



Knitting Station designs by tracy schmittgen  
eco-cotton yarn by Nurturing Fibres



Nurturing  
Fibres

Trinity Stitch Chunky Cowl      Dk 100% Eco-Cotton



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MATERIALS USED: 8 X NURTURING FIBRES Eco-Cotton Dk. AMOUNT USED: Approx: 400grams/1000m.  
FINISHED TUBULAR MEASUREMENT: 25cms deep x 32cms wide. NEEDLE SIZE: 7mm. SKILL LEVEL: Easy.  
ABBREVIATIONS USED:

• <b>B</b> eg: beginning	• <b>C/o</b> : cast on	• <b>P</b> : Purl	• <b>Rep</b> : repeat	• <b>Sts</b> : stitch(es)
• <b>B/o</b> : bind Off	• <b>Cms</b> : centimetres	• <b>Patt</b> : pattern	• <b>Rem</b> : remaining	• <b>Sts</b> : stitch(es)
• <b>K1b</b> : Knit1 below	• <b>Cont</b> : continue	• <b>P3tog</b> : purl3 together	• <b>RSF</b> : Right Side Facing	• <b>WSF</b> : Wrong Side Facing

### NOTES:

- Cast on edge is the width of the cowl.
- Selvedges are the top and bottom of the cowl; rows start and end with 3sts of K1b Brioché Ribbing.
- To make cowl deeper add sets of 4sts. To make cowl less deep, take off sets of 4sts.
- To make cowl wider around the neck, knit more sets of 4 rows as per pattern.
- Do not knit too tightly, keep sts loose to medium gauge.
- Knitted measurement length of 64-65cms gives a finished tubular width of 24-25cms.
- Make sure all strands of yarn are even when knitting and make sure all strands are collected when pulling the sts through.
- Always read through the entire pattern before starting your project.

### START HERE:

Using 4 skeins of yarn at the same time for the entire project, and size 7mm needles, C/o 50sts.

**Row 1: RSF:** K1, P1, K1, work Row 1 of patt to last 3sts, K1, P1, K1.

**Row 2: WSF:** P1, K1, P1, work Row 2 of patt to last 3sts, P1, K1, bring yfd, slip last stitch off, purl-wise.

**Row 3: RSF:** K slipped off stitch, P1, K1b, work Row 3 of patt to last 3sts, K1b, P1, keep yfd, slip last stitch off needle purl-wise.

**Row 4: WSF:** K slipped off stitch, K1b, P1, Work Row 4 of patt to last 3sts, P1, K1b, bring yfd, slip last stitch off needle, purl-wise.

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**Row 3: RSF:** K slipped off stitch, P1, K1b, work Row 3 of patt to last 3sts, K1b, P1, keep yfd, slip last stitch off needle purl-wise.

**Row 4: WSF:** K slipped off stitch, K1b, P1, Work Row 4 of patt to last 3sts, P1, K1b, bring yfd, slip last stitch off needle, purl-wise.

Work above last 4 rows continuously until cowl measures 64-65cms long, ending with a row 4.

**B/o Row: WSF:** Bind off purl-wise all sts.

### MAKE UP INSTRUCTIONS:

Join cast on edge and bind off edge together to form a tube.

The selvedge stitches are the top and bottom of the cowl.

TRINITY STITCH PATTERN: 4sts repeat / 4 rows repeat.

**Row 1: RSF:** Purl.

**Row 2: WSF:** K1, P1, K1 into the same stitch, P3tog. Repeat.

**Row 3: RSF:** Purl.

**Row 4: WSF:** P3tog, K1, P1, K1 into the same stitch. Repeat.