

# *Falling Stars Cowl*



*Crochet Pattern*

Part of the Falling Stars Collection

Rachel McKerracher  
Strawberry Moon Crochet



## Falling Stars Cowl/Headband

This is a crochet cowl or headband in adult and child sizes, that features the beautiful star stitch. The hat is worked in one piece top-down. The cowl is quite stretchy and one size should fit over a range of head circumferences. The edging is worked in one piece with the cowl and uses a variation on herringbone single crochet.

**Suggested hook size:** 6.5mm

**Yarn weight:** aran/heavy worsted/medium/ yarn weight 4.

**Suggested yarn:** Scheepjes River Washed XL or Stone Washed XL. The two-tone effect really makes the stars stand out! I would recommend using the heavier side of aran/worsted yarns, you might even get away with a lighter side of chunky yarn (but possibly need to go down a hook size).

### Sizes available:

Child/Adult

To fit head circumference \*:

50-54/55-60 cm

*\* if you are at the boundary between sizes always size up.*

**Gauge: 8 stitches and 4 repeats  
of blo star stitch pattern = 10 x 10cm (4 x 4in)**

**Yardage (will vary slightly according to yarn used):**

50/70 m

or 55/77 yd.

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If you sell products made using this pattern,  
please credit me as the designer.



## Abbreviations list:

sc = single crochet stitch	yo = yarn over
blo = back loop only	sts = stitches
ch = chain stitch	slst = slip stitch
chsp = chain space	hdc = half double crochet stitch
hsc = herringbone single crochet stitch	



- The cowl is worked top-down, in blo star stitch with edging in herringbone sc for the first and last rows. The edging is worked without turning between rounds, the star stitch is worked with turning.
- Read the pattern very carefully to make sure you're doing the stitches correctly. The photos provided should help.
- Gauge is very important with this project if you intend to wear it as a headband as you will need a snug fit. It is less important for a cowl.
- Videos are provided on how to work the star stitch pattern (see gauge swatch section).

## Finished Cowl Dimensions

Size	To fit head / cm (in)	Finished circumference (unblocked) / cm (in)	Depth (top to bottom) / cm (in)
child	50-54 (19.5-21)	46 (18)	7.5 (3)
adult	55-60 (21-23.5)	52 (20.5)	9 (3.5)

## Instructions for Gauge Swatch

Make a gauge swatch first to practice the star stitch pattern and to check that you've got the correct weight yarn and hook for this project.

### Star stitch blo gauge swatch:

(worked with yarn weight 4 (aran/worsted) and a 6.5 mm hook).

**Watch video:** Right-handed version: <https://youtu.be/n4eTv7m2mCU>

Left handed version: <https://youtu.be/JEBIC7sFOPM>

Starting ch: Ch23.

### **Foundation Row 1 (RS):**

will be used every time you start a panel.

Insert hook into back bump of 2nd ch from hook and draw up a loop. Do not pull through, but insert hook and draw up a loop through the back bumps of next 3 ch on hook.

There should be 5 loops on your hook (photo 1).

Yo and pull through all loops on hook, then ch1. (photo 2 and 3)

You have completed your first star!

Next star: Insert hook into chsp at centre of first star, draw up a loop. Insert hook into horizontal bar at side of first star, draw up a loop.

Then insert hook & draw up a loop in the same st as the base of the previous star, and also in the back bumps of the next 2 ch.

There should be 6 loops on your hook. (Photo 4)

Yo and pull through all loops on hook. Then ch1 to complete the star.

Continue working stars in this way until the end of the starting ch.

**Note:** Each star stitch covers two of the starting ch (minus 3 of the ch at beginning of the row) so the final number of stars should = 10.

To finish off your row neatly, place your hook into the chsp of the final star and draw up a loop, and then insert hook into the last ch of the row and draw up a loop.

Yo and pull through all 3 loops on your hook.

(This is similar to a linked hdc stitch, see photo 5)

Turn your work so that the next row is worked on the wrong side (WS).

**Foundation Row 2 (WS):** Ch1, and work 2 hdc into the chsp at the centre of every star on the previous row.

Then, slst into the top loops of the star at the end of the row. (see photo 6). Turn. (20 hdc and 1 slst in row).



### **Next rows:**

#### **Row 3 (RS):**

*Worked into the back loop only (blo) of previous row (photo 7)*

Ch3, then insert hook, yo, draw up a loop into both the 2nd and 3rd ch from the hook. Then, insert hook, yo draw up a loop in the blo of the slst at the end of row 2, and also the blo of the next two sts of the row. You should have 6 loops on your hook.

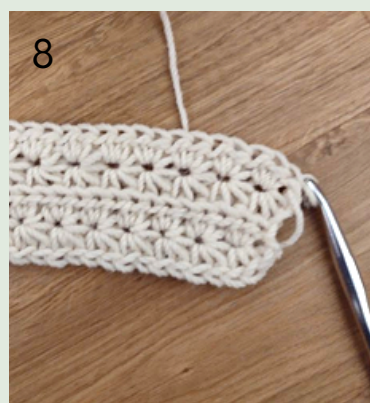
Yo and pull through all loops on hook. Ch1 to complete star.

Continue working star stitch along the row as in row 1, but working into the back loop only.

Finish row as in row 1, with a linked hdc. (10 stars and 1 linked hdc in row).

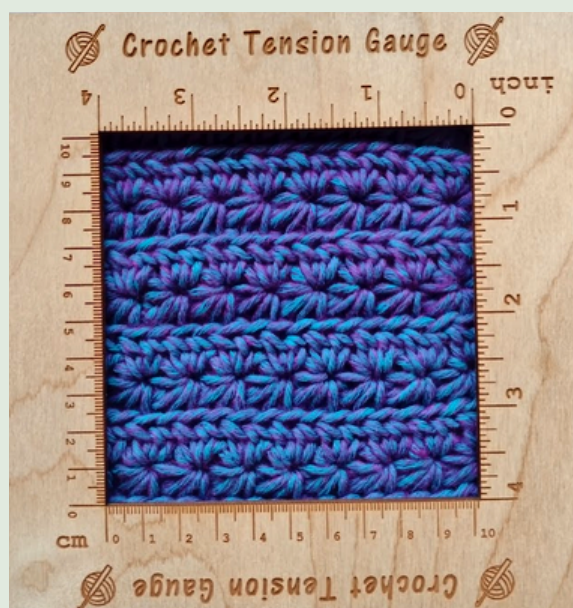
**Row 4 (WS):** (Photo 8) Ch1, and Work 2 hdc into the chsp at the centre of every star on the previous row. Then, slst into the top loops of the star at the end of the row. (20 hdc and 1 slst in row).

Next rows: Repeat star stitch pattern rows 3 and 4 a total of 5 more times.



If you measure the stars along the row centre to centre, you should have 8 star sts in 4 inches/10cm.

If you measure the rows vertically, you should have 4 repeats of the star pattern (or 8 rows) in 4 inches/10cm.





# The Pattern

## **Top Edging: (Worked in the round without turning)**

Starting ch: Ch 60/68.

Join last ch into first ch using a slst, making sure ch are not twisted.

Round 1 (RS): Working into back bumps of the ch

Ch1, sc in first st. Then work herringbone sc (hsc) across all sts as follows:

Insert hook into the vertical bar at the end of the previous sc (see photo). Then place hook into next sc as for a normal sc, yo and pull through. Then yo, pull through all 3 loops on the hook.

After last st is worked, join round with a slst.

Round 2 (RS): worked in back loop only (blo).

Ch1, work sc blo in first st and then herringbone sc blo in all following sts. Join round with slst.

## **Middle part (Star stitch pattern, worked in turned rows):**

Round 3 (RS): Ch3, insert hook into 2nd ch from hook, yo and pull through a loop. Do the same in the 3rd ch from the hook, and the blo of the first 2 sts of row 2. Yo, and pull through all 5 loops on hook. Finish by working a ch1 (first star made).

Continue in star stitch blo (refer to instruction in gauge swatch, working 28/32 more stars (see instructions for gauge swatch on how to work star stitch blo). Now you should have reached the last two sts of row2.

For the final star, to ensure a neat end to the row, work the star as normal, but also insert the hook into the ch at the beginning of the first star in the round, yo and pull through a loop. You should now have a 7 loop star. Finish the star as normal with a pull though all loops, then ch1.

Then, slst into the first st of the round to join round. Ch1, and turn.

Round 4 (WS): Work 2 hdc into the centre of all following stars all the way around (30/34 stars total, so 60/68 hdc).

Then, slst into horizontal st at end of star sts in row 3 (see photo). Turn piece.

Rounds 5&6: Repeat rounds 3&4.

Child size: skip next two rounds and move on to bottom edging.

Rounds 7&8 (Adult size only): Repeat rounds 3&4 once more.

## **Bottom Edging: (Worked in the round without turning)**

Round 9 (RS): Work herringbone sc as Round 2, in the blo of Round 8. Join round with a slst. (You can repeat round 9 once more if you would prefer a deeper cowl.)



**Round 1: Herringbone sc**



**End of Round 1**



**Start of Round 3**



**End of Round 3**

Note: If you feel the cowl will not be deep enough for your preference, you can add more repeats of Rounds 3&4 to continue the star stitch pattern

## Finishing

Block your finished cowl if it is made with natural fibres. Sew in both yarn ends at the bottom and top of your cowl. Your Falling Stars Cowl is complete!

I would love to see your finished makes, tag me on Instagram as [@strawberrymoon.crochet](https://www.instagram.com/strawberrymoon.crochet), using the project hashtag [#fallingstarscowl](https://www.instagram.com/explore/tags/fallingstarscowl)

### *Some Example Photos*

I am very grateful to my pattern testers who helped me improve this pattern. You can find them on Instagram as [@Meltingbearcreations](https://www.instagram.com/Meltingbearcreations), [@yarnballet](https://www.instagram.com/yarnballet), [@huda\\_khalil](https://www.instagram.com/huda_khalil), [@Knitexpressions](https://www.instagram.com/Knitexpressions) [@Sailor\\_yarn](https://www.instagram.com/Sailor_yarn) [@lilaartsn Crafts](https://www.instagram.com/lilaartsn Crafts) and [@elenith.nino](https://www.instagram.com/elenith.nino)

You can see an example of their work below as inspiration!

