

Avery Shores Cowl



BrenJS Knits by Brenda Schack© 2022.
Photography by Brenda Schack.



Avery Shores Cowl

You spend all that time knitting a lace cowl. You picked the perfect yarn. Now you're anticipating the oohs and ahhs you'll get cause that lace is stunning! You put it on and then. . . Oh No!

Try as you may, the lace just hides in between the folds of fabric. It lays there like a messy pile around your neck. It's happened to me too and I was told "that's just the way it is." But it doesn't have to be.

Join me on Part 3 of our knitting quest to make the perfect cowl for lace. The Avery Shores Cowl is my third cowl design that solves the visibility problem. It puts you and your lace back in the spotlight where you both belong.

Avery Shores Cowl is named after one of the places that makes me feel calm and peaceful. I love to visit the shoreline of the Avery Point campus of UCONN. Its steep rocky shore is beautiful. The sound of the swirling water against the boulders and rocks is so healing for me. Avery Shores is not an actual place name, but one I created for this design.

Avery Shores Cowl begins like a shawl with a familiar garter tab cast-on. You'll be knitting every stitch into an easy and fun garter stitch stripe pattern. Once we get the rows done, we're going to join it in the round and continue working a few more rounds of garter stripes.

Now it's time to introduce the star of the show - swirling watery lace. To make this lace easier, I took out all the increases in that section! You can just concentrate on the intuitive ten stitch repeat without disturbing your rhythmic knitting.

This bandana style cowl looks more like a shawl but it's so much easier to wear. It won't come off until you take it off and looks fabulous on you all day.

You can use one, two, or three colors of yarn to make yours. Although the pattern is written for two colors, modifications were added to help you make it in three colors. Honestly you could go stripe crazy with your scrap yarn and use as many colors as you want. Lets begin our journey and make a beautiful cowl together.

MATERIALS & INFO

YARN USED: MC Berroco Ultra Wool (100% Superwash Wool, 219 yds / 199 m per skein): blue/white sample uses 1 skein of #33152 Ocean.

CC Berroco Vintage (52% Acrylic, 40% Wool, 8% Nylon, 218 yds / 199 m per skein): both samples use 1 skein of #3300 Snow Day.

Malabrigo Rios (100% Superwash Merino; 210 yd / 192 m per skein): green/white/orange sample uses 1 skein each of #37 Lettuce and #16 Glazed Carrot.

YARDAGE 2 COLORS: MC 185 yds / 169 m; CC 101 yds / 92 m.

YARDAGE 3 COLORS: MC 102 yds / 93 m; CC 101 yds / 92 m; Lace section 83 yds / 76 m.

CIRCUMFERENCE: 20" / 51 cm at neck opening that easily stretches to 24" / 61 cm; 52" / 132 cm at bottom; measurements taken after blocking.

LENGTH: 20" / 51 cm depth at front; 7.5" / 19 cm at back neck; measurements taken after blocking.

NEEDLES: US # 7 (4.5 mm) needles are

recommended or size to obtain gauge. 32" (80 cm) circular needle.

YARN SUBSTITUTION: Worsted weight wool is a must for the lace section to accommodate the aggressive blocking needed in only that area. Tonal, solid, lightly speckled, and gradient work best for the lace. The top portion of the shawl can be worked in blended fibers since this part is not aggressively blocked. Swatch for gauge to be sure you'll get the size and drape you want.

GAUGE: 18 sts x 32 rows = 4" / 10 cm in garter st worked flat and blocked; 15.5 sts x 37 rnds = 4" / 10 cm in garter st worked in the round and blocked. A different gauge will affect drape, yardage required and size.

NOTIONS REQUIRED: Tapestry needle, unique BOR stitch marker and 16 stitch markers.

SKILLS NEEDED: K2tog, ssk, yo, M1L, M1R, written instructions and video link provided for yarn over bind-off, written instructions provided for blocking, optional chart, schematic, row/round tracker.



CONSTRUCTION

The Avery Shores Cowl is worked from the top down beginning at the neckline. The cowl is worked flat as it starts with a garter tab cast-on at the neck. Garter stitch stripes of alternating colors are worked until the desired neck circumference has been reached.

Garter stitch and striping continues as the cowl is joined and worked in the round. After a few adjustment rounds, the watery lace is added. The cowl ends with a stretchy yarn over bind-off.

Instead of placing increases in the lace border, adjustment rows are used to achieve the final stitch count. This avoids confusing increases within the lace pattern.

The inherent elasticity of lace and wool, combined with a super stretchy bind-off, create the desired bottom circumference and look. This makes for an

easier to knit lace repeat with no interruptions to the intuitive and rhythmic pattern.

This nautical accessory looks like a shawl but it is simple to wear without the need to be fussy. It's easily styled by just putting it on and beautifully stays put throughout the day. Simply drape the cowl around your neck.

For a different look, wear it with the lace spread out over the shoulders. Either tuck the neck in for a classy style or leave it out for a more relaxed appearance.

Although Avery Shores Cowl has a very nautical feeling in blue and white, it would be lovely in any color combination or in just one color. To truly show off the lace, stick with tonal, lightly speckled, gradient, or solid yarns.

MODIFICATIONS

The garter stitch portion of the cowl can be worked in one color or two colors as written. It can also be made in as many colors as you like by switching yarn colors on odd rows or rounds. You can also vary the height of each stripe section using the same method.

To work the lace section in a different color (sample 2 uses orange yarn), cut all other yarns leaving a 4" / 10 cm tail to weave in later and

attach the desired yarn for the lace. The first lace stitch worked with the new yarn is a yo, however there is nothing to keep it in place. There are two ways to handle this:

1. remember to knit the yo when working the 2nd round of lace; or
2. attach the tail of the lace yarn to the garter stripe section by weaving it in before working with it.

ABBREVIATIONS

() work instructions within parentheses in the place directed

***** repeat instructions following the single asterisk as directed

BO bind off

BOR beginning of the round

CC contrasting color

CO cast on

inc(s) increase(s)

k knit

k2tog knit two together; (right-slanting, 1 stitch decreased)

kfb knit front and back: knit into front and back of stitch; (1 stitch increased)

m marker

M1L Make 1 Left; Insert left needle, from front to back, under strand of yarn which runs between next stitch on left needle and last stitch on right needle; knit this stitch through back loop; (1 stitch increased)

M1R Make 1 Right: Insert left needle, from back to front, under strand of yarn which runs between next stitch on left needle and last stitch on right needle; knit this stitch through front loop. (1 stitch increased)

MC main color

pm place marker

rep repeat

rm(s) remove marker(s)

rnd(s) round(s)

RN right needle

RS right side

sm slip marker

ssk slip 2 stitches individually as if to knit, then knit those 2 stitches together through the back loops; (left-slanting, 1 stitch decreased)

st(s) stitch(es)

WS wrong side

yo(s) yarn over(s); with yarn in front between sts, wrap yarn up and over RN

INSTRUCTIONS

GARTER TAB

With MC and using long tail or similar cast-on, CO 2 sts. You can place a removable st marker in each of the CO sts to make them easier to pick up later.

Working flat, work 6 rows of garter stitch (3 garter ridges).

Stitches are picked up and knit from the bumps in the garter ridges. Four st markers are placed in the second set up row and remain in place until knitting in the round begins.

Set Up Row: K2, turn clockwise 90 degrees, yo, pick up and k1 from the garter ridge in the center, yo, turn clockwise 90 degrees, pick up and k2 sts from the CO edge. **(7 sts)**

Set Up Row 2: K2, **pm**, (k1, **pm**) x 3, k2.

GARTER STRIPES - FLAT

Carry MC and CC yarns throughout the cowl until the lace section. When switching yarns, always pick up the working yarn from under the inactive yarn. Four sts are inc on every RS row. The row/rnd tracker can be used along with these instructions to track st counts and stripe patterns.

Row 1 (RS): With MC, k2, sm, yo, k to m, M1R, sm, k1, sm, M1L, k to marker, yo, sm, k2. **(11 sts)**

Row 2 (WS): With MC, k to end.

Rows 3 & 4: Rep Rows 1 & 2. **(15 sts)**

Row 5: Attach CC, k2, sm, yo, k to m, M1R, sm, k1, sm, M1L, k to marker, yo, sm, k2. **(19 sts)**

Row 6: With CC, k to end.

Row 7: With MC, k2, sm, yo, k to m, M1R, sm, k1, sm, M1L, k to marker, yo, sm, k2. **(23 sts)**

Row 8: With MC, k to end.

Rep Rows 5 - 8 twelve more times **(119 sts)**

Rep Row 5 **(123 sts)**

Next WS Row: With CC, k2, **rm**, yo, k to m, M1R, sm, k1, sm, M1L, k to marker, yo, **rm**, k2, turn to begin work from RS for Rnd 1 below.

GARTER STRIPES - CIRCULAR

Two sts are inc each odd rnd. At the end of Rnd 1 the work is joined in the round.

Rnd 1: With MC, k to m, M1R, sm, k1, sm, M1L, k to end, place BOR marker, join to work in the round. **(125 sts)**

Rnd 2: With MC, p to end.

Rnd 3: With CC, k to m, M1R, sm, k1, sm, M1L, k to end. **(127 sts)**

Rnd 4: With CC, p to end.

Rep Rnds 1 - 4 five more times **(147 sts)**

Adjustment Rnds to Lace

To accommodate the lace pattern 23 sts are evenly inc over the next 4 rnds. As you are working Rnd 1 remove all markers as you come to them except BOR.

Rnd 1 INC: With MC, k6, (M1R, k14) x 2, (M1R, k13) x 3, (M1L, k13) x 3, (M1L, k14) x 2, M1L, k7. **(158 sts)**

Rnd 2: With MC, p to end.

Rnd 3 INC: With CC, k7, (M1R, k13) x 5, M1R, k14, (M1L, k13) x 5, M1L, k7. **(170 sts)**

Rnd 4: With CC, p to end, cut CC leaving 4" / 10 cm tail to weave in.

LACE WAVES

Work from instructions below or Chart A. There are no more inc. This section is worked with MC and in the round. Markers are placed on Rnd 1 to track the lace rep. Keep the BOR in place.

Rnd 1: *Yo, k8, k2tog, pm; rep from * to end. **(170 sts)**

Rnd 2: *K1, yo, k7, k2tog; rep from * to end.

Rnd 3: *K2, yo, k6, k2tog; rep from * to end.

Rnd 4: *K3, yo, k5, k2tog; rep from * to end.

Rnd 5: *K4, yo, k4, k2tog; rep from * to end.

Rnd 6: *K5, yo, k3, k2tog; rep from * to end.

Rnd 7: *K6, yo, k2, k2tog; rep from * to end.

Rnd 8: *K7, yo, k1, k2tog; rep from * to end.

Rnd 9: *K8, yo, k2tog; rep from * to end.

Rnd 10: *SSK, k8, yo; rep from * to end.

Rnd 11: *SSK, k7, yo, k1; rep from * to end.

Rnd 12: *SSK, k6, yo, k2; rep from * to end.

Rnd 13: *SSK, k5, yo, k3; rep from * to end.

Rnd 14: *SSK, k4, yo, k4; rep from * to end.

Rnd 15: *SSK, k3, yo, k5; rep from * to end.

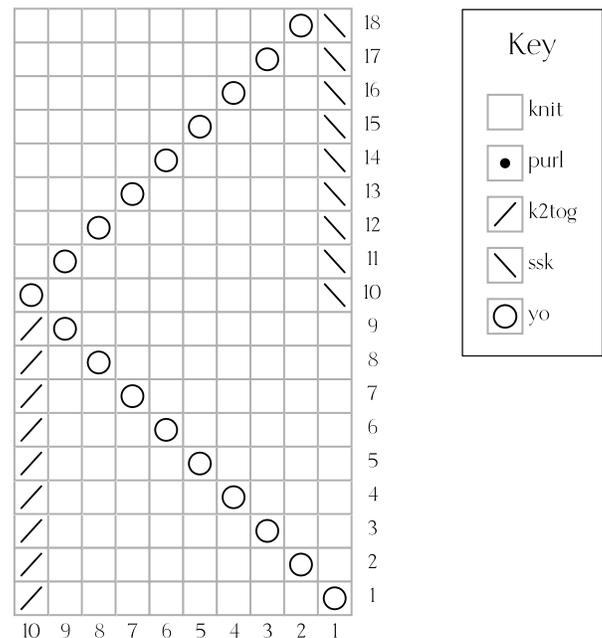
Rnd 16: *SSK, k2, yo, k6; rep from * to end.

Rnd 17: *SSK, k1, yo, k7; rep from * to end.

Rnd 18: *SSK, yo, k8; rep from * to end.

CHART A & KEY

Work Chart A once. Then proceed to BO.



YARN OVER BIND-OFF

This is a great bind-off for shawls that provides maximum stretch without flaring. You will not need to go up a needle size for this one. Of course, feel free to use your favorite stretchy bind-off.

K1, *k1, on RN pass first st over second (1 st BO), on RN, yo, pass first st over yo; rep from * until all sts have been bound off. Cut MC leaving 4" / 10 cm tail to weave in.

Here's a super quick knitting tutorial to show you how to do the [Yarn Over Bind-Off](https://youtu.be/WD4uZgSPhh0) without all the talk. Or copy and paste this link into your browser: <https://youtu.be/WD4uZgSPhh0>.

FINISHING & BLOCKING

Weave in all ends. While weaving in yarn end from the BO, be careful to match the spacing of the rest of the BO.

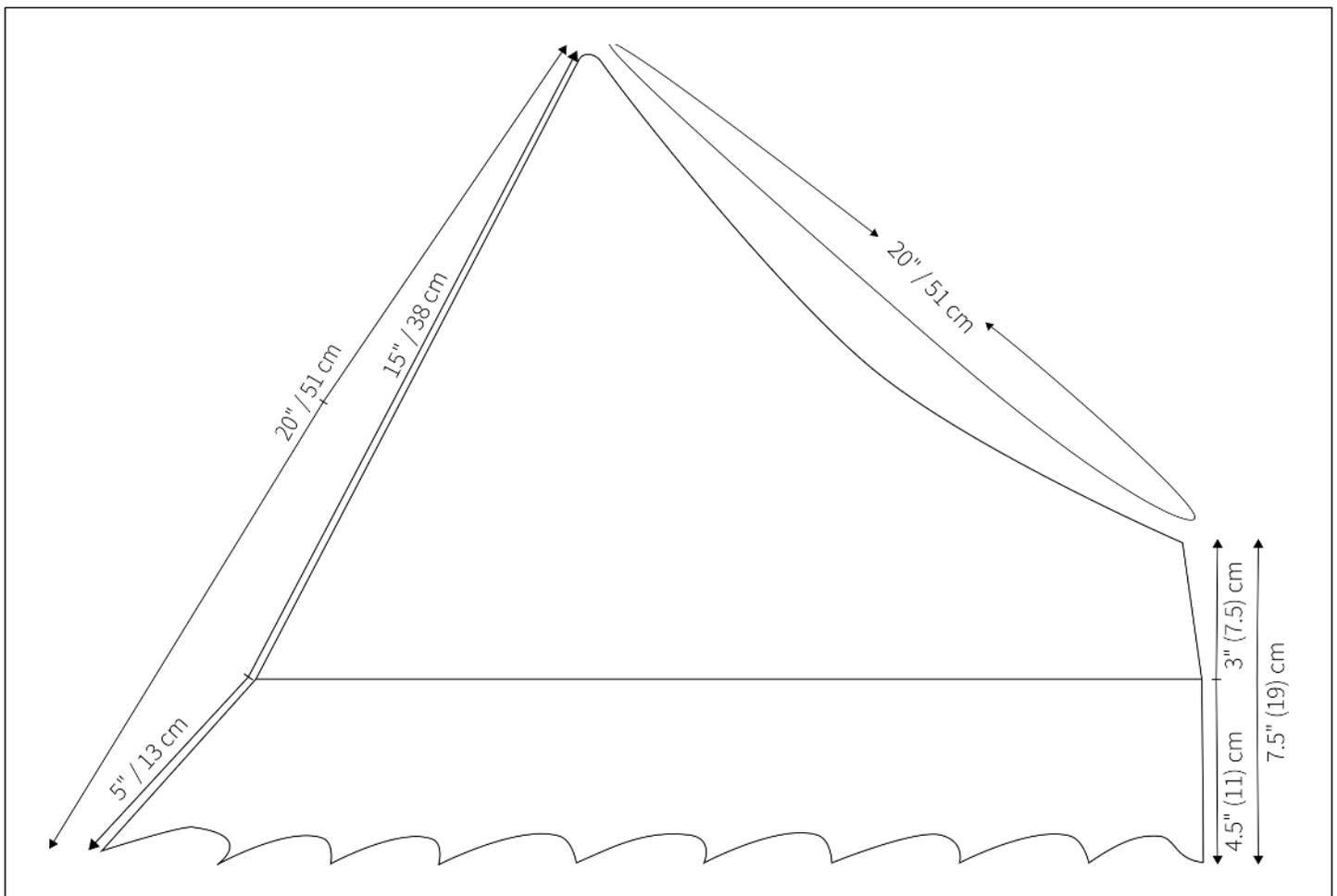
Fully submerge your finished cowl in cool water for 15 minutes. Remove and gently squeeze out water but do not twist fabric. Roll up the cowl in a towel and apply pressure to soak up the water. Alternatively, use a salad spinner to get rid of the excess water.

Lay your cowl flat to dry and shape your knit to

measurements on the schematic. Block so that the angled edge on the front of the cowl is maintained in a straight line from the front center neck edge to the bindoff. Only the very bottom of the lacy edge of the cowl **requires aggressive blocking**.

Blocking wires or pins can be used to prevent the garter stitch section from being overly stretched, shape the lace points (if desired), and maintain the angled edge on the front and straight edge on the back. Once dry put on your beautiful new cowl and proudly show it off.

SCHEMATIC



Garter Stripes Row & Round Tracker

Use this page to keep track of the rows, rnds, color changes, st counts, and incs (4 for rows), rnds (2 for rnds).

Row	Actual Row	Yarn	Inc	Ending sts
1	1	MC	4	11
2	2	MC	0	11
3	3	MC	4	15
4	4	MC	0	15
5	5	CC	4	19
6	6	CC	0	19
7	7	MC	4	23
8	8	MC	0	23
5 rep 1	9	CC	4	27
6	10	CC	0	27
7	11	MC	4	31
8	12	MC	0	31
5 rep 2	13	CC	4	35
6	14	CC	0	35
7	15	MC	4	39
8	16	MC	0	39
5 rep 3	17	CC	4	43
6	18	CC	0	43
7	19	MC	4	47
8	20	MC	0	47
5 rep 4	21	CC	4	51
6	22	CC	0	51
7	23	MC	4	55
8	24	MC	0	55
5 rep 5	25	CC	4	59
6	26	CC	0	59
7	27	MC	4	63
8	28	MC	0	63
5 rep 6	29	CC	4	67
6	30	CC	0	67
7	31	MC	4	71
8	32	MC	0	71
5 rep 7	33	CC	4	75
6	34	CC	0	75
7	35	MC	4	79
8	36	MC	0	79
5 rep 8	37	CC	4	83
6	38	CC	0	83
7	39	MC	4	87
8	40	MC	0	87
5 rep 9	41	CC	4	91
6	42	CC	0	91
7	43	MC	4	95
8	44	MC	0	95
5 rep 10	45	CC	4	99
6	46	CC	0	99

Row	Actual Row	Yarn	Inc	Ending sts
7	47	MC	4	103
8	48	MC	0	103
5 rep 11	49	CC	4	107
6	50	CC	0	107
7	51	MC	4	111
8	52	MC	0	111
5 rep 12	53	CC	4	115
6	54	CC	0	115
7	55	MC	4	119
8	56	MC	0	119
5 once more	57	CC	4	123
Next WS Row - see pattern				

Work in the rnd. Note inc change.

Rnd	Actual Rnd	Yarn	Inc	Ending sts
1	1	MC	2	125
2	2	MC	0	125
3	3	CC	2	127
4	4	CC	0	127
1 rep 1	5	MC	2	129
2	6	MC	0	129
3	7	CC	2	131
4	8	CC	0	131
1 rep 2	9	MC	2	133
2	10	MC	0	133
3	11	CC	2	135
4	12	CC	0	135
1 rep 3	13	MC	2	137
2	14	MC	0	137
3	15	CC	2	139
4	16	CC	0	139
1 rep 4	17	MC	2	141
2	18	MC	0	141
3	19	CC	2	143
4	20	CC	0	143
1 rep 5	21	MC	2	145
2	22	MC	0	145
3	23	CC	2	147
4	24	CC	0	147

Return to pattern to work Adjustment Rounds to Lace [page 7](#).



ABOUT BRENDA SCHACK

My husband and I and our spicy kitty Sparrow live and work off the coast of Connecticut in the US. I love to explore different knitting methods, textural stitches, and colors. My patterns are inspired by the stories of my life, my relatives, and nature.

I hope you had a good time and feel confident after knitting this pattern. My patterns are test knit and professionally edited to ensure an error free pattern. However, If you think you found an error I would love it if you would let me know.

Please contact me if you need my assistance or have questions at brenjsknits@gmail.com.

THANK YOU for buying this pattern and supporting my small business.

NEWSLETTER & DISCOUNTS

Join the [BrenJS Knits Newsletter](#) and I'll see you soon with exciting new patterns, discounts, and knitting tips. You can follow me for more frequent updates on Instagram. Look for BrenJS Knits, or click [here](#).

If you enjoyed knitting this cowl, you'll love these patterns too. Click the links to learn more.



Ocean Home Shawl
[Ravelry](#) or [Payhip](#)



Snowy Seas Cowl
[Ravelry](#) or [Payhip](#)



Swirling Seas Infinity Cowl
[Ravelry](#) or [Payhip](#)