



The Journey  
Easy Box Stitch Cowl in 2 Lengths

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This cowl is knitted flat (as in normal knitting) but is knitted using a circular knitting needle to accommodate the number of stitches in each row.

Any standard UK Double knitting yarn can be used.

**Materials:**

**Longer length** – 200grams of Double Knitting Yarn

I used James C. Brett – Woodlander DK. (Discontinued). (Total yarn length needed 300 metres).

**Shorter length** – 100grams of Double Knitting Yarn  
I used James C. Brett – Woodlander DK. (Discontinued). (Total yarn length needed 150 metres).

A 4mm circular knitting needle. (Minimum length 80cm).

**Measurements**

Depth of both cowls = 21cm (8 ½”).

Longer Length – 147cm (58”) total length of loop.

Shorter Length – 74cm (29”) total length of loop.

**Tension**

20 stitches and 40 rows approximately, working “box stitch” pattern and using 4mm needles.



**Instructions.**

**Longer Length** – Cast on 312 stitches.

**Shorter Length** – Cast on 160 stitches.

Row 1 - Knit 2, purl 2, repeat these 4 stitches to the end of the row.

Row 2 - Knit 2, purl 2, repeat these 4 stitches to the end of the row.

Row 3 – Purl 2, knit 2, repeat these 4 stitches to the end of the row.

Row 4 – Purl 2, knit 2, repeat these 4 stitches to the end of the row.

These 4 rows will create a small “Box Stitch” pattern.

Repeat these 4 rows until your work measures 21cm (8 ½”), or desired depth, leaving enough yarn to sew both ends together.

Cast off stitches and lay work out flat and make a twist.

This means you will be joining the cast-on corner of one edge to the cast-off corner of the edge.

Stitch the seam together and fasten off.



Longer Length Cowl  
(Wrapped Double)



Shorter Length Cowl