



**FINISHED MEASUREMENTS**

**Circumference:** 32"

**MATERIALS**

**Premier® Yarns Starbella® Strata** (71% acrylic, 29% nylon; 85 gm/7.3 yds)

• #41-08 Smoky – 2 balls

**Notions:** sewing needle and thread (optional)

**GAUGE**

Work evenly and consistently throughout.

**PATTERN NOTES**

Prepare your yarn by using a needle and thread to sew the ends of the skeins together or simply tie them in a knot, then wind into one ball.

For a step-by-step video tutorial on arm knitting, go to: <http://www.premieryarns.com/Product/Premier+Starbella+Strata+Yarn+1.aspx?cmp=cel&trigger=ac>

**DIRECTIONS:**

**Cowl**

**To cast on:** Make large slip knot about 18" from end of yarn, place slip knot on right arm. \* With left hand twist a loop into tail, with right hand reach through loop and grab the working yarn (the yarn coming from the ball), pull yarn through loop and place on right arm to form a stitch; rep from \* twice more to cast on – 3 sts on right arm.

**Row 1:** \* Pick up working yarn in your right hand, slide next st on right arm over hand and off arm, place new stitch from right hand onto left arm; rep from \* across row.

**Row 2:** \*Pick up working yarn in your left hand, slide next st on left arm over hand and off arm, place new stitch from left hand onto right arm; rep from \* across row.

Rep last two rows until approximately 1 yard of yarn remains.

**To bind off:** Knit 2 sts as directed in Row 1, lift the first knit st over the second st and hand and off arm, knit 1 st, lift the first st over the second st and hand and off arm – 1 st rem.

**To fasten off:** Pick up working yarn in your left hand, lift the remaining st over hand and off arm pulling the remaining strand of working yarn completely through. Pull to secure.

## **FINISHING**

Use tails to seam cast-on edge to bind-off edge.

Weave in ends.

### **Abbreviations**

**rem** remain(ing)

**rep** repeat(ing)

**st(s)** stitches