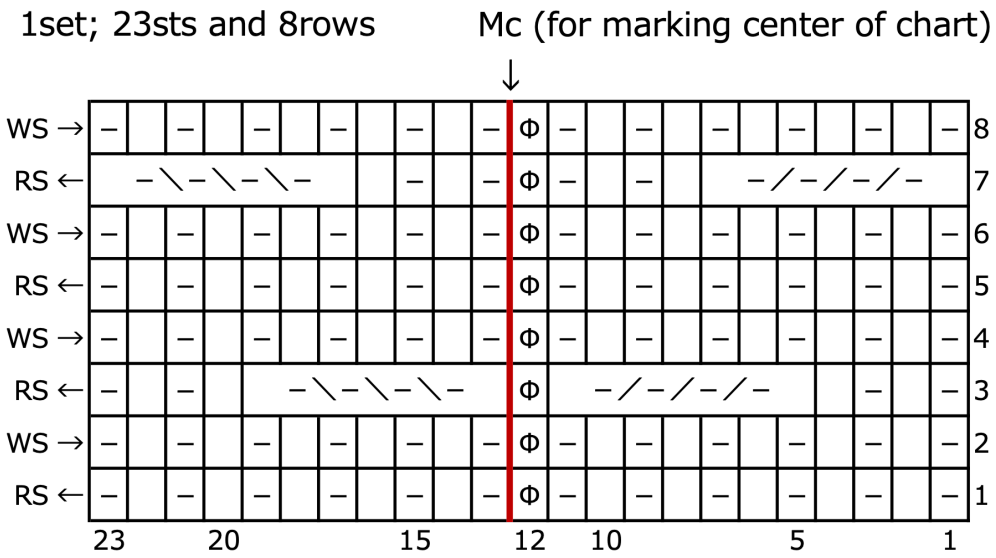
CHART



□ (RS) K1, (WS) P1　　– (RS) P1, (WS) K1　　Φ (RS) K1 tbl, (WS) P1 tbl

–／–／–／–	Slip 4 sts onto CN and hold CN in back of work,
Cable 7 Back	P1, K1, P1, Slip 1 stitch from CN back to LN,
	K1, Slip 3 sts from CN back to LN, P1, K1, P1

–＼–＼–＼–	Slip 4 sts onto CN and hold CN in front of work,
Cable 7 Front	P1, K1, P1, Slip 1 stitch from CN back to LN,
	K1, Slip 3 sts from CN back to LN, P1, K1, P1