

# True North, Strong and Free Cowl

**Yarn:** 260 yards in main colour (MC)  
220 yards in contrast colour (CC)

You may choose to knit your version in either a fingering weight or a light worsted/DK weight yarn.

**Needles:** For fingering weight version, 3.5mm needles are the suggested starting point.  
For light worsted/DK weight version, 3.25mm is the suggested starting point.

**Or sizes necessary to achieve gauge.  
Please be sure to knit a gauge swatch.**

**Gauge:** Fingering version: 24 sts x 28 rows = 4" in stranded colourwork  
Light worsted/DK version: 24 sts x 26 rows = 4" in stranded colourwork.

**Finished Size:** Fingering version: 14.5" tall x 24" in circumference  
Light worsted/DK version: 14" tall x 24" in circumference

**Notions:** Stitch marker to mark beginning of round and a tapestry needle for sewing in ends.

## Pattern Notes:

The pattern is worked using written instructions in addition to the knitting charts. Please be sure to read through all directions before beginning your project.

Suggestions on how to block your cowl can be found on page 2.

Single charts can be found on pages 3 and 4. If you prefer to work from both charts on the same page, I've included a combined chart on page 5.

You are welcome to use whichever cast on and bind off methods you prefer. My favourite is the good old long tail cast on!

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## Directions

Using your choice of needles for gauge and **Contrast Color (CC)** and your favourite stretchy cast on method, cast on 144 sts and join for working in the round, being careful not to twist.

Ribbing: \* K1, P1 \* around.  
Work ribbing for two inches.

Knit one round in CC.

Join **Background Colour (BC)** and begin working charts as follows:

On the first half of the stitches (72 sts), knit round 1 from True North Chart, place a marker to separate from from back. On the second half of the stitches (72 sts), knit round 1 of Canada Chart.

Continue working in this manner, the first half of the stitches worked using the True North Chart and the second half of the stitches worked using the Canada Chart and slipping stitch markers as you come to them, until you've worked all 78 rounds of both charts. Break BC.

Knit one round in CC

Ribbing: \* K1, P1 \* around.  
Work ribbing for two inches.

**Bind off in CC** using your favourite stretchy bind off method.

Break yarn and sew in ends.

## Finishing

Soak cowl in cool water and wool wash for a minimum of 20 minutes. Remove from water and roll in a towel to squeeze out excess moisture. Pin out to the specified dimensions or to achieve the blocking result you prefer and allow to air dry. Enjoy on your hikes or just out and about!

Website: <http://sandandskycreations.com>

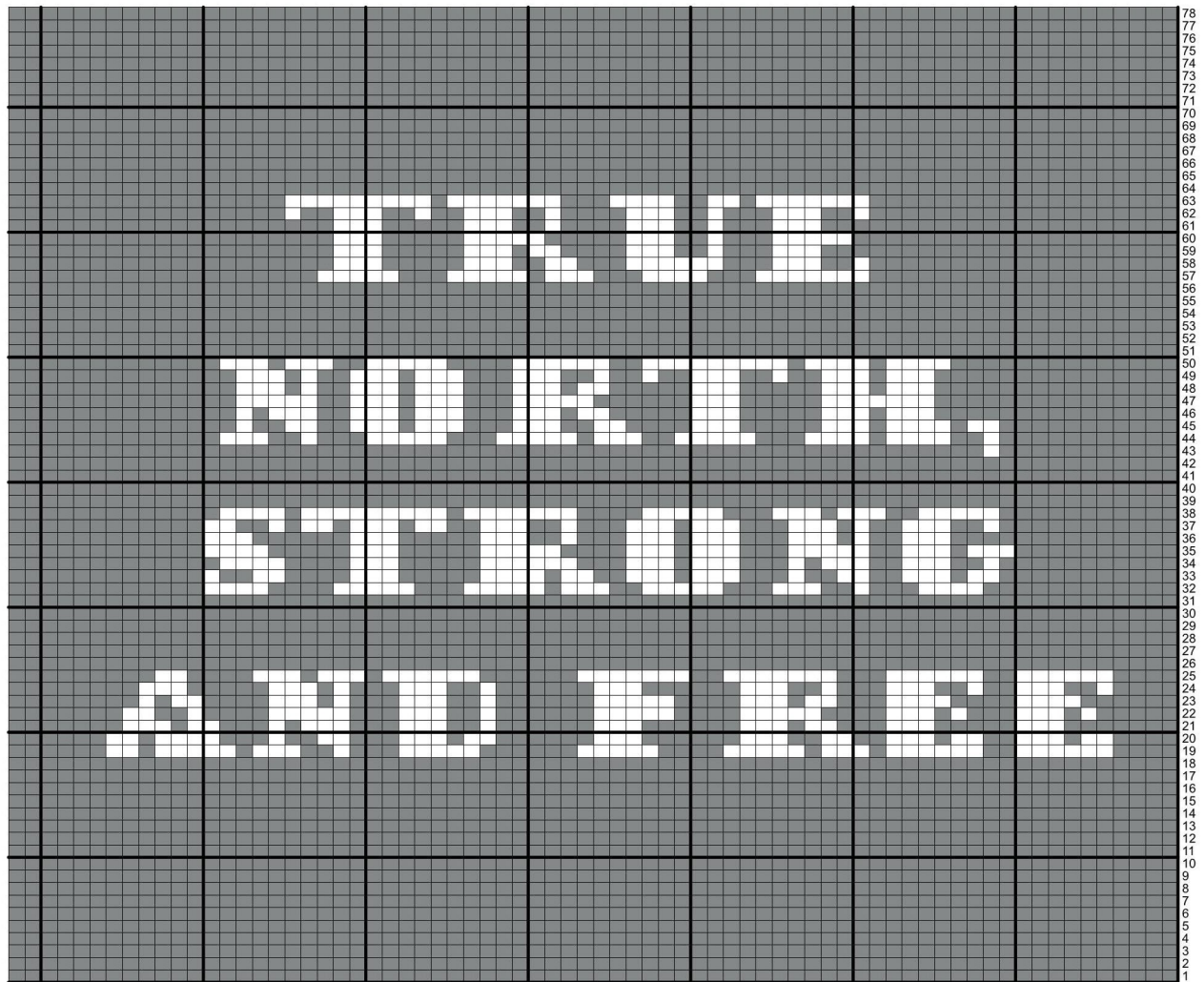
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# TRUE NORTH CHART



## Yarn

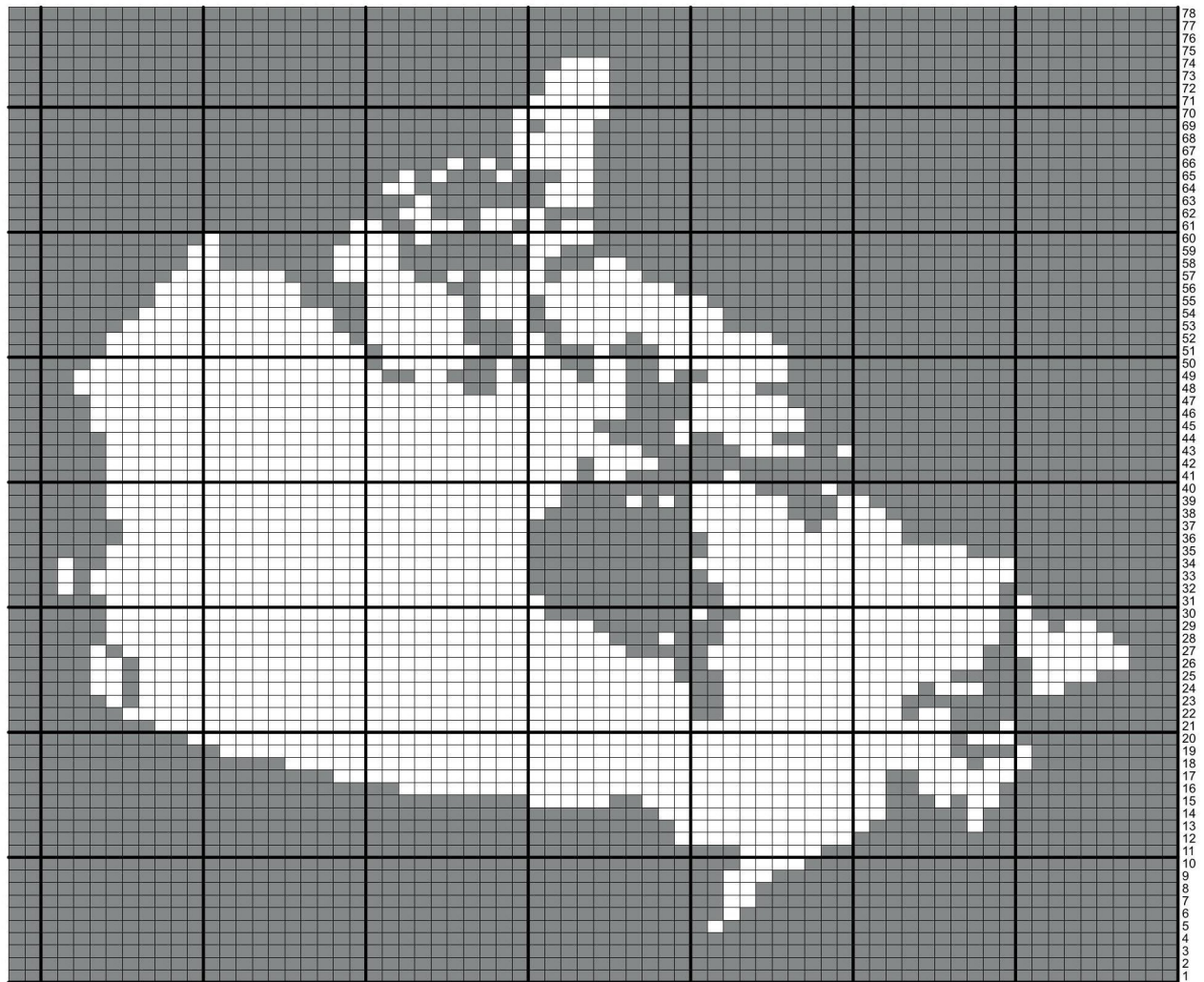
- Background Colour
- Contrast Colour

## Stitches

- k

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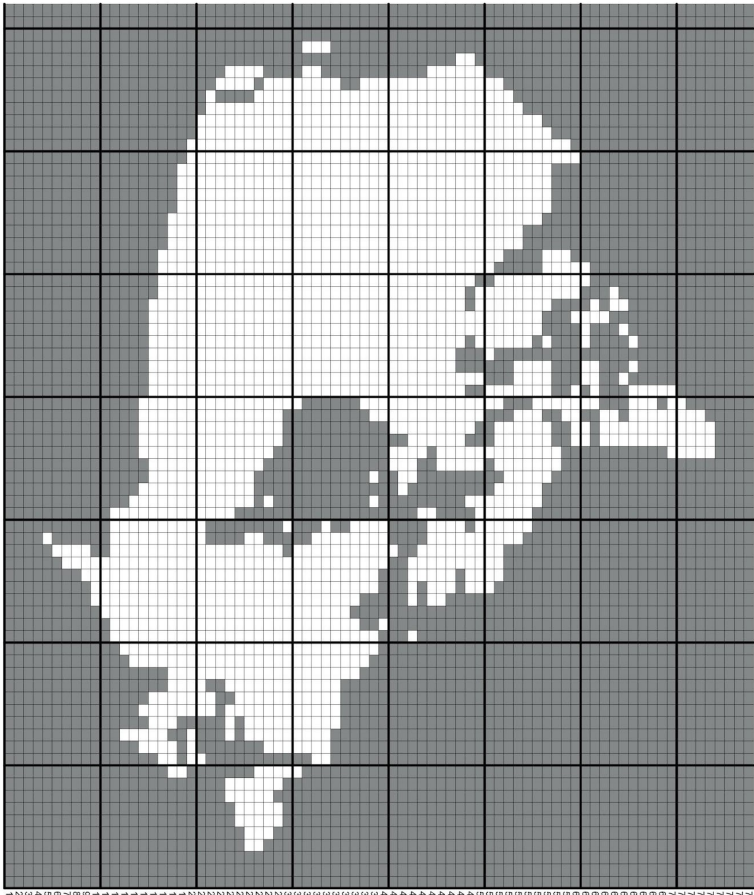
# CANADA CHART



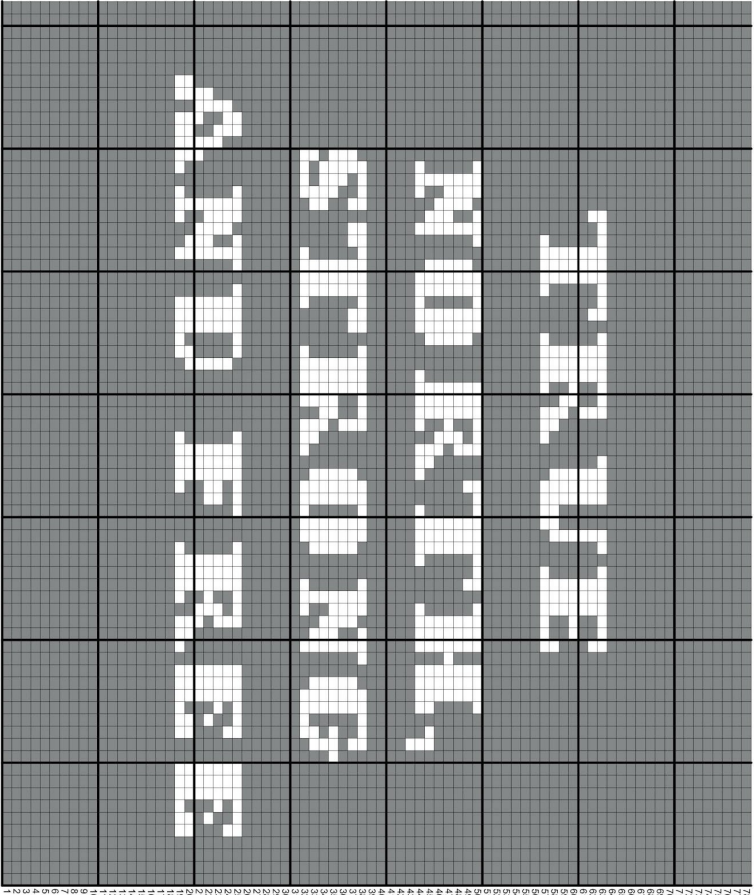
Yarn		Stitches	
	Background Colour		k
	Contrast Colour		

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CANADA CHART



TRUE NORTH CHART



Yarn

Background Colour

Contrast Colour

Stitches

k