



**Free Knitting Pattern
Lion Brand® LB Collection Organic Wool
Cabled Pullover And Cowl**

Pattern Number: L0187AD



Free Knitting Pattern from Lion Brand Yarn

Lion Brand LB Collection Organic Wool

Cabled Pullover And Cowl

Pattern Number: L0187AD

SKILL LEVEL: [Experienced](#)

SIZE: Small, Medium, Large, 1X, 2X

Finished Bust 39 (42, 48, 50, 53) in. (99 (106.5, 122, 127, 134.5) cm)

Finished Length 26 (26 1/2, 27, 27 1/2, 28) in. (66 (67.5, 68.5, 70, 71) cm)

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 Sep 9, 2010. To check for later updates, click [here](#).

MATERIALS

- 481-114 [Lion Brand LB Collection Organic Wool: Redwood](#)
8 9, 10, 10, 11 Balls
- [Lion Brand Knitting Needles - Size 8 \[5 mm\]](#)
- [Lion Brand Knitting Needles - Size 9 \[5.5 mm\]](#)
- [Lion Brand Double-Pointed Needles - Size 9](#)
- [Lion Brand Stitch Markers](#)
- [Lion Brand Stitch Holders](#)
- [Lion Brand Cable Needles \(Set of 2\)](#)
- [Large-Eye Blunt Needles \(Set of 6\)](#)
- Additional Materials
Circular knitting needle size 8 (5 mm), 16 in. (40 cm) long
Circular knitting needle size 8 (5 mm), 29 in. (74 cm) long (for Cowl)
Circular knitting needle size 9 (5.5 mm), 29 in. (74 cm) long (for Cowl)

MATERIALS NOTES

1. Two hanks of yarn are needed to make Cowl only.
2. Back and Front of Pullover are worked on straight needles. If desired, longer circular needles can be used instead. Work back and forth on circular needle, as if working with straight needles.

GAUGE:

23 sts + 26 rows = 4 in. (10 cm) in cable patterns with larger needles.

20 sts + 25 rnds = 4 in. (10 cm) in K2, p2 Rib worked in the rnd with double pointed needles.

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 less 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.

STITCH EXPLANATION:

kfb (knit in front and back) Knit next st without removing it from left needle, then k through back of same st - 1 st increased.

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

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

4/2 RC Inc (4 over 2 right cross increase) Slip 2 sts to cable needle and hold in back, k4, then (kfb, k1) from cable needle - 1 st increased.

4/3 RC (4 over 3 right cross) Slip 3 sts to cable needle and hold in back, k4, then k3 from cable needle.

PATTERN STITCHES

K2, p2 Rib (worked in rows over multiple of 4 sts + 2)

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

Row 2: K the knit sts and p the purl sts.

Rep Row 2 for K2, p2 Rib worked in rows.

K2, p2 Rib (worked in rnds over multiple of 4 sts)

Rnd 1: *K2, p2 rep from * to end of rnd.

Rep Rnd 1 for K2, p2 Rib worked in rnds.

Cable 1 (worked in rows over 8 sts)

Row 1 (RS): P2, k6.

Row 2: P6, k2.
Rows 3 and 4: Rep Rows 1 and 2.
Row 5: P2, 3/3 LC.
Rows 6-8: Rep Rows 2-4.
Rep Rows 1-8 for Cable 1 worked in rows.

Cable 1 (worked in rnds over 8 sts)

Rnd 1: P2, k6.
Rnd 2: K6, p2 **Rnds 3 and 4:** Rep Rnds 1 and 2.
Rnd 5: P2, 3/3 LC.
Rnds 6-8: Rep Rows 2-4.
Rep Rnds 1-8 for Cable 1 worked in rnds.

Cable 2 (worked in rows over 21 sts)

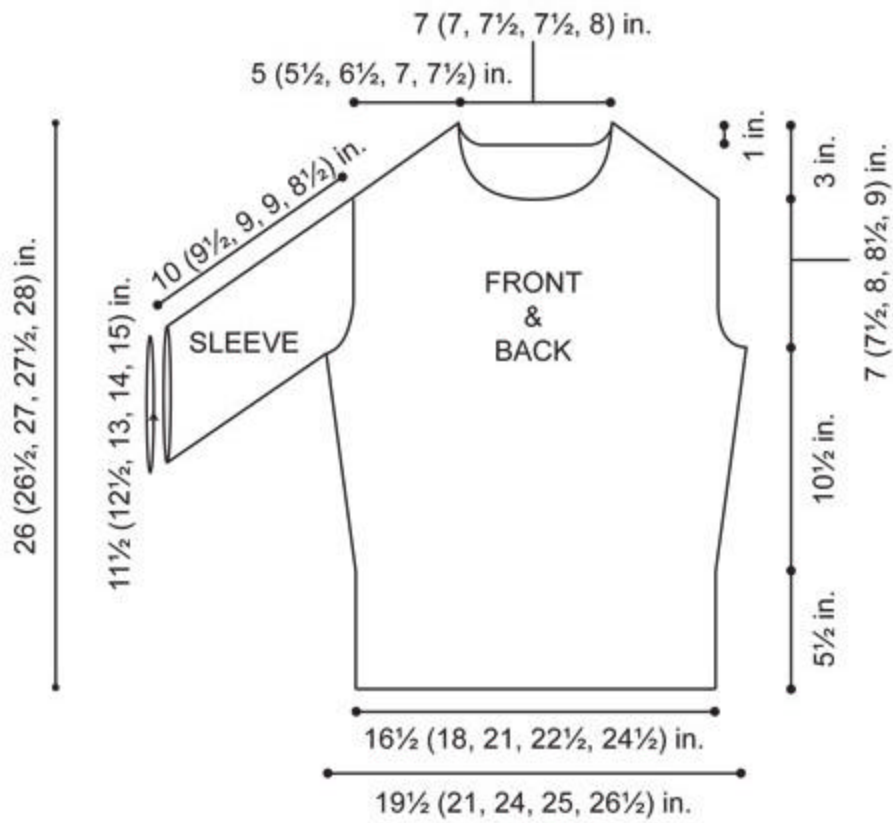
Rows 1, 3 and 5 (RS): P2, k19.
Row 2 and all other WS rows: P19, k2.
Row 7: P2, k12, 4/3 RC.
Row 9: P2, k9, 4/3 RC, k3.
Row 11: P2, k6, 4/3 RC, k6.
Row 13: P2, k3, 4/3 RC, k9.
Row 15: P2, 4/3 RC, k12.
Row 16: P19, k2.
Rep Rows 1-16 for Cable 2 worked in rows.

Cable 2 (worked in rnds over 21 sts)

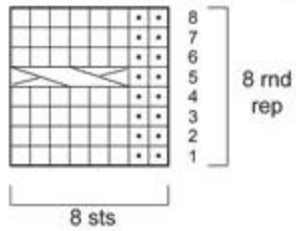
Rnds 1, 3 and 5: P2, k19.
Rnd 2 and all other WS rows: K19, p2.
Rnd 7: P2, k12, 4/3 RC.
Rnd 9: P2, k9, 4/3 RC, k3.
Rnd 11: P2, k6, 4/3 RC, k6.
Rnd 13: P2, k3, 4/3 RC, k9.
Rnd 15: P2, 4/3 RC, k12.
Rnd 16: P19, k2.
Rep Rnds 1-16 for Cable 2 worked in rnds.

NOTES:

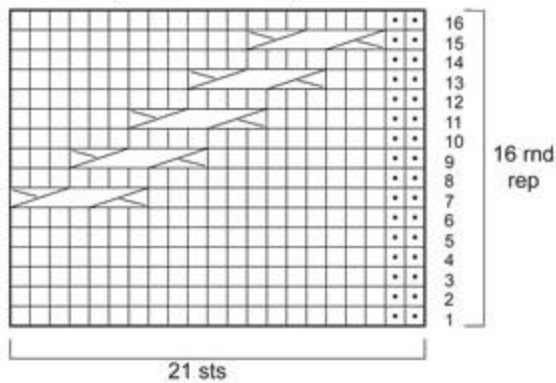
1. 'Work even' in the pattern means to work without increasing or decreasing.
2. Cable patterns can be worked by following written instructions or by following charts.
3. Cable patterning on Back, Front and Cowl beg above ribbing. Four of Cable 1, separated by K2, p2 Rib, are worked across. 4/2 RC Incs are worked in the K2, p2 Rib sections until there are 21 sts between the Cable 1. Then the Cable 2 pattern is worked over each of these 21-st sections.
4. For Pullover, Cable patterns are worked in rows. If working from chart, follow chart from right to left on RS rows and from left to right on WS rows.
5. For Cowl, Cable patterns are worked in rnds. If working from chart, follow chart from right to left on every rnd.
6. Sleeves are worked in the rnd on double pointed needles, and from top down, beginning with sts picked up from around each armhole.



Cable 1 (worked in rnds)



Cable 2 (worked in rnds)



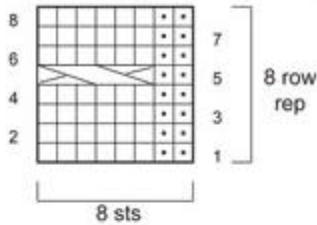
□ knit

◻ purl

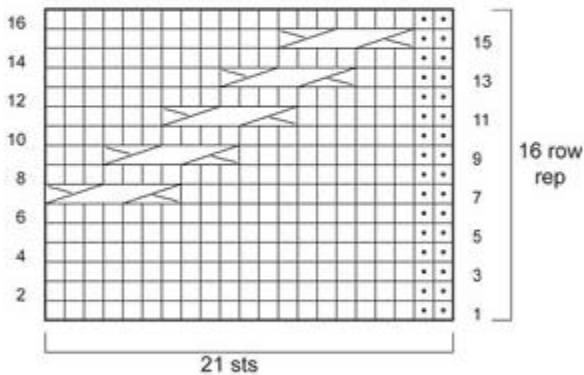
⌘ 3/3 LC: sl 3 sts onto cn and hold in front, k3, then k3 from cn

⌘ 4/3 RC: sl 3 sts onto cn and hold in back, k4, then k3 from cn

Cable 1 (worked in rows)



Cable 2 (worked in rows)



□ k on RS, p on WS

◻ p on RS, k on WS

▧ 3/3 LC: sl 3 sts onto cn and hold in front, k3, then k3 from cn

▨ 4/3 RC: sl 3 sts onto cn and hold in back, k4, then k3 from cn

PULLOVER

BACK

With smaller straight needles, cast on 82 (90, 106, 114, 122) sts.

Beg with a WS row (beg P2), work in K2, p2 Rib for 3 rows.

Row 4 (RS): Work 0 (4, 12, 16, 20) sts in rib as established, *work Row 1 of Cable 1 over 8 sts, p2, work 14 sts in K2, p2 Rib; rep from * 2 more times, work Row 1 of Cable 1 over 8 sts, work 2 (6, 14, 18, 22) sts in rib as established.

Work in patterns as established for 5 rows.

Row 10 (RS): Work 0 (4, 12, 16, 20) sts in rib as established, *work Row 7 of Cable 1 over 8 sts, p2, work in rib as established over 8 sts, k6; rep from * 2 more times, work Row 7 of Cable 1 over 8 sts, work 2 (6, 14, 18, 22) sts in rib as established.

Work 1 row in pattern as established.

Change to larger straight needles.

Next (Inc) Row (RS): Work 0 (4, 12, 16, 20) sts in rib as established, *work Row 1 of Cable 1 over 8 sts, p2, work in rib as established over 8 sts, 4/2 RC Inc; rep from * 2 more times, work Row 1 of Cable 1, work 2 (6, 14, 18, 22) sts in rib as established - 85 (93, 109, 117, 125) sts.

Work even (without increasing or decreasing) as established for 1 row.

Next (Inc) Row: Work 0 (4, 12, 16, 20) sts in rib as established, *work Row 3 of Cable 1 over 8 sts, p2, work in rib as established over 6 sts, 4/2 RC Inc, k3; rep from * 2 more times, work Row 3 of Cable 1 over 8 sts, work 2 (6, 14, 18, 22) sts in rib as established - 88 (96, 112, 120, 128) sts.

Work even as established for 1 row.

Next (Inc) Row: Work 0 (4, 12, 16, 20) sts in rib as established, *work Row 5 of Cable 1 over 8 sts, p2, work in rib as established over 4 sts, 4/2 RC Inc, k6; rep from * 2 more times, work Row 5 of Cable 1 over 8 sts, work 2 (6, 14, 18, 22) sts in rib as established - 91 (99, 115, 123, 131) sts.

Work even as established for 1 row.

Next (Inc) Row: Work 0 (4, 12, 16, 20) sts in rib as established, *work Row 7 of Cable 1 over 8 sts, p2, k2, 4/2 RC Inc, k9; rep from * 2 more times, work Row 7 of Cable 1 over 8 sts, work 2 (6, 14, 18, 22) sts in rib as established - 94 (102, 118, 126, 134) sts.

Work even as established for 1 row.

Next (Inc) Row: Work 0 (4, 12, 16, 20) sts in rib as established, *work Row 1 of Cable 1 over 8 sts, p2, 4/2 RC Inc, k12; rep from * 2 more times, work Row 1 of Cable 1 over 8 sts, work 2 (6, 14, 18, 22) sts in rib as established - 97 (105, 121, 129, 137) sts.

Work even as established for 1 row.

Next Row: Work 0 (4, 12, 16, 20) sts in rib as established, *work Row 3 of Cable 1 over 8 sts, Row 1 of Cable 2 over next 21 sts; rep from * 2 more times, work Row 3 of Cable 1 over 8 sts, work 2 (6, 14, 18, 22) sts in rib as established.

Continue even as established until piece measures 5 1/2 in. (14 cm) from beg, end with a WS row.

Note: End with a WS row means that the last row you work should be a WS row, and the next row that you are ready to work will be a RS row.

Next (Inc) Row (RS): Work as established, inc 1 st at each edge by working a M1 after first st and before last st - 99 (107, 123, 131, 139) sts at the end of this row.

Work even as established for 7 rows, incorporating the increased sts by working them into K2, p2 Rib.

Next Row (RS): Rep Inc Row - 101 (109, 125, 133, 141) sts at the end of this row.

Rep last 8 rows 6 more times, incorporating the increased sts into K2, p2 Rib - 113 (121, 137, 145, 153) sts when all incs have been completed.

Work even as established until piece measures 16 in. (40.5 cm) from beg, end with a WS row.

Shape Armholes

Bind off 4 (5, 6, 7, 8) sts at beg of next 2 rows.

Bind off 2 sts at beg of next 2 rows.

Dec 1 st (by working k2tog or p2tog) at beg of the next 2 rows - 99 (105, 119, 125, 131) sts when all bind-offs and decs have been completed.

Work even until armhole measures 7 (7 1/2, 8, 8 1/2, 9) in. (18 (19, 20.5, 21.5, 23) cm), end with a WS row.

Shape Shoulders and Neck

Mark center 35 (35, 37, 37, 41) sts.

Note: The shoulder shaping will not be complete when the neck shaping begins.

When piece measures 24 (24 1/2, 25, 25 1/2, 26) in. (61 (62, 63.5, 65, 66) cm) from beg, continue to work the shoulder shaping at the beg of rows and AT THE SAME TIME beg the neck shaping. Read ahead in the pattern for the neck shaping instructions.

Shape Shoulders

Bind off 2 st at beg of next 10 (8, 2, 4, 4) rows.

Bind off 3 sts at beg of next 4 (4, 8, 4, 4) rows.

Bind off 4 sts at beg of next 4 (4, 4, 4, 2) rows.

Bind off 5 sts at beg of next 2 (4, 4, 4, 6) rows.

Bind off 6 sts at beg of next 0 (0, 2, 2, 2) rows.

Bind off 7 sts at beg of next 0 (0, 0, 2, 2) rows.

AT THE SAME TIME, when piece measures 24 (24 1/2, 25, 25 1/2, 26) in. (61 (62, 63.5, 65, 66) cm), beg the neck shaping.

Shape Neck

Next Row: Continue to work the shoulder shaping at beg of row, work to marker, place center 35 (35, 37, 37, 41) sts on a holder, join a 2nd ball of yarn and work to end. Work both sides at once with separate balls of yarn.

Note: In following section of neck shaping, bind offs and decs are the same for ALL sizes.

At the beg of the next 2 rows, bind off 2 sts at each neck edge.

On the next RS row, dec 1 st at each neck edge.

FRONT

Note: For Back, the shoulder shaping began before the neck shaping.

On the Front the neck and shoulder shaping begin AT THE SAME TIME.

Work Front same as Back until armhole shaping is complete and piece measures about 23 (23 1/2, 24, 24 1/2, 25) in. (58.5 (59.5, 61, 62, 63.5) cm) from beg, end with a WS row.

Shape Neck and Shoulders

Mark center 13 (13, 15, 15, 19) sts.

Next Row: Work to marker, place center 13 (13, 15, 15, 19) sts on a holder for neck, join a 2nd ball of yarn and work to end.

Work both sides at once with separate balls of yarn.

Note: Neck shaping and shoulder shaping are worked AT THE SAME TIME.

In each of the following rows, work the next shoulder shaping instruction at beg of row (on the armhole edge) and the next neck shaping instruction on neck edge of same row (at beg of neck edge of 2nd shoulder on needles).

Shape Neck

Bind off 3 sts at each neck edge once.

Bind off 2 sts at each neck edge twice.

Dec 1 st at each neck edge 7 times.

AT THE SAME TIME, continue to work shoulder shaping same as for Back.

Sleeves (make 2)

Sew side and shoulder seams.

Note: Sleeves are worked without any shaping.

The K2, p2 rib in which the Sleeves are worked will shape them to fit comfortably.

From RS with double pointed needles, pick up and k58 (62, 66, 70, 74) sts evenly spaced around armhole edge.

Divide sts evenly onto 4 needles.

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.

Work in K2, p2 Rib until Sleeve measures 10 (9 1/2, 9, 9, 8 1/2) in. (25.5 (24, 23, 23, 21.5) cm) from armhole.

Bind off loosely in rib.

Rep for second Sleeve.

FINISHING

Neckband

From RS with 16 in. (40 cm) circular needle, beg at right shoulder, pick up and k3 sts along right edge of back neck, k35 (35, 37, 37, 41) sts from holder, 3 sts along left edge of back neck, 15 sts along left edge of front neck, k13 (13, 15, 15, 19) sts from holder, then 15 sts along right edge of front neck - 84 (84, 88, 88, 96) sts. 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. Work in K2, p2 Rib for 8 rnds. Bind off loosely in rib.

Weave in ends.

COWL

With smaller 29 in. (73.5 cm) circular needle, cast on 168 sts.

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 and being careful not to twist sts.

Rnds 1-6: *K2, p2; rep from * around.

Change to larger 29 in. (73.5 cm) circular needle.

Next (Inc) Rnd: *Work Rnd 1 of Cable 1 over 8 sts, p2, work in K2, p2 Rib over next 8 sts, 4/2 RC Inc; rep from * 6 more times - 175 sts at the end of this rnd.

Work even as established for 1 rnd.

Next (Inc) Rnd: *Work Rnd 3 of Cable 1 over 8 sts, p2, work in rib as established over 6 sts, 4/2 RC Inc, k3; rep from * 6 more times - 182 sts at the end of this rnd.

Work even as established for 1 rnd.

Next (Inc) Rnd: *Work Rnd 5 of Cable 1 over 8 sts, p2, work in rib as established over 4 sts, 4/2 RC Inc, k6; rep from * 6 more times - 189 sts at the end of this rnd.

Work even as established for 1 rnd.

Next (Inc) Rnd: *Work Rnd 7 of Cable 1 over 8 sts, p2, k2, 4/2 RC Inc, k9; rep from * 6 more times - 196 sts at the end of this rnd.

Work even as established for 1 rnd.

Next (Inc) Rnd: *Work Rnd 1 of Cable 1 over 8 sts, p2, 4/2 RC Inc, k12; rep from * 6 more times - 203 sts at the end of this rnd.

Work even as established for 1 rnd.

Next Row: *Work Rnd 3 of Cable 1 over 8 sts, Rnd 1 of Cable 2 over next 21 sts; rep from * 6 more times.

Work even as established until piece measures 12 in. (30.5 cm) from beg.

Change to smaller 29 in. (73.5 cm) circular needle.

Next (Dec) Rnd: *K1, (k2tog) 4 times, k1, (k2tog) 5 times, k1, (k2tog) 4 times; rep from * 6 more times - 112 sts at the end of this rnd.

Next (Dec) Rnd: *K2tog, k1, p2, k2, p2, k1, k2tog, (p2, k2) twice, p2tog, (k2, p2) twice; rep from * 2 more times, k2tog, k1, p2, k2, p2, k1, k2tog, (p2, k2) twice, p2tog - 100 sts at the end of this rnd.

Work in rib as established for 11 rnds.

Bind off in rib.

FINISHING

Weave in ends.

ABBREVIATIONS / REFERENCES	
Click for explanation and illustration	
beg = begin(s)(ning)	dec = decreas(e)(s)(ing)
inc = increas(e)(s)(ing)	k = knit
k2tog = knit 2 together	p = purl
p2tog = purl 2 together	rem = remain(s)(ing)
rep = repeat(s)(ing)	rnd(s) = round(s)
RS = right side	sl = slip
sl st = slip stitch	st(s) = stitch(es)
WS = wrong side	

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

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