



**Free Knitting Pattern**  
**Lion Brand® Heartland**  
**Captivating Cowl**  
Pattern Number: L30096



This easy but intricate-looking cowl is great for those who want to try cabling for the first time.

# Free Knitting Pattern from Lion Brand Yarn

## Lion Brand® Heartland

### Captivating Cowl

Pattern Number: L30096

**SKILL LEVEL:** Easy (Level 2)

**SIZE:** One Size

**Finished Circumference** About 24 in. (61cm)

**Finished Height** About 13 1/2 in. (34.5 cm)

**CORRECTIONS:** (applied Oct 14, 2013)

#### COWL

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**Row 8:** K1, \*K6, sl next 3 sts

#### MATERIALS

- 136-149 Lion Brand Heartland Yarn: Great Smoky Mountains  
2 Balls
  - Lion Brand Knitting Needles- Size 9 [5.5 mm]
  - Lion Brand Cable Needles (Set of 2)
  - Lion Brand Large-Eye Blunt Needles (Set of 6)
- \*Heartland (Article #136). 100% Acrylic; package size: 5.00oz/142.00 gr. (251yds/230m) pull skeins*



#### GAUGE:

21 sts and 19 rows = about 4 in. (10 cm) over pattern stitch.

BE SURE TO CHECK YOUR GAUGE. When you match the gauge in a pattern, your project will be the size specified in the pattern and the materials specified in the pattern will be sufficient. If it takes you fewer stitches and rows to make a 4 in. [10 cm] square, try using a smaller size hook or needles; if more stitches and rows, try a larger size hook or needles.

#### NOTES:

Cowl is knit flat then seamed to form a tube.

#### COWL

Cast on 74 sts.

**Row 1 and all WS Rows:** K1, p to last st, k1.

**Row 2 (RS):** Knit.

**Row 4:** K1, \*sl next 3 sts to cable needle and hold in front of work, k3, k3 from cable needle, k6; rep from \* to last st, k1.

**Row 6:** Knit.

**Row 8:** K1, \*k6, sl next 3 sts to cable needle and hold in back of work, k3, k3 from cable needle; rep

from\* to last st, k1.

Rep Rows 1-8 until piece measures about 24 in. (61 cm) from beg, ending with a Row 7. **Note:** End with a Row 7 means that the last row worked should be a Row 7.

Bind off.

## FINISHING

Matching cast on end to bind off end, seam Cowl to form tube.

Weave in ends.

| ABBREVIATIONS / REFERENCES             |                             |
|----------------------------------------|-----------------------------|
| Click for explanation and illustration |                             |
| <u>beg = begin(s)(ning)</u>            | <u>k = knit</u>             |
| <u>p = purl</u>                        | <u>rep = repeat(s)(ing)</u> |
| <u>sl = slip</u>                       | <u>st(s) = stitch(es)</u>   |

Learn to knit instructions: <http://learnToKnit.LionBrand.com>

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Every effort has been made to have the knitting and crochet instructions accurate and complete. We cannot be responsible for variance of individual knitters and crocheters, human errors, or typographical mistakes.

We want your project to be a success! If you need help with this or any other Lion Brand pattern, e-mail support is available 7 days per week. Just click [here](#) to explain your problem and someone will help you!

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