



Free Knitting Pattern
Lion Brand® Wool-Ease® Thick & Quick®
Quick Arm Knit Cowl
Pattern Number: L32381



Try the latest craze in the knitting world: arm knitting. [Click here](#) for the video tutorial of this pattern.

Free Knitting Pattern from Lion Brand Yarn

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SKILL LEVEL: Beginner (Level 1)

SIZE:

CORRECTIONS: None as of Jan 29, 2014. To check for later updates, click [here](#).

MATERIALS

- 640-154 [Lion Brand Wool-Ease Thick & Quick Yarn: Grey Marble](#)
2 Balls
- [Lion Brand Large-Eye Blunt Needles \(Set of 6\)](#)

**Wool-Ease® Thick & Quick® (Article #640).
Solids, Heathers, Twists: 80% Acrylic, 20% Wool
Wheat & Wood: 86% Acrylic; 10% Wool; 4% Rayon
Oatmeal & Barley & Grey Marble: 82% Acrylic; 10% Wool; 8% Rayon
Metallics: 79% Acrylic, 20% Wool, 1% Metallic Poly; package size: Solids, Heathers, Twists, Tweeds: 6 oz./170g (106 yd/97 m)
Prints (Sequoia, Mesquite, Granite): 5 oz./140g (87 yd/80 m)
Metallics: 5 oz./140g (92 yd/84 m)*



GAUGE:

Exact gauge is not essential to this project.

NOTES:

1. Arm knitting is a fun, fast technique that creates a wonderfully open fabric using only your arms! The openness of the fabric can be altered by how tight or loose you choose to make your stitches.
2. The Cowl is arm knit as a simple rectangle with 2 strands of yarn held together.

COWL

With 2 strands of yarn held together, cast on 6 stitches following Lion Brand Yarn video instructions, "How To Arm Knit":

<http://www.youtube.com/watch?v=WAgJ354UxQM>

Arm knit until about 36 in. (91.5 cm) of yarn remains.
Bind off.

FINISHING

Sew cast on edge to bind off edge to make Cowl.
Thread each yarn end into blunt needle, then weave through stitches.

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

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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