



Free Knitting Pattern
Lion Brand® Heartland®
Striped And Cabled Pullover
Pattern Number: L40570



Designed by Irina Poludnenko.

Free Knitting Pattern from Lion Brand Yarn

Lion Brand® Heartland®

Striped And Cabled Pullover

Pattern Number: L40570

SKILL LEVEL: [Intermediate \(Level 3\)](#)

SIZE: XS, S/M, Large, 1X, 2X/3X

XS (S/M, L, 1X, 2X/3X)

Finished Bust About 33 (38, 43, 49, 54) in. (84 (96.5, 109, 124.5, 137) cm)

Finished Length About 22 (22 1/2, 23, 23 1/2, 24) in. (56 (57, 58.5, 59.5, 61) cm), measured from back neck.

Note: Pattern is written for smallest size with changes for larger sizes in parentheses. When only one number is given, it applies to all sizes. To follow pattern more easily, circle all numbers pertaining to your size before beginning.

CORRECTIONS: None as of Aug 10, 2016. To check for later updates, click [here](#).

MATERIALS

- 136-125 [Lion Brand Heartland Yarn: Mammoth Cave](#)
5 6, 7, 8, 10 Balls (A)
- 136-169 [Lion Brand Heartland Yarn: Shenandoah](#)
1 2, 2, 2, 2 Ball (B)
- 136-126 [Lion Brand Heartland Yarn: Sequoia](#)
1 2, 2, 2, 2 Ball (C)
- 136-174 [Lion Brand Heartland Yarn: Joshua Tree](#)
1 2, 2, 2, 2 Ball (D)
- 136-158 [Lion Brand Heartland Yarn: Yellowstone](#)
1 2, 2, 2, 2 Ball (E)
- 136-122 [Lion Brand Heartland Yarn: Grand Canyon](#)
1 2, 2, 2, 2 Ball (F)
- 136-135 [Lion Brand Heartland Yarn: Yosemite](#)
1 2, 2, 2, 2 Ball (G)
- [Lion Brand Knitting Needles- Size 9 \[5.5 mm\]](#)
- [Boye Aluminum Circular Knitting Needles 16 inches Size 9](#)
- [Lion Brand Split Ring Stitch Markers](#)
- [Lion Brand Cable Needles \(Set of 2\)](#)
- [Lion Brand Large-Eye Blunt Needles \(Set of 6\)](#)

*[Heartland](#) (Article #136). **Solids:** 100% Acrylic
Tweeds: 94% Acrylic, 6% Rayon; package size: **Solids:** 5oz/142g (251yd/230m)
Tweeds: 4oz/113g (200yd/183m)



GAUGE:

21 sts + 22 rows = about 4 in. (10 cm) in Cable Rib pattern.

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. The needle or hook size called for in the pattern is based on what the designer used, but it is not unusual for gauge to vary from person to person. If it takes you fewer stitches and rows to make your swatch, try using a smaller size hook or needles; if more stitches and rows, try a larger size hook or needles.

[Making a Gauge Swatch](#)

STITCH EXPLANATION:

3/3 LC (3 over 3 left cross) Slip 3 sts to cable needle and hold in front of work, k3, then k3 from cable needle.

M1 (make 1) An increase worked by lifting the horizontal strand lying between needles and placing it onto the left needle. Knit this new stitch through the back loop – 1 st increased.

PATTERN STITCH

Cable Rib (worked over a multiple of 14 sts)

Row 1 (RS): *K2, p2, k6, p2, k2; rep from * to end of row.

Row 2: *P2, k2, p6, k2, p2; rep from * to end of row.

Rows 3 and 4: Rep Rows 1 and 2.

Row 5: K2, p2, 3/3 LC, p2, k2.

Rows 6-8: Rep Rows 2-4.

Rep Rows 1-8 for Cable Rib pattern.

NOTES:

1. Pullover is made in 4 pieces: Back, Front and 2 Sleeves.
2. Front armholes are 2 in. (5 cm) shorter than Back armholes.
3. Pullover is designed with saddle shoulders. This means that tops of Sleeves are sewn to the Front and Back to complete the shoulders, then bound-off edges at beg of top of Sleeves are sewn to the armhole edges of the Front and Back.
4. Back and Front are both worked in Cable Rib pattern with one color.
5. Sleeves are worked in St st (k on RS, p on WS), in stranded colorwork following a chart. When working from chart, read RS rows from right to left and WS rows from left to right. Carry colors not in use across WS.
6. Neckband is worked in the round from sts picked up around neck edge of Pullover.

BACK

Note: On Back and Front, first and last sts are worked in St st for edge sts. These sts will disappear into the side seams when pieces are sewn together.

With straight needles and A, cast on 86 (100, 114, 128, 142) sts.

Row 1 (RS): K1 (edge st), work Row 1 of Cable Rib pattern to last st, k1 (edge st).

Continue in Cable Rib pattern, working first and last st in St st (k on RS, p on WS) until piece measures about 15 in. (38 cm) from beg.

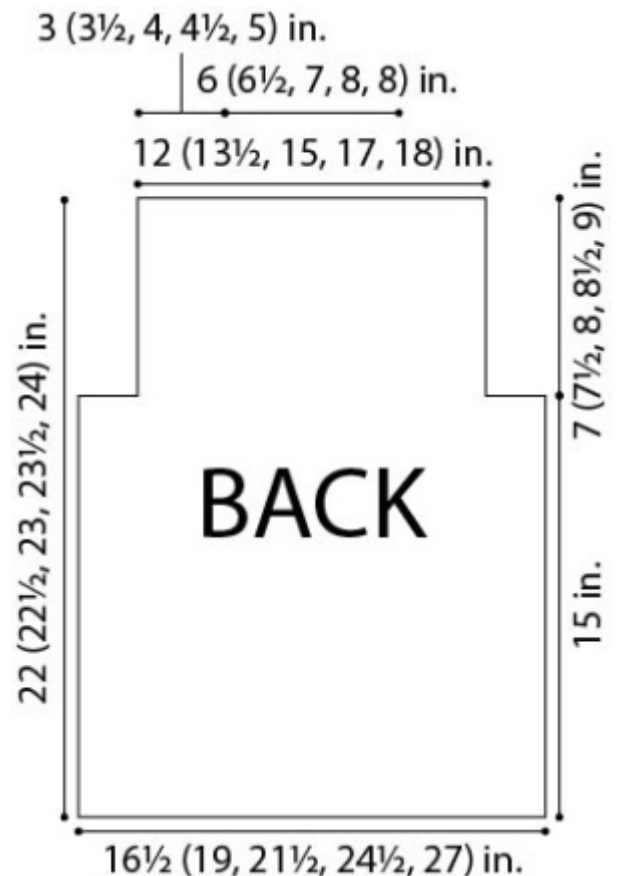
Shape Armholes

Next 2 Rows: Bind off 12 (14, 18, 20, 24) sts, work in Cable Rib to end of row – you will now have 62 (72, 78, 88, 94) sts.

Note: After binding off sts for armholes, you will continue in the Cable Rib pattern on the remaining sts.

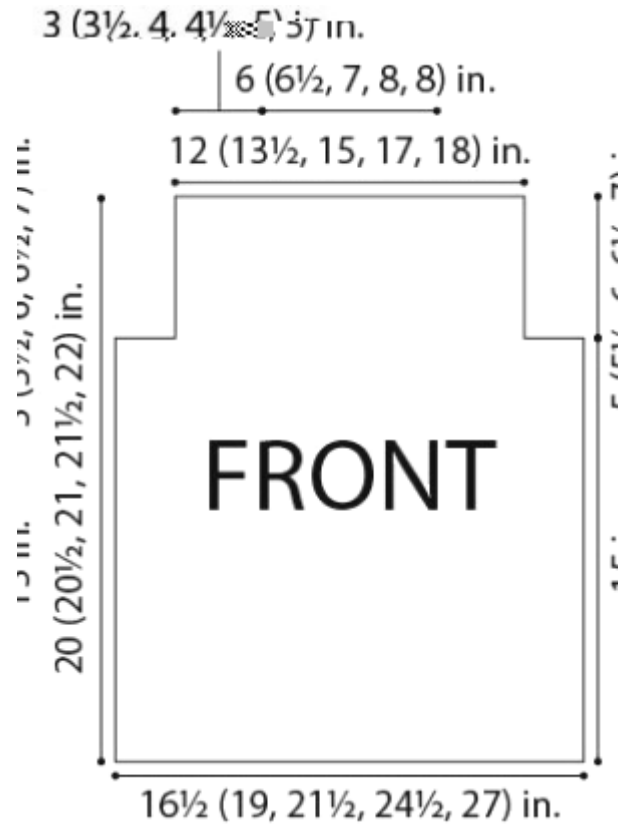
Don't forget to take these bound off sts into account and adjust where you begin each row of the Cable Rib pattern! Continue in Cable Rib pattern until piece measures 22 (22 1/2, 23, 23 1/2, 24) in. (56 (57, 58.5, 59.5, 61) cm) from beg.

Bind off.



FRONT

Cast on and work same as Back until piece measures 20 (20 1/2, 21, 21 1/2, 22) in. (51 (52, 53.5, 54.5, 56) cm) from beg.
Bind off.



RIGHT SLEEVE

With A, cast on 44 (44, 50, 50, 56) sts.

Beg with a WS (purl) row, work in St st (k on RS, p on WS) for 7 rows.

Beg Chart

Row 1 (RS): Following chart for color, knit.

Continue in St st, changing color following chart, for 5 rows.

Notes: Beginning with the next row, you will be shaping the Sleeve with increases. Remember to add these increased sts into the colorwork on chart! Continue to change color following chart for the remainder of the Sleeve.

Increase Row (RS): K1, M1, k to last st, M1, k1 – you will have 46 (46, 52, 52, 58) sts at the end of this row.

Rep last 6 rows 7 (6, 6, 6, 5) more times – 60 (58, 64, 64, 68) sts after the last increase.

Work in St st for 3 rows.

Next Row (Increase): Rep Row 7 – 62 (60, 66, 66, 70) sts.

Rep last 4 rows 6 (9, 9, 12, 12) more times – 74 (78, 84, 90, 94) sts after the last increase.

Work even in St st (without any further increasing) until piece measures about 21 (21, 21, 22, 22) in. (53.5 (53.5, 53.5, 56, 56) cm) from beg, end with a WS row as the last row you work.

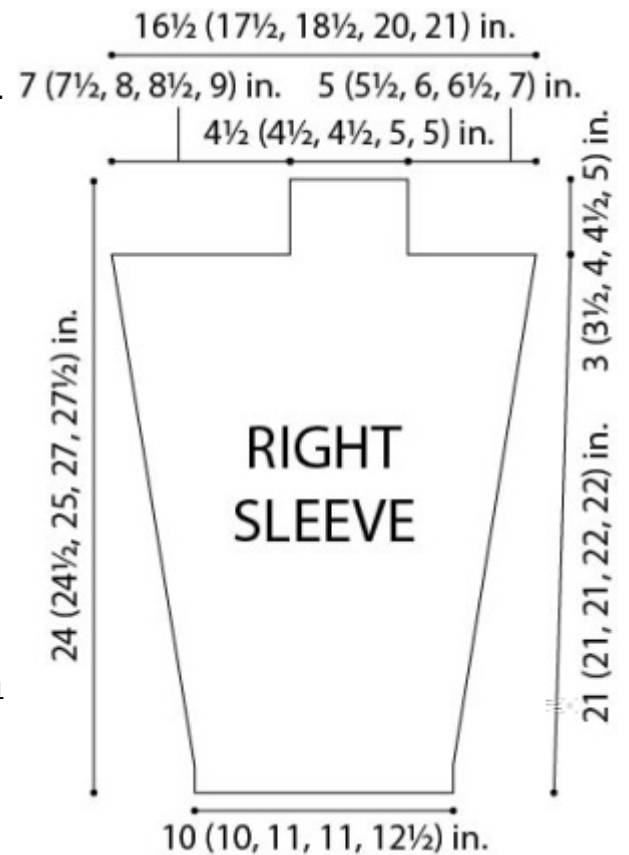
Shape Top of Sleeve (Saddle)

Next Row (RS): Bind off 23 (25, 27, 29, 31) sts, k to end of row – 51 (53, 57, 61, 63) sts.

Next Row: Bind off 31 (33, 36, 38, 40) sts, p to end of row – 20 (20, 21, 23, 23) sts.

Work even in St st for 3 (3 1/2, 4, 5, 5 1/2) in. (7.5 (9, 10, 12.5, 14) cm).

Bind off.



LEFT SLEEVE

Cast on and work same as Right Sleeve to Shape Top of Sleeve.

Shape Top of Sleeve (Saddle)

Next Row (RS): Bind off 31 (33, 36, 38, 40) sts, k to end of row – 43 (45, 48, 52, 54) sts.

Next Row: Bind off 23 (25, 27, 29, 31) sts, p to end of row – 20 (20, 21, 23, 23) sts.

Work even in St st for 3 (3 1/2, 4, 4 1/2, 5) in. (7.5 (9, 10, 11.5, 12.5) cm).

Bind off.

FINISHING

Note: The bound-off edges at beg of tops of Sleeves are different lengths to match the different armhole depths of the Front and Back.

Sew side edges of tops of Sleeves to shoulder edges at top of Front and Back, leaving about 6 (6 1/2, 7, 8, 8) in. (15 (16.5, 18, 20.5, 20.5) cm) unsewn at center of Front and Back for neck.

Sew bound-off edges at beg of top of Sleeves to armhole edges of Front and Back.

Sew side, underarm, and Sleeve seams.

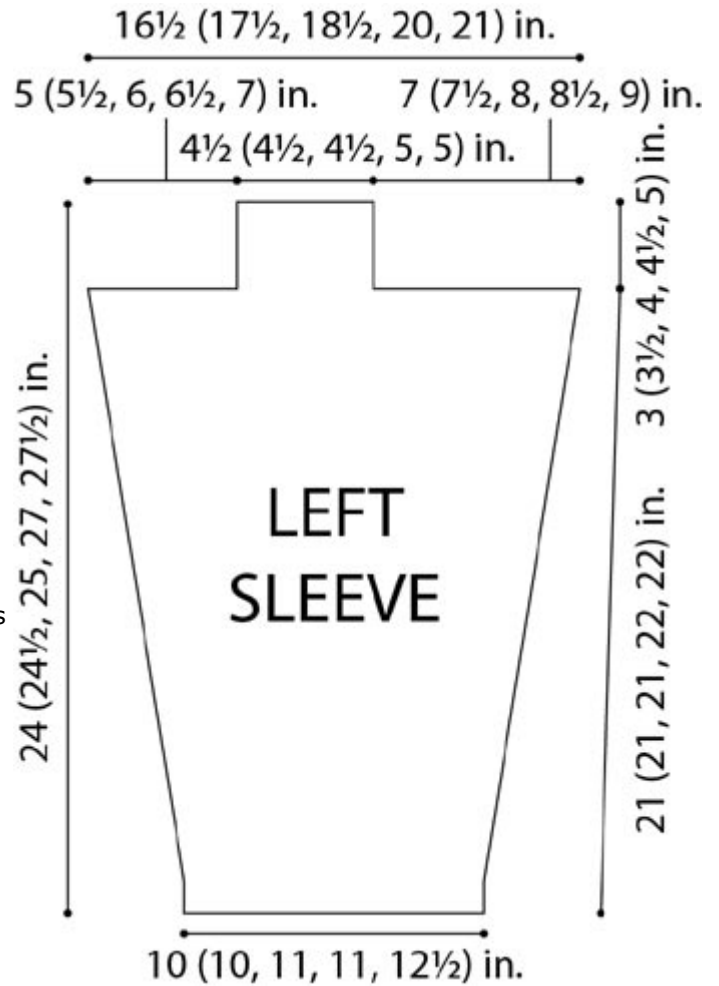
Neckband

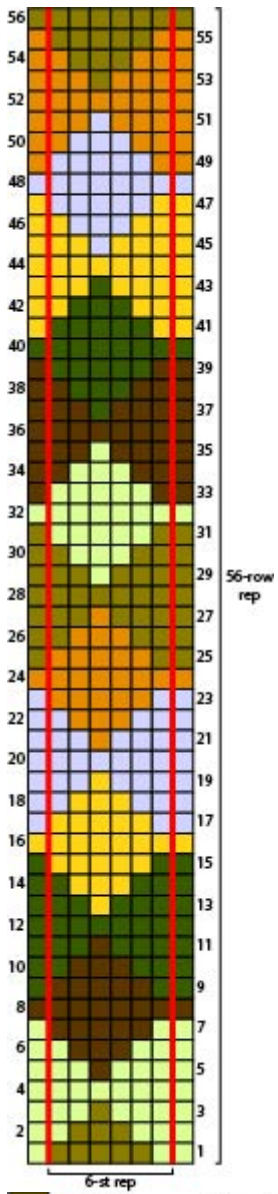
From RS with circular needle and A, beg at left back shoulder, pick up and k94 (98, 104, 116, 116) sts as evenly spaced as possible around neck edge. Place marker for beg of rnd. Join by working the first st on left hand needle with the working yarn from the right hand needle.

Rnds 1-7: *K1, p1; rep from * to end of rnd.

Bind off.

Weave in ends.





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- #169 Shenandoah (B)
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- #122 Grand Canyon (F)
- #135 Yosemite (G)

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>rnd(s) = round(s)</u> | <u>RS = right side</u> |
| <u>St st = Stockinette stitch</u> | <u>st(s) = stitch(es)</u> |
| <u>WS = wrong side</u> | |

Learn to knit instructions:<http://www.lionbrand.com/learn/how-to-knit>

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