



W440

Highland Duo
Twice Cabled Beret



Designed by Betty Balcomb

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The Eco Duo Slouch Hat I designed for Cascade has been one of my most popular Cascade patterns. I loved that hat because Eco Duo was quite simply the softest yarn I had ever worked with and the color gradations were so great. Now Cascade is introducing Highland Duo, a dyed version of the same yarn base. For this amazing new product, I decided to design a slightly more elaborate hat because the soft solid color allows more patterning. I hope Cascade knitters will enjoy this hat as much as the early edition. Learning to work a horizontal cable band is a worthwhile skill.

Materials: 1 100 gram skein of Cascade Highland Duo yarn. Pictured hat is color #2316. Sizes 8 and 10 16" circular needles and size 10 double points, **or size required to obtain gauge.** Marker, cable needle.

Gauge: 4 stitches to 1" in stockinette. **BE SURE TO CHECK GAUGE!!**

Glossary:

C4B: Slip 2 sts to cable needle and hold in back, K2 from left needle, K2 from cable needle.

C6B: Slip 3 sts to cable needle and hold in back, K3 from left needle, K3 from cable needle.

DIRECTIONS

Using smaller needles, cast on 90 sts. Place marker and join in the round being careful not to twist stitches. Work cabled border as follows:

Rows 1-3: *K2, P2, K4, P2, rep. from * to end of row.

Row 4: *K2, P2, C4B, P2, rep. from * to end of row.

Rows 5-8: Repeat rows 1-4.

Rows 9-10: Repeat rows 1-2.

Next row – *(K2, YO) 13X, K4, YO, repeat from * around to marker being sure to end with a YO (132 sts).

Change to larger needles. Next row – *Knit around being sure to K into back of all YOs to twist them and close holes. Work even on the 132 sts in stockinette (knit every round) until hat measures 4" from cast on edge. Purl one row and then knit 1 row. Now you will create the horizontal cable band, which is actually a cable bind off.

Next row: turn work so wrong side is facing and cable cast on 9 sts.

Band Row 1: Using one of the DPNs and with wrong side still facing, K2, P6, K2tog (the last new stitch and first old stitch).

Band row 2: Turn to right side and slip 1 st, K6, P2.

Band row 3: Turn and repeat row 1.

Band row 4: Turn and slip 1 st, C6B, P2.

Band row 5: Turn and repeat row 1.

Band row 6: Turn and repeat row 2.

Repeat these 6 rows until there are 9 stitches left. Bind off but DO NOT cut yarn, leave last st on needle.

You now know how to work a horizontal band bind off. Any cable stitch, I-cord or any of the edgings from the various edging and trim stitchionaries can be worked this way. This is a great technique for creating wonderful edges for all kinds of projects. Just remember that a garter stitch edging will lie even and a stockinette stitch one, like the one you just did, will fan out.

You now have what looks like a lovely pull over collar. If you like this item, feel free to stop here. If you want to complete a beret, proceed as follows:

With right side of work facing pick up 1 stitch in every other row along bottom edge of horizontal cable band. You should have 132 stitches but close is good enough. Purl 1 row, decreasing (or possible increasing) to 128 sts with decreases/increases evenly spaced. Knit 2 rows. Decrease for the crown:

NOTE: The decreases are done on **EVERY** row, not every other

Row 1: *K14, K2tog, repeat from * around, 120 sts

Row 2: *K13, K2tog, repeat from * around, 112 sts

Row 3: *K12, K2tog, repeat from * around, 104 sts

Row 4: *K11, K2tog, repeat from * around

Continue in this manner with 1 less stitch before the K2togs on each row.

Change to double point needles as needed.

Semi-Final decrease row: *K2tog, repeat from * around, 8 sts

Final decrease row, (K2tog, K1)2X, K2tog, 5 sts

Finishing: I always complete berets with a traditional nubbin as follows: Put all 5 sts onto a single DPN and work I-cord by pushing sts to right end of needle after each row without turning and pulling the yarn across the back of the sts to knit the 5 sts. Work 4 to 6 rows in this manner or to a little less than desired height of nubbin. To finish off I-Cord, K1, K2tog 2 times and then K3tog and tie off. I leave a nice long tail and use it to tighten up the top of the crown which tends to be a little loose close to the nubbin. Sew cast on edge of band to bound of edge, making seam as invisible as possible. Weave in ends.