We've taken five traditional skills, handed down over the centuries, and created designs for today

PHOTOGRAPH DI LEWIS NE BENCHTHE CRAFTMAN, HUNCERFORD

nstructions for Aran designs

Measurements: one size to fit 40 cm/153/4 in cushion pad. Materials: each cushion: 4 x 50 g (116 m) balls Sirdar Sovereign DK in Ivory; pair 4 mm/No 8 needles; cable needle; 30 cm/12 in nylon zip fastener; 40 cm/153/4 in cushion pad. The cost of yarn for each cushion is £4.60; see Prima directory for stockist details.

Tension: 22 sts and 30 rows to 10 cm over st-st using 4 mm needles. Always check your tension carefully.

Abbreviations: cn - cable needle; K-knit; P-purl; patt - pattern; RS - right side; sl - slip; st(s) stitch(es); st-st - stocking stitch; WS - wrong side.

Cable abi revisions: C3B - sl 1 st to en and hold at back, K 2, P I from en: C3F - sl next 2 sts to cn and hold at front, P1, K2 from cn; C4B - sl next 2 sts to en and hold at back. K2, K2 from cn; C4F-as C4B but hold en at front: C5F - sl 3 sts to en and hold at front, K2. stPst to left hand needle and Pit, K 2 from cn; C6F-sl next 3 sts to cn and hold at front, K 3, then K 3 from cn; T2L - pass needle behind first st, K second st, K first st, sl both sts off needle; T2R-pass needle in front of first st, K second st, K first st, sl both sts off needle.

Cable patterns

Pattern A

1st and 3rd rows: (WS) K 8, [P6, K7] to last st, K1. 2nd row: P8, [C6F, P7] to last st, P 1. 4th and 6th rows: P3, K3, P2, K6, P 2, K 3, P 2] to last st, P 1. 5th row: K 3, P 3, K 2, P 6, K 2, P 3, K 2 to last st. K 1. These 6 rows form Patt A.

Pattern B

1st and 3rd rows: (WS)

P. 2nd row: [T2R, T2L] | to end. 4th row: [T2L, T2R] to end. These 4 rows form Patt B.

Pattern C

1st, 3rd, 5th and 7th rows: (WS) P2, [K2, P8, K2, P 2] to end. 2nd row: K2[P 2, C4B, C4F, P2, K2 to end. 4th and 8th rows: K 2, [P 2, K 8, P 2, K 2] to end. 6th row: K 2, IP 2, C4F, C4B, P 2, K 2] to end. These 8 rows form Patt C.

Pattern D

1st and 3rd rows: (WS) [K 8, P 2, K 1, P 2, K 7] to end. 2nd row: [P7, C5F, P 8] to end. 4th row: [P 6. C3B, K 1, C3F, P 7] to end. 5th and all remaining WS rows: K the K sts and P the P sts. 6th row: [P 5 C3B, K1, P1, K1, C3F, P 6, to end. 8th row: |P 4. C3B, *K 1, P 1* twice, K 1, C3F, P 5 to end. 10th row: [P3, C3B, *K1, P1* 3 times, K 1, C3F, P 4 to end. 12th row: [P 2, C3B. *K 1, P 1* 4 times, K 1. C3F, P 3] to end. 14th row: [P2, C3F, *P1, K1* 4 times, P 1, C3B, P 3 to end. 16th row: [P 3, C3F. *P 1, K 1* 3 times, P 1. C3B, P 4] to end. 18th row: [P4, C3F, *P+, K1* twice, P 1, C3B, P 5 to end. 20th row: [P 5, C3F. P1, K1, P1, C3B, P6] to end. 22nd row: P6, C3F. P1, C3B, P7 to end. 24th row: as 2nd row. These 24 rows form Patt D.

CUSHION BACKS

Cast on 88 sts and work 120 rows in st-st. Cast off. **CUSHION 1 FRONT**

Cast on 100 sts. Work 24 rows Patt B, P 2 rows, 24 rows Patt A, P2 rows, 24 rows Patt D, P2 rows, 24 rows Patt A, P 2 rows, 24 rows Patt B. Cast off.

CUSHION 2 FRONT

Cast on 100 sts. Work 24 rows Patt C, P 2 rows, 24 rows Patt D, P2 rows, 24

How to cable



C4F - 2 sts are held on cable needle at front



C4B - 2 sts are held on cable needle at back

rows Patt B, P 2 rows, 24 rows Patt D, P 2 rows, 24 rows Patt C. Cast off.

CUSHION 3 FRONT

Cast on 100 sts. Work 24 rows Patt D, P 2 rows, 24 rows Patt C, P 2 rows, 24 rows Patt A, P 2 rows, 24 rows Patt C, P 2 rows, 24 rows Patt D. Cast off.

CUSHION 4 FRONT

Cast on 100 sts. Work 24 rows Patt A, P 2 rows, 24 rows Patt B, P 2 rows, 24 rows Patt C, P 2 rows, 24 rows Patt B, P 2 rows, 24 rows Patt A. Cast off.

TO MAKE UP

Press cushion backs according to instructions on ball band. Join back to front along one seam. leaving 30 cm open, insert zip in opening. Join remaining 3 sides.

Turn the page for rag rugs and blackwork



lightly press with a warm

iron under a dry cloth. Dry

cleaning is not advisable as

it flattens the texture