

# Track Stitch Cowl

by

Sarah Freeman



Exclusively for

*Spins & Needles*

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**Difficulty Rating :** Suitable for the crocheter with a little experience.

**Materials required:**

Large cowl: 150g Rico Design Essentials Merino Wool DK.  
4.5mm hook.

**Abbreviations**

Abbreviation – English Terminology Used	Full Name
sts	Stitches
dc	Double crochet
dtr	Double treble
ss	Slip stitch
PM	Place marker
ch	Chain

**Size:**

110cm x 16cm

**Tension:**

Tension isn't critical

Rows: 4 (and a bit) pattern repeats to 10cm.  
19 sts to 10cm

**Pattern notes:**

Stitch counts are all in {}.

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## Pattern

Ch 201.

Miss 1st ch from hook, 1 dc into each ch {200 dc}.

Ensuring that the work isn't twisted, ss first and last dc together, joining into a round. PM so you know where the start of the round is.

Working in continuous rounds, moving the marker every round, 1 dc in each st, work a further 2 rounds of dc {200sts}.

**Round 1:** SS into next st to give a smooth join, 4 ch (counts as 1dtr and 1 ch), \*miss 1 dc, 1 dtr into next st, 1 ch. Repeat from \* all round the cowl. Join with a SS to the 3rd ch of the 4ch at the beginning of the round.

**Round 2:** 1 ch, \*miss dtr on previous rd, 2 dc into ch sp. Repeat from \* to end of round.

**Rounds 3 and 4:** work continuously 1 dc into each st.

Repeat rounds 1 to 4 a further 6 times.

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