


H O M E L E A

Lass

Grounded Cowl

A HOMELEA LASS® CROCHET PATTERN

version 1.2 uk terminology



There's something wonderful about having a chunky cowl that you reach for every time you walk out the door. It's simple beauty and soft squishiness makes it an absolute pleasure to wear!

The Grounded Cowl pattern is simple and easy to follow - join the foundation chain and keep making double crochet stitches around and around, then weave in the ends. You'll love making and wearing yours so much that you'll just have to make another one.

With love,

Lynda

Add it to your Ravelry library

Use the code LOVELYCOWL at www.ravelry.com/redeem/homelea-lass to download and add this pattern to your Ravelry library.

HOMELEA *Lass*

What you'll need

- 1 x 300g (10.5oz) skein of Homelea Bliss yarn in Mustard (or your favourite colour).
- 25mm (U) bamboo crochet hook
- Tape measure
- Scissors
- Stitch marker
- Yarn swift (optional)

or alternatively purchase a "make your own" kit.



It's this big

- Finished size - 10cm (3.9in) by 100cm (39.4in) circumference.
- Gauge - 4 rows by 3 stitches = 10cm (3.9in) by 10cm (3.9in) square.

How to change the finished size

Changing the size of your cowl is super easy. Here's a few different ways to do it:

- Increase or decrease the number of stitches in the foundation chain.
- Increase or decrease the number of rows.
- Change the size of your yarn or your crochet hook.

Essential oil support

The essential oil blend I have intuitively selected for this design is Balance. Balance is one of my favourite "every day" oils - it helps to ground me and feel peaceful and calm.

Nice and easy to follow

I've written this pattern using UK terminology and I've used abbreviations to make the pattern easy to follow. The abbreviations and the equivalent UK and US terminologies are summarised in the table below. There is a version of this pattern written using US terminology.

<i>abbreviation</i>	<i>UK terminology</i>	<i>US terminology</i>
ch	chain	chain
dc	double crochet	single crochet
st(s)	stitch(es)	stitch(es)
sl-st	slip stitch	slip stitch

You may notice that I write and set out my crochet patterns a little differently. I do this to make it easy for you to follow and understand.

At the end of each row I've included the number of stitches in the row. You'll find this in the curvy brackets. For example, {35 sts} means that there are 35 stitches in the row.

I'm here to help you

Your Homelea Lass® crochet pattern comes with full technical support. If you need help either email lynda@homelealass.com with your query or schedule a time to chat [here](#).

It's good to know

- The Grounded Cowl is reversible so you can choose which side is your favourite.
- Your Grounded Cowl will grow a little once you start wearing it. If it's a bit small to start with don't worry - give it a good tug and see how it feels after a couple of wears.
- I've found that when I crochet with chunky yarn and a huge hook I hold the yarn and hook differently to when I'm using "normal" sized yarn because of the extra size and weight. To avoid getting pain in my arms and hands I share the crocheting movements between both arms and it becomes a full upper body workout!
- There's no turning needed at the end of each row.
- To maximise the groundedness of your cowl why don't you take your crocheting outside and soak up the fresh air and earthy vibes?

A helpful tip

To have the top and bottom edges of your cowl both showing the beautiful v's of the crochet stitches all you need to do is work the stitches of row 1 into the single loop at the back of the chain stitches in the foundation chain.



How to make your Grounded Cowl

Foundation chain:

- Leaving a 30cm (11.8in) end, make a slip knot and then make 30 ch.
- Join the ends of the foundation chain together with a sl-st - after doing this check that there's no twists in the foundation chain. {30 sts}

Row 1:

- When you make the first st place a stitch marker into it.
- Starting with the st the sl-st is worked into, make a dc into each st. {30 sts}

There's no ch needed to join to the first st as the sts form a continuous spiral.

This is a good time to check your gauge - row 1 should be about 100cm (39.4in) around.

Rows 2 and 3:

- When you make the first st move the stitch marker to it.
- Work a dc into each st. {30 sts}

Row 4:

- When you make the first st move the stitch marker to it.
- Work a dc into each st.
- Sl-st to the marked st at the start of the row. {30 sts}

Finishing:

- Leaving a 30cm (11.8in) tail, cut off the yarn.
- Pass the end through the loop and pull it to close and secure the st. Tie a knot around this.
- Tie a knot in the end of each end to stop the yarn unravelling and then weave it through the stitches using your fingers. This holds the end in place.

Foundation chain:



Joining the foundation chain:



Rows 1 to 4:



Slip stitch at end of row 4:



Finishing off:





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About Homelea Bliss

- Homelea Bliss is a super, super chunky yarn that strikes a lovely balance between being soft and usable - it's perfect for snuggling!
- This amazing yarn comes in 300g (10.5oz) skeins and there is 60m (66yds) in each skein.
- It's made from 22-micron Merino wool that is fully grown and processed in Australia.
- Homelea Bliss is made by twisting 27 pieces of yarn together in multiples of 3. This gives the yarn durability and amazing stitch definition. It's perfect for making chunky blankets, scarfs, cowls and cushion covers.
- I've discovered that the Homelea Bliss yarn is too chunky for my ball winder and that the easiest way to turn the skeins into balls (without a fairy godmother) is to put the skein on a yarn swift and roll it into a ball by hand, or just crochet straight from the swift. As this yarn is so lovely and chunky you can also wind it into a ball by lying the opened skein out flat in front of you - with a little care the yarn doesn't get tangled.



How to keep your cowl looking good

You've invested a lot of your precious time and energy into your crocheting so it's important that it looks its best. Blocking will work its magic by relaxing and resetting the fibres in the yarn.

This is what you need to do:

- Soak your crocheting in cold water mixed with wool detergent for approximately 30 minutes. This allows the water to fully soak into the fibres. You may need to turn your crocheting while it is soaking.
- If it's required by the detergent, rinse.
- Drain the water from your crocheting by gently lifting it and letting the water run out of it. It's important to avoid squeezing or wringing it at this stage because this can damage the delicate fibres of the yarn.
- Spread out a towel and lie your crocheting flat on it. Fold the towel over your crocheting and roll it up to remove the excess water.
- Take your crocheting out of the towel and lie it flat in a warm place that is out of direct sunlight.
- Shape your crocheting to size by gently stretching it if required. Straighten up the edges and make sure it is even and flat. A ruler can come in handy with straightening up the edges.
- Leave your crocheting to dry. You may need to turn it to ensure it dries completely.

To keep your crocheting looking beautiful follow these instructions any time it needs washing.

I'd love to hear your thoughts

I hope you love making and using your Grounded Cowl.

I desire for my patterns to be easy to follow and my designs wonderful to use. I'd appreciate it if you took a couple of moments to leave me some feedback at homelealass.com/feedback/.

Thank you!

With love,

Lynda

Notes

Have you heard of Blanket School?

Would you love to crochet a soft and chunky blanket with expert guidance and be part of a community of like-minded creative souls?

Focused on finding peace and happiness through creativity, Blanket School combines all of this into an easy-to-use online course - it really is the best way to crochet a chunky blanket.

Find out more at homeleaclass.com/blanket-school



A little bit about me

Hi! My name is Lynda and I have designed this pattern for you. I am a creative, a teacher, an intuitive, a yarn lover, a crochet queen and I enjoy drinking cups of tea in my home in the Australian outback.

My magic power is that I help women to find peace and happiness by creating soulfully.

I'd love to hear from you! Feel free to get in contact with me if you want to say hi, need some help and, of course, to show me what you've made.

You can get in contact with me at:

website: homeleaclass.com

email: lynda@homeleaclass.com

facebook: facebook.com/homeleaclass

instagram: [@homeleaclass](https://instagram.com/homeleaclass)

the fine print

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