



**Free Knitting Pattern**  
**Lion Brand® Quickie**  
**Arm Knit Cowl**  
Pattern Number: L40698



# Free Knitting Pattern from Lion Brand Yarn

## Lion Brand® Quickie

### Arm Knit Cowl

Pattern Number: L40698

**SKILL LEVEL:** Beginner (Level 1)

**SIZE:**

**CORRECTIONS:** None as of Jan 6, 2015. To check for later updates, click [here](#).

#### **MATERIALS**

- 795-203 Lion Brand Quickie: Fruity  
2 Balls

*\*Quickie (Article #795). 74% Acrylic, 22% Wool, 4% Other; package size: 3.00oz/85.00 gr. (22yds/20m) pull skeins*



#### **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**

Hold the ends of the piece together and with your fingers weave yarn tail in and out through the ends to join them. Then weave yarn tail through stitches to hide the tail.

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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