that will lock your fabric together, so that it no longer would open up into a pocket. And here I have a finished chart that we're going to use to demonstrate the cowl for this workshop. And I'm gonna work several rows so that you can see how this kind of chart is

used. And then I'm gonna demonstrate how to create your own chart so that you're not locked in to working this design. If you look at this, there are two lines for row one. Contrasting color, main color. There are alternating white and gray columns, all of the white columns will be for side A and all of the gray columns will be for side B. We're gonna look at the first square, it's a white, it's side A, and we're gonna work it with the contrasting color. We're gonna knit that first one. We look at the next square, that's side B, it's gonna be purled with the contrasting color. The next one is blank. It's a knit stitch so we're just gonna slip it with the yarn in back. The next three stitches are worked. So it's purl, side B, knit, side A, purl, side B. Blank on side A, so we're gonna slip it with the yarn in back. And the last stitch side B is worked. So we'll purl it. We still have stitches left, so like any knitting chart, we're gonna start at the beginning until we finished all of our stitches. So it's a knit and a purl. Slip the front stitch. Work three stitches. Slip one, and purl one. We've just worked our pass for the contrasting color. And not all the stitches were worked, so we need to fill those in with the main color. We'll slide back to the beginning, where the main color of yarn is, since we've worked the first two stitches in our contrasting color, you can see that they're blank here. So we're gonna slip them. It's a knit stitch, so I slip it with the yarn in back. The next one is a purl so I slip it with the yard in front. And the next stitch is worked with the main color. So I'm gonna knit it. Three blanks, so they're slipped, slip, slip, slip. I work the next stitch. And the next one is slipped. We start over, slip, slip. Knit. Three slips. One, two, three. I knit one and then slip one. Knit, slip, we've just worked row one of our pattern. The first pass in the contrasting color the second pass in the main color. Now if we look at the first pass on row two, it's all blank. For this particular pattern, we don't use the contrasting color at all for this row. The main color, all of the stitches are filled in. We pick up our main color and on side A, we're knitting, side B, we're purling. So knit the first stitch, purl the next, and since every stitch in this pattern is in the main color, we'll just work across alternating knits and purls. So now every stitch is a main color, just like it is on the chart. And we have finished two rows of this chart for the pattern. And if you look at it, you can even begin to identify side B from Side A, you can see this looks like a stripe and then the next will be solid main color and here you can see your contrasting color spaced out like it is on the dot pattern on side A. If you look at the next line here, it's starting with contrasting color. Since we're working back and forth, being able to identify which side you're looking at is important, and since we're looking at side B, we're gonna start from this end here. And the first stitch in contrasting color is worked. And since we work the side we're looking at as a knit stitch, we'll knit this stitch. The next one is worked so whoops, 'scuse me. We'll purl, the next one is worked, on this side, so we'll knit. The next one is blank, so we're not gonna work it with our contrasting color, we're just gonna slip. The next three stitches are worked in contrasting color, so we'll knit, purl, knit. And slip. We start over at the beginning, but because we're starting at this end, it's here. Work three, slip the next one, work three, slip the next one. So we've just finished working one pass in the contrasting color for row three. And since we didn't work every stitch, we know that there's some main colors that are gonna have to be worked. Okay, we're looking at side A. Because it's not this stripe side, side A is the dot side, so we're looking at side A, so we're gonna start from right here. The first stitch is worked in main color, so we knit it. The next three stitches are blank, so we're gonna slip them. So purl, so slip with yarn in front, back. The next one is worked. And then the next three are blank, so they're slipped. Then we start over. With a stitch that's worked, three that are slipped. Slip, slip, slip. One that's worked. And three that are slipped. So we've worked a pass in the contrasting color, we just worked a pass in the main color, so we're finished with row three. On row four, there are no contrasting colors again. So we'll move the marker up and every stitch will be worked with your main color. So we will knit and purl across, just

like we did with row two. And this completes the chart for the cowl that I'm gonna be demonstrating. Okay, there we go. So now, for row four, we've worked every stitch, in the main color. Sometimes you'll see these little bumps up next to the needle, until the rows get a little away from the needle, you know, the needle pulls them out of position a little bit. Once you get a few rows away, they'll fall back on their proper side. But you can see already, on side B, the stripe pattern that's emerging, and side A, the dot pattern that's emerging. So just remember, when you're working from the chart on double knitting, when you're working side A facing you, read the chart from right to left. And if side B is facing you, read the chart from left to right.

#### How to design your own double knit chart

- This is the chart we just worked a sample of, and the one I'm using to demonstrate the cowl. And now I'll show you how I created that. When I design double-knits with two different patterns on either side, I always create a separate chart for each side, that's like a traditional chart. This is what the graph paper looks like without anything in it. And as you can see, there are the white columns, for side A, the gray columns for side B, and there are two rows, one for contrasting color, and one for main color, so that we have pass for each one. And we're gonna start by filing in one chart at a time. We'll look at the first square here. And it's a contrasting color, so I'm gonna fill that in, because our first pass is contrasting color. The next is a main color, so I come to the second square of side A. And since we're working contrasting color, that's gonna stay blank. Go over to the third one, it's a contrasting color again. So, one, two, here's the third one. Put a dot in it. The last one is a main color, so it's going to stay blank. So we have filled in, for the first row, the contrasting color for chart A. Now we're gonna do the main color. And main color is put in the second pass. The first one was contrasting color. We've already used it, so this is gonna stay blank. The next one is a main color, this is the next side A, and that's what we're filling in, so I'll put an X. The next A is contrasting color, blank. The next one is main color, so again, I'll fill it in. Now, we're gonna look at row two of chart A. And you'll see that there are no contrasting color squares filled in here. So we won't fill anything in on the pass for contrasting color. Every single one of them is a main color, so we come up to our main color row and, for chart A, I will fill in every square with an X representing the main color. On row three, we start with contrasting color again. The first square is a main color, so we skip it. The second square is a contrasting color. The first square is a main color. We're gonna skip it, since we're working the contrasting pass. The next one is a circle, because it's a contrasting color. The next one is a main color, so we'll skip it. Contrasting color, so we'll put in a circle for that. That completes the contrasting color for row three. Now we'll work the main color, which is one row up. The first one is a main color. So we'll put an X in there. The next one is a contrasting color; we'll leave it blank. The next one is a main color. X. The last one is contrasting color, so we'll leave it blank. And that completes the row three of chart A. Look at row four, once again, it's just like row two. Every color is main color. So we'll fill in, for chart A, all of them as main colors. Now we've completed filling in chart A of our double-knit chart. And now we'll start chart B. Every single stitch is contrasting color. So we come down to row one. Side B are the gray squares. And every single one is contrasting color, so we'll fill those in with a dot, for contrasting color. We have just completed row one for chart A and B on the double-knit chart. And if you look at it, you'll see that every stitch is accounted for. Here, here, here. If you saw that two were stacked up on top of each other, you'd know that there was a problem. Or if there was a blank and nothing was filled in for either of these, there would be a problem. For every single stitch, you have to account for, either as a main color or a contrasting color. We're gonna move on to the second row of chart B, and here's

the second row starting, contrasting color. And if we look at our chart, there are no contrasted color stitches in that chart. So this will all stay blank. They're all main colors, so let's fill in main colors. Thank you, Bee. We've just finished filling in the stitches for chart B on row two. So, the double-knit chart is complete through two rows. Now, we'll do row three of chart B. You'll see that they're all contrasting colors. And here's row three, contrasting color. So we'll fill them all in. There are no main colors, so we don't fill up anything here with main color. And again, all stitches are accounted for, on the double-knit chart for row three. Look at row four. Once again, it's just like row two, there are no contrasting colors, so this will stay blank. They're all main colors, so we come up to the main color pass and fill in all the stitches. We've just completed row four of chart B, which finishes our double-knit chart for chart A and B, merged together. So now you know how to take two individual charts and merge them onto a double-knit chart together. So, you could look through your stitch dictionary and pick stitches and merge them, or you could create your own. And I have three stitch samples here that I worked for the book "Reversible Knitting." You can see that they're different. You could even have a pattern on one side and work it totally solid on the other. On the Creative Bug website, you can download, in the pattern, the special double-knit chart to create those unique patterns of your own.

## **Chapter 4 - Double Knit Cowl**

Tubular cast-on for cowl

- I'm going to work a tubular cast-on now to start the cowl. The reason I've chosen tubular is because you're actually casting on alternating knit and purl stitches, and the purl stitches naturally wanna go to the B side and the knit stitches to the A side of your fabric. It's similar to the long tail cast-on in that it's gonna straddle your thumb and finger and you're gonna have a tail. To calculate the tail for the tubular, I'm gonna wrap the yarn around the needle I'm using 10 times. I'm gonna use that to measure off the length I need for the stitches. We're having 72 stitches total for this cowl, but only half of them are gonna be on one side and half on the other. The tail is really representing just one side of the cowl. So we would need 36 stitches. So 10 and another 10 is 20, 30. Then I'm just gonna measure off a little more for the tail in those few extra stitches. The tail end is going over the finger and the yarn attached to this gain, to the ball, is going over my thumb and hold them together. Insert the needle next to the yarn here. Rotate the needle toward you and twist it back. You have the first loop on there which represents a knit stitch. To make a purl stitch, move the tip of the needle toward the finger over the yarn under both of them. Grab the thumb and come back to center. To make a knit stitch, rotate the needle to the front, under, grab the back yarn, and back to center. And repeat it. If you look at these on the needle, you'll see what is a flat stitch that's knit and the bump is a purl. A knit and a purl. So you can see that you are casting on what look like knit and purl stitches. So we finished with the purl, we're gonna do a knit. So we bring the needle to the front, grab the yarn over the finger and come back to center. To do a purl, move backward, grab the yarn over the thumb under and back to center. We do that until we have 72 stitches. Now, we have 72 stitches. You're gonna have to hold on to that tail until you begin knitting. You turn your work to the other side. Here's that tail. Hold on until you work your first couple of stitches to lock that in. The first stitch is gonna be a knit stitch. We're gonna bring the yarn to the front and slip the next stitch purlwise. Yarn to the back. Knit. Yarn to the front. Slip. This is the first pass of a double knit row in a solid color like we worked earlier in the sample. Knit. Yarn in front, slip. We do this all the way to the end. Then we're gonna turn and come back and do the exact same thing so that we work the stitches. We knit the stitches that we slipped on this pass. We're gonna knit. Yarn in front. Slip. Knit.

Yarn in front. Slip. All the way to the end. It looks a little messy on the needle until you get a couple of rows of double knitting on. It tends to do that. The reason I'm working this row before I join to knit in the round is because it's easier to join without twisting the stitches if you have a little length on it. Just about to the end of the first pass. Now, we're gonna turn and work back the stitches that we slipped on that pass in exactly the same way. We're gonna knit. Bring the yarn to the front and slip. Yarn back and knit. Yarn front and slip. And we'll work this all the way to the end here. And we'll be ready to join and knit in the round. I've just worked one row of double knitting. You can see on the needle, there's a little length which makes it easier to get ready to join in the round and not have stitches twisted which would have been hard to see if all we had was the cast-on. We're gonna hold the end of the needle with the attached yarn in the right hand. We'll put a marker on the right hand needle and once again check to make sure that your stitches aren't twisted and that you have the working yarn and not the tail by mistake. We're gonna knit one more double row round. We're gonna knit a stitch, bring the yarn to the front, and slip one. Knit and slip. Knit. Yarn in front and slip one. We're gonna continue around until we reach the marker and we'll have worked the stitches on the front side. Then we'll need to do another pass and work the stitches on the back side and slip the stitches that we're knitting now. We're almost at the end of this round and we'll have worked all the knit stitches that are facing us. We're gonna go around one more time and work the stitches that we haven't worked which will be purl stitches. Now that we're knitting in the round, we're not gonna be turning and working in the other direction, we'll always have side A facing us. We'll slip the marker and keep going. We slipped the knit stitch because we've already worked that one and we'll purl the next stitch. Now, we're slipping with the yarn in back and purling. Slipping and purling. For this pass, we're working all the stitches that we slipped on the previous pass. That makes up one complete round. For the rest of this cowl, we'll always be keeping the A side toward us and the B side to the back. Once we get around to the marker, we'll start working from the chart our double knit two-color pattern.

#### Work double knit pattern

- We just completed one round of double knitting and now we're ready to start the chart. All the stitches for pattern A will be in the white columns. For pattern B, in the gray columns. And we do two passes for each row, one in contrasting color, one in main color. If you need more of a refresher go back and look at the tutorial at the beginning of the workshop. And we're gonna start with contrasting color... Which is this. And looking at the chart, we have two stitches worked with the contrasting color. One for A and one for B. Side A is always gonna be facing us when we work in the round. So we're gonna knit the stitch for side A and purl the stitch for side B. Then we have a space on side A so we're gonna slip it. Then we have three stitches that are gonna be worked, side B, A, B, so we'll purl, knit, and purl. Next is a slip stitch. Side A, so we're gonna slip with the yarn in back, bring the yarn to the front and purl the stitch that's marked for contrasting color for B. We've hit the end of the chart but we haven't hit the end of the round so we'll go back to the beginning and repeat it. We work two stitches with the contrasting color, knit and purl. We slip one. Then we're gonna work three stitches. Purl, knit, purl. We're gonna slip one and then work one on side B. Yarn back, slip one, yarn front, purl one. And we're still not at the end of our round so we go back to the beginning and we repeat again. Continue following the line of the chart for the contrasting color until you reach the marker. So we've just reached the end of the first pass, which was the contrasting color. And we'll slip our marker. But if you look at the stitches on the needle, it's really easy to see that, at some point, you don't even really have to look at the chart on the repeats. For



this, I started with two, so we end with one to have three stitches here, but all the way around it's one main color and three contrasting colors. So you can easily just check around and make sure that everything looks right. So that was just one pass of the first round in the contrasting color so now you have to work another pass to complete one round in the main color, which is right where it's supposed to be at the beginning of the round. We don't turn our work any more because we're working in the round. And now we're gonna start with our main color. The first two stitches are slipped because we've already worked them in the contrasting color. First is a knit stitch for side A so we're gonna slip with the yarn in back then bring the yarn to the front and slip the second one. Now we're gonna knit one with the main color. We slip the next three. So yarn front, slip, back, slip, front, slip. You always slip the knit stitches with the yarn in back and the purl stitches with the yarn in front. Now we're gonna knit one. And slip one. We're at the end of the chart so we start again at the beginning. We're gonna slip two stitches. It's a knit so it's slipped with the yarn in back. The next one's a purl so we'll slip with the yarn in front. We're gonna knit the next stitch. Slip three stitches, yarn front, slip, yarn back, slip, yarn front, slip. Knit the next stitch. And slip the next stitch. We're at the end of the chart, we start again at the beginning until we get all the way around to our marker. So it's slip two, knit one. And this is actually easy because this round, notice that I'm just slipping all the contrasting colors that I worked in the first and working the stitches that are already there with the main color. So slip, slip, slip. Knit one. Slip, slip, slip. Knit one. Slip, slip, slip. Knit one. It should never deviate from looking like a knit one purl one pattern. Knit, purl, you could look at them on the needle. If you have two knits together or two purls together, you know, that's a problem. So we're just gonna continue doing this to the end of the round and then we'll have completed the full two passes of row one of our double-knit chart. We're almost to the end of the main color round one. And that's it, we can slip our marker to the other side and we have just completed one full round of double knit for this chart, a contrasting color pass and a main color pass. Now we're ready to move on to round two. When I move this up, my row marker up, there's nothing there. And that just means that we're not gonna be working with the contrasting color for this round. So we'll move it up again and you can see that every stitch on side A and side B are worked with main color. We continue on and we will knit one, purl one with the main color. And we'll do this until the end of the round. We've just completed round two of the chart and when we move the marker up to reveal round three, you can see that it's very similar to round one. You're gonna slip the empty squares, you're gonna work the contrasting color in the squares that are filled. And then you'll slip the marker up again and do a pass with the main color working the stitches that are marked and slipping the ones that are empty. And when you move the marker up again, you can see that round four is exactly the same as round two. You'll knit and purl every stitch in the main color and repeat this pattern until you have a cowl that's the exact height that you want.

### Tubular bind-off and finishing

- I've finished the chart work and I've worked one round of plain double knitting with my main color and now we're ready to bind off using the tubular bind off. To figure out how long I need to cut the yarn for the tail for the tubular bind off, I'm gonna wrap this around the needle 10 times, and then I'm gonna measure off enough for 40 stitches. 30, 40, and then a little extra for a tail over the end of the tapestry needle. And we'll thread it onto the tapestry needle and pull it down so that you don't have to reach out too far. For the double knit here I have a knit stitch, which is showing up on side A then a purl stitch which is side B, a knit stitch on side A and a purl stitch on side B. That's the pattern going all the way around. And we're gonna slip a stitch off on side A knitwise, and then we

lock a stitch on side A purlwise. Then we're gonna slip a stitch on side B, this second one purlwise and we're gonna lock one on side B purlwise. And that's sort of the similarity to kitchener stitch if you're familiar with kitchener. Let me show you very slowly how to work the tubular bind off. We're gonna slip this knit stitch off the needle knitwise insert the needle knitwise and pull the yarn through. Now we're going to lock a stitch on side A, that's this next knit stitches on side A here. This next one is the purl stitch for B, so this one right here is the next knit stitch on side A and we're gonna insert the needle purlwise into it to lock it. You slip a stitch off in its orientation and lock it opposite to its orientation. So now we're gonna work the stitches on side B. It's a purl stitch, I'm gonna slip it off purlwise, pull the yarn through. Now to lock this next stitch knitwise, it may seem a little awkward but I'm gonna insert the tapestry needle from back to front between the two stitches and then I'm going to twist it around so that I come in knitwise into that stitch. So you can see I'm coming out between the two stitches and it's a little twisted but I've gone knitwise into this second stitch which is a stitch on the B side knitwise. And I'm gonna pull the tapestry yarn all the way through. So I've just locked into this stitch from the B side. Now I'm gonna start all over again. I'm gonna slip one knitwise on side A and lock one purlwise on a knit stitch on side A. Now I'm gonna work two operations on side B stitches, slip one off purlwise, insert the tapestry needle from back to front through that second stitch and lock it. Again, slip one knitwise, lock one purlwise skipping that side B stitch. Now slip one purlwise. You may find it easier to use a straight tapestry needle rather than one with a bend here, it's up to you, just try different ones. But I'm coming between the last two stitches and I'm going to run the tapestry needle knitwise into this second stitch and pull it through to the back. And as you can see it's similar to the tubular cast on which looks like a knit stitch rolling around. This stitch just rolls over to the back. And you just continue around all the way til the end until you've bound off all the stitches. And if you stop in the middle of it and you're trying to figure out oh what did I do last, I can see that the yarn is coming out the back between these two stitches, I know that I've just finished inserting from back to front into this second stitch. So I've just finished with the two stitches on the backside so now I would be ready to knit a stitch with the tapestry needle and slip it off. And then insert it purlwise and leave it on. Insert the tapestry needle purlwise and slip it off. Insert the tapestry needle knitwise, and leave it on. We're at the end of our tubular bind off and all we have left to do is weave in the ends. We're gonna leave our tail on the tapestry needle. We can just bring it across where the gap is from the end of it to the next stitch and pull that closed. And come down below. And since this is an open tube at the very end here, we can hide our ends by running it through that tube a little ways and clipping it off. And thread our last remaining tail. We can just run it behind, in between the A and B side, in between the two layers for a little ways, pull it through and give it a little tug, and snip that off. And you have two tails at the other end from the beginning and you can weave those in exactly the same way as you did at the top. Thread the tail, come across the gap, give it a little pull, come back in the row below, run the thread through the layers, snip it. And again you're contrasting color and you can run that between layers as well. Probably a few more stitches than that. Snip it, give it a little pull and now you have your double knit cowl. And you also have the knowledge of how to create your own charts and I hope you have fun experimenting with some of your favorite stitch patterns.