

**Baaarace Yourself Cowl**

**(Crochet)**

**By Heidi Falstrom**



This cowl began life in the windy city of Dublin and came to being in the slightly less windy English Midlands. Like many things I make, it was born out of a practical need. In this case a need for protection from piercing winds on my neck and ears, an armour if you will. The bulky yarn chosen is a nod to our furry neighbours.

This intermediate to advanced pattern is written in US & UK terms and features a

foundation-less construction, giving the finished cowl a comfy, stretchy edge. The pattern is easily adjustable for additional height & circumference.

Skill Level: Beginner/ Intermediate.

Materials:

* + 186 yds (170 metres) in bulky/super chunky yarn
  + N/15 (10mm) hook
  + chunky yarn needle (optional)

Gauge:

* + 3 puff sts & 3 hdc (htr) to 4in/10cm

Finished Measurements:

* + circumference 27in /70cm
  + height 8.5in / 22cm
  + To make the circumference larger, increase by increments of 2 stitches (approx 1in/ 2cm) on the foundation round.

**Abbreviations:**

**US**

ch - chain

sc - single crochet

yoh - yarn over hook

hdc - half double crochet

dc - double crochet

ftr - foundation double crochet

sl st - slip stitch

fpdc - front post double crochet

bpdc - back post double crochet

puff - ps

**UK**

ch - chain

dc - double crochet

yoh - yarn over hook  
htr - half treble crochet

tr - treble crochet

ftr - foundation treble crochet

sl st - slip stitch

fptr - front raised treble crochet

bptr - back raised treble crochet

puff - ps

**Special Stitches**

**Puff Stitch PS (UK PS)**  
Yoh, insert hook into stitch, yoh pull through loop (3 loops on hook). Repeat two more times (7 loops on hook), yoh pull through all 7 loops, chain.

**Foundation Double Crochet FDC (UK FTR)**   
Chain 3, yoh, insert hook into 1st chain, you now have three loops on your hook. Yoh, pull through 1st loop on hook, making a loose chain stitch. Without pulling the chain stitch just made, now work a dc (tr) stitch as usual. 1 dc stitch and 3 ch made.

Next and all following stitches will be made by: yoh, insert hook into ch st, yoh, pull through loop, you now have 3 loops on your hook. Yoh, pull through 1st loop on hook, making a loose chain stitch. Without pulling the chain stitch just made, now work a dc (tr) stitch as usual. Repeat until you have 36 dc sts and 1 ch 3 (row start).

**Front Post Double Crochet (UK Front Raised Treble FRTR)**

Yoh, insert hook from from to back at the right of the next st, bringing it out on the left side of the st. The hook should be wrapped around the st at the back. Yoh, you should now have 3 loops on hook. Yoh pull through 1st 2 loops, yoh and pull through last 2 loops. You should have a ridge at the back of your work.

**Back Post Double Crochet (UK Back Raised Treble BRTR)**

Yoh, insert hook from from the back to the front on the right of the next st and bring hook across the front of the stitch through the left side. The hook should be wrapped around the st at the front. Yoh, you should now have 3 loops on hook, yoh, pull through 1st 2 loops, yoh and pull through last 2 loops. You should have a ridge at the front of your work.

**Pattern (UK Version):**

**Foundation (round 1):** ftr 37, join into round with sl st into top of 1st st taking care not to twist work. The bottom edge will be loose, if you want to secure while you work, connect 1st & last stitch with a locking stitch marker or loosely draw the tail through sts to join, leaving enough yarn to weave in once the cowl is finished. (38sts and remains throughout the pattern)

**Round 2:** chain 3, \*fptr around next stitch, bptr\* repeat from \* to end and join with sl st to top of ch 3.

**Round 3:** ch 2, \*ps stitch in next st, htr in next st,\* repeat from \* to end and join with sl st to top of ch 2.

**Round 4:** ch 1, dc across entire round, sl st joining to ch 1.

**Round 5:** ch 2, \*htr in next st, ps stitch in next st,\* repeat from \* to end and join with sl st to top of ch 2.

**Round 6**: As round 4

**Round 7 - 9:** Repeat rounds 3- 5

**Round 10:** ch 3, dc across entire round, sl st joining to ch 1.

**Round 11:** ch 3, \*fptr around next stitch, bptr\* repeat from \* to end and join with sl st to top of ch 3. Fasten off. Weave in ends.



**Pattern (US Version):**

**Foundation (round 1):** fdc 37, join into round with sl st into top of 1st st taking care not to twist work. The bottom edge will be loose, if you want to secure while you work,

connect 1st & last stitch with a locking stitch marker or loosely draw the tail through sts to join, leaving enough yarn to weave in once the cowl is finished. (38sts and remains throughout the pattern)

**Round 2:** chain 3, \*fpdc around next stitch, bpdc\* repeat from \* to end and join with sl st to top of ch 3.

**Round 3**: ch 2, \*ps stitch in next st, hdc in next st,\* repeat from \* to end and join with sl st to top of ch 2.

**Round 4:** ch 1, sc across entire round, sl st joining to ch 1.

**Round 5:** ch 2, \*hdc in next st, ps stitch in next st,\* repeat from \* to end and join with sl st to top of ch 2.

**Round 6:** As round 4

**Round 7 - 9:** Repeat rounds 3- 5

**Round 10:** ch 3, dc across entire round, sl st joining to ch 1.

**Round 11:** ch 3, \*fpdc around next stitch, bpdc\* repeat from \* to end and join with sl st to top of ch 3. Fasten off. Weave in ends.

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