

BERNAT® alize® EZ CABLE PILLOW



MATERIALS

Bernat® Alize® EZ Wool™ (5.3 oz/150 g; 11 yds/10 m)

Sapphire (09020)

3 ball

20" [51 cm] square pillow form. Tapestry needle.



CRAFT | SKILL LEVEL: **INTERMEDIATE**

ABBREVIATIONS

Approx = Approximately

Rep = Repeat

RS = Right side

St(s) = Stitch(es)

MEASUREMENT

Approx 20" [51 cm] square.

GAUGE

5 sts = 4" [10 cm].

INSTRUCTIONS

Note: Right side of work is facing at all times.

Count 30 loops for foundation row, noting yarn end is at far left and all loops are facing upwards.

1st row: Working from **right to left**, with yarn at back, twist **30th** loop (last loop of foundation row) once to left. Pull **31st** loop (from 'working yarn') up through **30th** loop from behind to create a twisted st. *With yarn in front*, pull next loop from working yarn towards back through next loop. **With yarn in back*, twist next loop once to left. Pull next loop from yarn up from behind to create a twisted st. *With*

working yarn up through twisted loop. *With yarn in front*, pull next loop from working yarn towards back through next loop. Rep from * to end of row. 30 sts in row. **Do not** turn work.

2nd row: Working from **left to right**, with yarn in front, pull next loop from working yarn towards back through last st worked on previous row. *With yarn in back*, twist next loop once to left. Pull next loop from yarn up through twisted loop. **With yarn in front*, pull next loop from yarn towards back through next st. *With yarn in back*, twist next loop once to left. Pull next loop from yarn up through twisted loop. Rep from * to end of row. **Do not** turn.

3rd row: Working from **right to left**, with yarn at back, twist last loop of previous row once to left. Pull next loop from yarn up from behind to create a twisted st. *With*

yarn in front, pull next loop from yarn towards back through next st. **With yarn in back*, twist next loop once to left. Pull next loop from yarn up through twisted loop. *With yarn in front*, pull next loop from yarn towards back through next st. Rep from * to end of row. **Do not** turn.

4th row: As 2nd row.

5th row: Working from **right** to **left**, pull next loop from yarn up from behind through last st worked on previous row. *Pull next loop from yarn up from behind through next st. Rep from * to end of row. **Do not** turn.

6th row: Working from **left** to **right**, pull next loop from yarn up from behind through last st worked on previous row. *Pull next loop from yarn up from behind through next st. Rep from * to end of row. **Do not** turn. Rep 5th and 6th rows 4 times more.

Begin working in Cable Pattern

1st row: Working from **right** to **left**, pull next loop of yarn up from behind through last st worked on previous row. Pull next loop from yarn up through next loop of foundation row. Continue in this

manner to end of row. 30 sts in row. **Do not** turn.

2nd row: Working from **left** to **right**, pull next loop of yarn up from behind through last st worked on previous row. (Pull next loop from yarn up from behind through next st) 10 times. *Skip next 2 loops of working yarn. (Pull next loop from yarn up through next st from previous row) twice. Working in front of sts just worked, pull first skipped loop from yarn up through next st; pull 2nd skipped loop from yarn up through next st – Back Cross made. Skip next 2 sts from previous row. Holding skipped sts at front of work, (pull next loop from yarn up through next st) twice. Pull next loop from yarn up through first skipped st. Pull next loop from yarn up through second skipped st – Front Cross made. *Pull next loop from yarn up from behind through next st. Rep from * to end of row. **Do not** turn.*

3rd row: Working from **right** to **left**, pull next loop of yarn up from behind through last st worked on previous row. (Pull next loop from yarn up from behind through next st) 8 times. Work 1 Back Cross. (Pull next loop from yarn up from

behind through next st) 4 times. Work 1 Front Cross. *Pull next loop from yarn up from behind through next st, Rep from * to end of row. **Do not** turn.

4th row: Working from **left** to **right**, pull next loop of yarn up from behind through last st worked on previous row. (Pull next loop from yarn up from behind through next st) 6 times. Work 1 Back Cross. (Pull next loop from yarn up from behind through next st) 8 times. Work 1 Front Cross. *Pull next loop from yarn up from behind through next st. Rep from * to end of row. **Do not** turn.

5th row: Working from **right** to **left**, pull next loop of yarn up from behind through last st worked on previous row. (Pull next loop from yarn up from behind through next st) 4 times. Work 1 Back Cross. (Pull next loop from yarn up from behind through next st) twice. Work 1 Back Cross. Work 1 Front Cross. (Pull next loop from yarn up from behind through next st) twice. Work 1 Front Cross. *Pull next loop from yarn up from behind through next st. Rep from * to end of row. **Do not** turn.

6th row: Working from **left** to **right**, pull next loop of yarn up from behind through last st worked on previous row. (Pull next loop from yarn up from behind through next st) twice. Work 1 Back Cross. (Pull next loop from yarn up from behind through next st) twice. Work 1 Back Cross. (Pull next loop from yarn up from behind through next st) 4 times. Work 1 Front Cross. (Pull next loop from yarn up from behind through next st) twice. Work 1 Front Cross. *Pull next loop from yarn up from behind through next st. Rep from * to end of row. **Do not** turn.

7th row: Working from **right** to **left**, pull next loop of yarn up from behind through last st worked on previous row. Work 1 Back Cross. (Pull next loop from yarn up from behind through next st) twice. Work 1 Back Cross. (Pull next loop from yarn up from behind through next st) 8 times. Work 1 Front Cross. (Pull next loop from yarn up from behind through next st) twice. Work 1 Front Cross. Pull next loop from yarn up from behind through next st. **Do not** turn.

8th row: Working from **left** to **right**, work as given for 5th row.

9th row: Working from *right* to *left*, work as given for 6th row.

10th row: Working from *left* to *right*, work as given for 7th row.

Rep 5th to 10th rows once more.

Next row: Working from *right* to *left*, pull next loop of yarn up from behind through last st worked on previous row. (Pull next loop from yarn up from behind through next st) 4 times. Work 1 Back Cross. (Pull next loop from yarn up from behind through next st) 12 times. Work 1 Front Cross. *Pull next loop from yarn up from behind through next st. Rep from * to end of row. **Do not** turn.

Next row: Working from *left* to *right*, pull next loop of yarn up from behind through last st worked on previous row. (Pull next loop from yarn up from behind through next st) 16 times. Work 1 Front Cross. *Pull next loop from yarn up from behind through next st. Rep from * to end of row. **Do not** turn.

Next row: Working from *right* to *left*, pull next loop of yarn up from

behind through last st worked on previous row. Work 1 Back Cross. (Pull next loop from yarn up from behind through next st) 20 times. Work 1 Front Cross. Pull next loop from yarn up from behind through next st. **Do not** turn.

Proceed in stocking st as follows:

1st row: Working from *left* to *right*, pull next loop from yarn up from behind through last st worked on previous row. *Pull next loop from yarn up from behind through next st. Rep from * to end of row. **Do not** turn.

2nd row: Working from *right* to *left*, pull next loop from yarn up from behind through last st worked on previous row. *Pull next loop from yarn up from behind through next st. Rep from * to end of row. **Do not** turn.

Rep 1st and 2nd rows 4 times more. Proceed in ribbing as follows:

1st row: Working from *left* to *right*, **with yarn in front**, pull next loop from yarn towards back through last st worked on previous row. **With yarn in back**, twist next loop once to left. Pull next loop from yarn up through twisted loop. ***With yarn in front**,

pull next loop from yarn towards back through next st. **With yarn in back**, twist next loop once to left. Pull next loop from yarn up through twisted loop. Rep from * to end of row. **Do not** turn.

2nd row: Working from *right* to *left*, **with yarn at back**, twist last loop of previous row once to left. Pull next loop from yarn up from behind to create a twisted st. **With yarn in front**, pull next loop from yarn towards back through next st. ***With yarn in back**, twist next loop once to left. Pull next loop from yarn up through twisted loop. **With yarn in front**, pull next loop from yarn towards back through next st. Rep from * to end of row. **Do not** turn.

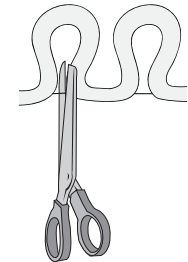
3rd and 4th rows: As 1st and 2nd rows.

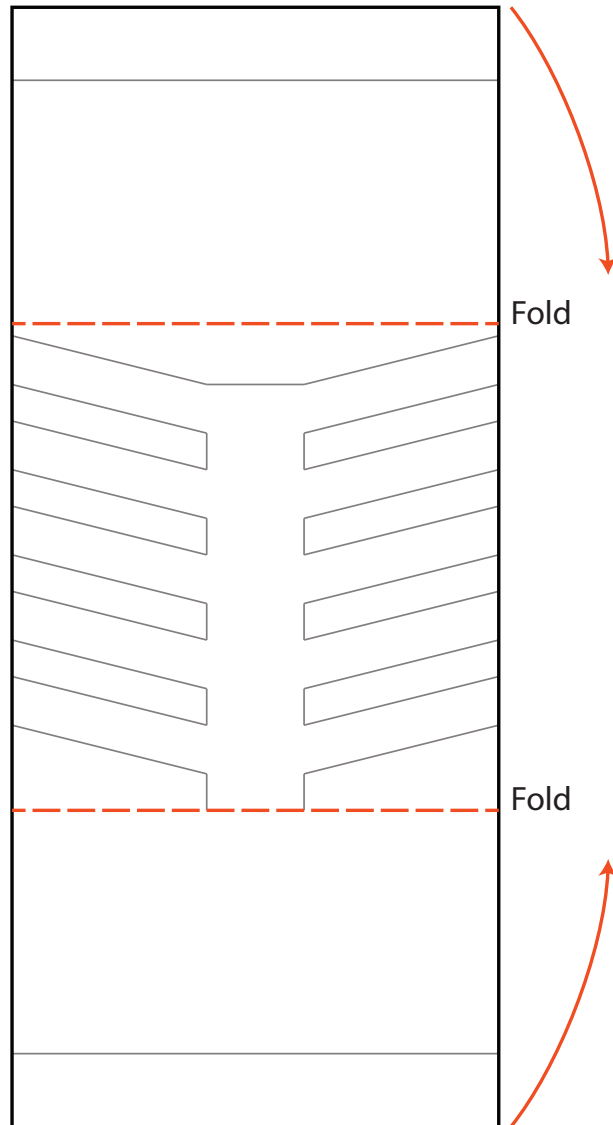
5th row: As 1st row.

Bind off row: Working in **same direction as last row**, pull 2nd st through first st. Pull 3rd st through 2nd st. Pull 4th st through 3rd st. Continue in this manner to end of row. Cut last loop to create a yarn 'tail'. Tie to secure and weave in ends.

Finishing See diagram on page 4. With RS facing, fold Pillow at top and bottom of cabled section, so that ribbed sections overlap at center front of Pillow. Cut a length of yarn approx 50" [127 cm] long. Cut thread at base of all loops to create a smooth yarn for seaming. Thread yarn onto tapestry needle. Sew 2 sides of Pillow. Turn Pillow so RS faces outward. Insert pillow form using envelope opening in back.

Cutting Yarn Loops





Front



Back

