SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

FORM 8-K

CURRENT REPORT

Pursuant to Section 13 or 15(d) of the Securities Exchange Act of 1934

April 15, 1999 (Date of earliest event reported)

Capital One Financial Corporation (Exact name of registrant as specified in its charter)

Delaware	1-13300	54-1719854
(State of incorporation	(Commission File	(IRS Employer
or organization)	Number)	Identification No.)

2980 Fairview Park Drive Suite 1300 Falls Church, Virginia (Address of principal executive offices)

22042 - - - - - - - - - -(Zip Code)

Registrant's telephone number, including area code: (703) 205-1000

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 - (a) See attached press release.
 - (b) Cautionary Factors

The attached press release contains forward-looking statements which involve a number of risks and uncertainties. The Company cautions readers that any forward-looking information is not a guarantee of future performance and that actual results could differ materially from those contained in the forward-looking information as a result of various factors including, but not limited to, the following: continued intense competition from numerous providers of products and services which compete with the Company's businesses; with respect to financial products, changes in the Company's aggregate accounts or consumer loan balances and the growth rate thereof, including changes resulting from factors such as shifting product mix, amount of actual marketing expenses made by the Company and attrition of accounts and loan balances; an increase in credit losses (including increases due to a worsening of general economic conditions); the ability of the Company to continue to securitize its credit cards and consumer loans and to otherwise access the capital markets at attractive rates and terms to fund its operations and future growth; difficulties or delays in the development, production, testing and marketing of new products or services; losses associated with new products or services or expansion internationally; financial, legal, regulatory or other difficulties that may affect investment in, or the overall performance of, a product or business, including changes in existing laws to regulate further the credit card and consumer loan industry and the financial services industry, in general; the amount of, and rate of growth in, the Company's expenses (including salaries and associate benefits and marketing expenses) as the Company's business develops or changes or as it expands into new market areas; the availability of capital necessary to fund the Company's new businesses; the ability of the Company to build the operational and organizational infrastructure necessary to engage in new businesses or to expand internationally; the ability of the Company to recruit experienced personnel to assist in the management and operations of new products and services; the ability of the Company and its suppliers to successfully address Year 2000 compliance issues; and other factors listed from time to time in the Company's SEC reports, including, but not limited to, the Annual Report on Form 10-K for the year ended December 31, 1998 (Part I, Item 1, Risk Factors).

Item 7. Financial Statements, Pro Forma Financial Information and Exhibits.

99.1. Press Release of the Company dated April 15, 1999.

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SIGNATURE

Pursuant to the requirements of the Securities Exchange Act of 1934, the registrant has duly caused this registration statement to be signed on its behalf by the undersigned, thereto duly authorized.

CAPITAL ONE FINANCIAL CORPORATION

Dated: April 15, 1999 By: /s/ John G. Finneran, Jr. John G. Finneran, Jr. Senior Vice President, General Counsel and Corporate Secretary

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EXHIBIT INDEX

99.1 Press Release of the Company dated April 15, 1999.

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Exhibit 99.1

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FOR IMMEDIATE RELEASE: Contact:	Paul Paquin	Sam Wang
	V.P., Investor Relations	Dir., Media Relations
April 15, 1999	(703) 205-1039	(703) 205-1180

CAPITAL ONE REPORTS RECORD FIRST QUARTER EARNINGS

FALLS CHURCH, VA., (April 15, 1999) --- Capital One Financial Corporation (NYSE: COF) today announced record first quarter 1999 earnings of \$82.4 million, or \$1.18 per share, versus earnings of \$72.7 million, or \$1.04 per share, for the fourth quarter of 1998 and \$65.7 million, or \$.96 per share, for the comparable period in the prior year.

"Capital One enjoyed another quarter of record earnings, fueled by record revenues and exceptional credit quality," said Richard D. Fairbank, Capital One's Chairman and Chief Executive Officer. "And we continued our rapid growth trajectory, growing by more than one million customers for the third consecutive quarter."

The managed net charge-off rate decreased significantly to 3.93 percent for the first quarter of 1999 versus 4.51 percent for the fourth quarter of 1998 and 6.04 percent for the comparable period in the prior year. The managed delinquency rate (30+ days) decreased to 4.56 percent as of March 31, 1999, compared with 4.70 percent as of December 31, 1998.

"Our charge-off rate has declined for the sixth straight quarter and is the lowest among industry leaders, as well as the lowest we've seen in three years," said Nigel W. Morris, Capital One's President and Chief Operating Officer. "Our improving credit picture helped to boost our risk adjusted margin to a record 14.42 percent."

The managed net interest margin increased to a record 10.59 percent in the first quarter of 1999 versus 9.48 percent in the fourth quarter of 1998 and 10.40 percent in the same period of 1998. The increased margin, higher non-interest income, and the aforementioned decrease in net charge-offs each contributed to the risk adjusted margin of 14.42 percent, which compares to 12.21 percent for the fourth quarter of 1998.

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CAPITAL ONE REPORTS RECORD FIRST QUARTER EARNINGS PAGE 2

During the first quarter of 1999, the Company added 1.3 million net new accounts, bringing total accounts to 18.0 million. First quarter 1999 revenue, defined as managed net interest income and non-interest income, rose to \$873 million versus \$771 million in the fourth quarter of 1998 and \$637 million for the comparable period in the prior year. For the quarter, Capital One's managed consumer loan balances increased by \$49 million to \$17.4 billion. This modest increase compares favorably to the typical first quarter decline that results after repricings and seasonal paydown.

Marketing expense for the first quarter of 1999 increased to a record \$176 million versus \$159 million in the fourth quarter of 1998 and \$75 million in the comparable period of the prior year. Other non-interest expenses (excluding marketing) for the first quarter of 1999 were \$374 million versus \$309 million for the fourth quarter of 1998 and \$214 million in the comparable period of the prior year. Operating expenses continue to reflect increased investment in staff levels associated with the Company's growing account base and the impact of expansion and diversification into new businesses and markets.

The allowance for loan losses increased by \$20 million during the first quarter to \$251 million or 3.46 percent of on-balance sheet receivables as of March 31, 1999, compared to 3.75 percent as of December 31, 1998. Capital ratios were strong as of March 31, 1999, at 13.96 percent of reported assets and 6.98 percent of managed assets.

Headquartered in Falls Church, Virginia, Capital One Financial Corporation (www.capitalone.com) is a holding company whose principal subsidiaries, Capital One Bank and Capital One, F.S.B., offer consumer lending products. Capital One's subsidiaries collectively had 18.0 million customers and \$17.4 billion in managed loans outstanding as of March 31, 1999, and are among the largest providers of MasterCard and Visa credit cards in the world. Capital One trades on the New York Stock Exchange under the symbol "COF" and is included in the S&P 500 Index. Capital One was recently ranked #41 in Fortune's list of "Best Companies to Work For" and #15 best performer in Business Week's rating of the S&P 500.

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[NOTE: This release and financial information are available on the
Internet on Capital One's home page (address:
http://www.capitalone.com). Click on "Investor Center" to view/download
the release and financial information.]

CAPITAL ONE FINANCIAL CORPORATION (COF) FINANCIAL & STATISTICAL SUMMARY

(in millions, except per share data and as	99 noted Q1	98 Q4	98 Q3	98 Q2	98 Q1
Earnings (Managed Basis)					
Net Interest Income Non-Interest Income	\$ 515.7 357.6	\$ 443.4 327.9	\$ 440.8 264.6	\$ 399.5 253.2	\$ 416.7 220.7
Total Revenue Provision for Loan Losses	873.3 190.5	771.3 186.3	705.4 208.9	652.7 213.1	637.4 242.5
Marketing Expenses	176.1	159.0	126.5	85.8	75.0
Operating Expenses	373.9	308.9	257.0	246.0	213.9
Income Before Taxes	132.9	117.2	112.9	107.8	106.0
Tax Rate	38.0 %	38.0 %	38.0 %	38.0 %	38.0 %
Net Income	\$ 82.4	\$ 72.7	\$ 70.0	\$ 66.9	\$ 65.7
Common Share Statistics					
Basic EPS	\$ 1.25	\$ 1.11	\$ 1.07	\$ 1.02	\$ 1.00
Diluted EPS	\$ 1.18	\$ 1.04	\$ 1.00	\$ 0.96	\$ 0.96
Dividends Per Share Book Value Per Share (period end)	\$ 0.08 \$ 20.06	\$ 0.08 \$ 19.35	\$ 0.08 \$ 7.83	\$ 0.08 \$ 16.31	\$ 0.08 \$ 15.08
Stock Price Per Share (period end)	\$ 20.00 \$ 151.00	\$ 115.00	\$ 7.83 \$ 103.06	\$ 124.19	\$ 78.88
Total Market Capitalization (period end)		\$7,551.1	\$6,758.0	\$ 8,139.0	\$5,163.7
Shares Outstanding (period end)	65.8	65.7	65.6	65.5	65.5
Shares Used to Compute Basic EPS	65.7	65.7	65.7	65.5	65.4
Shares Used to Compute Diluted EPS	70.0	69.7	70.0	69.5	68.4
Managed Loan Statistics (period avg.)					
Average Loans	\$ 17,436	\$ 16,547	\$ 15,746	\$ 14,417	\$ 14,097
Average Earning Assets	\$ 19,482	\$ 18,702	\$ 17,372	\$ 16,242	\$ 16,020
Average Assets	\$ 20,722	\$ 19,944	\$ 18,597	\$ 17,296	\$ 16,834
Average Equity	\$ 1,302	\$ 1,212	\$ 1,149	\$ 1,037	\$ 950
Net Interest Margin	10.59 %	9.48 %	10.15 %	9.84 %	10.40 %
Risk Adjusted Margin (1)	14.42 %	12.21 %	11.68 %	10.83 %	10.60 %
Return on Average Assets (ROA)	1.59 %	1.46 %	1.51 %	1.55 %	1.56 %
Return on Average Equity (ROE)	25.32 % 3.93 %	23.99 % 4.51 %	24.36 % 5.03 %	25.78 % 5.91 %	27.66 %
Net Charge-Off Rate Net Charge-Offs	3.93 % \$ 171.1	4.51 % \$ 186.5	\$ 198.1	\$ 213.0	6.04 % \$ 212.7
Managed Loan Statistics (period and)					
Managed Loan Statistics (period end) Reported Loans	\$ 7,246	\$ 6,157	\$ 5,667	\$ 5,140	\$ 4,748
Securitized Loans	10,198	11,238	10,671	9,829	9,254
Total Loans	\$ 17,444	\$ 17,395	\$ 16,338	\$ 14,969	\$ 14,002
Delinquency Rate (30+ days)	4.56 %	4.70 %	4.90 %	5.14 %	5.75 %
Number of Accounts (000's)	18,022	16,706	14,907	13,588	12,674
Total Assets	\$ 20,318		\$ 19,211	\$ 17,462	
Capital, Including Preferred Interests	\$1,417.2	\$1,368.3	\$1,267.0	\$ 1,167.0	\$1,085.2
Capital to Managed Assets Ratio	6.98 %	6.64 %	6.60 %	6.68 %	6.59 %
Capital to Managed Assets Ratio	6.98 %	6.64 %	6.60 %	6.68 %	6.59 %

(1) Risk adjusted margin is total revenue less net charge-offs as a percentage of average earning assets.

CAPITAL ONE FINANCIAL CORPORATION Consolidated Balance Sheets (in thousands)(unaudited)

(In thousands)(unaudited)	March 31 1999	December 31 1998	March 31 1998
Assets:			
Cash and due from banks Federal funds sold and resale agreements Interest-bearing deposits at other banks	\$ 13,276 0 34,041	\$ 15,974 261,800 22,393	\$ 2,983 105,000 34,077
Cash and cash equivalents Securities available for sale Consumer loans Less: Allowance for loan losses	47,317 1,770,398 7,245,847 (251,000)	300,167 1,796,787 6,157,111 (231,000)	142,060 1,513,398 4,748,186 (213,000)
Net loans Premises and equipment, net Interest receivable Accounts receivable from securitizations Other	6,994,847 283,159 66,184 637,563 352,159	5,926,111 242,147 52,917 833,143 268,131	4,535,186 163,757 44,213 696,599 128,689
Total assets	\$ 10,151,627 =======		
Liabilities: Interest-bearing deposits Other borrowings Senior notes Deposit notes Interest payable Other	<pre>\$ 2,204,162 1,171,440 4,610,049 0 87,501 661,279</pre>	0 91,637	299,996 67,544
Total liabilities	8,734,431		6,138,660
Guaranteed Preferred Beneficial Interests In Capital One Bank's Floating Rate Junior Subordinated Capital Income Securities	97,984	97,921	97,727
Stockholders' Equity: Common stock Paid-in capital, net Retained earnings and cumulative other comprehensive income Less: Treasury stock, at cost	666 606,929 779,625 (68,008)	666 599,498 740,493 (70,251)	666 543,179 488,075 (44,405)
Total stockholders' equity	1,319,212	1,270,406	987,515
Total liabilities and stockholders' equity	\$ 10,151,627 =======	\$ 9,419,403	\$7,223,902

CAPITAL ONE FINANCIAL CORPORATION Consolidated Statements of Income (in thousands, except per share data)(unaudited)

	March 31 1999		Three Months Ended December 31 1998		М	arch 31 1998
Interest Income:						
Consumer loans, including fees	\$	325,067	\$	269,016	\$	229,638
Federal funds sold and resale agreements		1,487		269,016 4,389 25,542		5,078
Other		26,517		25,542		23,326
Total interest income		353,071		298,947		258,042
Interest Expense:						
Deposits		23,942		23,901		14,138
Other borrowings		23,837		27,420		16,053
Senior and deposit notes		72,495		27,420 64,444		63,029
Total interest expense		120,274		115,765 183,182 54,580		93,220
Net interest income		232.797		183,182		164.822
Provision for loan losses		74,586		54,580		85,866
Net interest income after provision for loan losses		158,211		128,602		78,956
Non-Interest Income:						
Servicing and securitizations		271,954		248,683		168,655
Service charges and other fees		222,453		179,695		132,445
Interchange		30,219		179,695 28,098		14,799
Total non-interest income		524,626		456,476		315,899
Non-Interest Expense:						
Salaries and associate benefits		179,194		138,901		107,953
Marketing		176,088		138,901 158,972 47,602		75,000 29,363
Communications and data processing		58,072		47,602		29,363
Supplies and equipment		36,704				22,615
Occupancy Other		13,914		12,400		10,044
				12,488 80,205		
Total non-interest expense		549,968		467,870		288,883
Income before income taxes		132,869		117,208		105,972
Income taxes		50,490		117,208 44,539 72,669		40,269
Net income	 \$	82.379	 \$	72.669	 \$	65.703
	====	========	====	========	====	=======
Basic earnings per share	\$	1.25	\$	1.11	\$	1.00
	====		====		====	
Diluted earnings per share	\$ ====	1.18 =======	\$ ====	1.04 =======	\$ ====	0.96 =======
Dividends paid per share		0.08	\$	0.08	\$	0.08
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CAPITAL ONE FINANCIAL CORPORATION Statements of Average Balances, Income and Expense, Yields and Rates (dollars in thousands)(unaudited)

Managed (1)	Quarter Ended 3/31/99			Quarter Ended 12/31/98				
	Average Balance		Income/ Expense	Yield/ Rate	Average Balance	I	Income/ Expense	Yield/ Rate
Earning assets:								
Consumer loans Federal funds sold and resale agreements Other	\$17,435,530 126,493 1,920,191			17.11 % 4.70 5.52	\$16,546,962 343,987 1,810,761			16.68 % 5.10 5.64
Total earning assets	\$19,482,214 =======		,	15.88 %	\$18,701,710 =========		,	15.40 %
Interest-bearing liabilities: Deposits Other borrowings Senior and deposit notes Securitization liability	\$ 2,101,086 1,680,026 4,189,839 10,570,532			4.56 % 5.68 6.92 5.21	\$ 1,885,960 1,605,798 3,741,707 10,751,360		64,444	5.07 % 6.83 6.89 5.98
Total interest-bearing liabilities	\$18,541,483		- /	5.57 %	\$17,984,825		,	6.15 %
Net interest spread				10.31 %				9.25 % =====
Interest income to average earning assets Interest expense to average earning assets				15.88 % 5.29				15.40 % 5.92
Net interest margin				10.59 %				9.48 %

Quarter Ended 3/31/98

Net interest margin

	-		
Earning assets:	Average Balance	Income/ Expense	
Consumer loans Federal funds sold and resale agreements Other	1,559,732	615,053 5,078 23,326	5.60 5.98
Total earning assets	\$16,019,887 =======	\$	
Interest-bearing liabilities: Deposits Other borrowings Senior and deposit notes Securitization liability Total interest-bearing liabilities	3,683,113	 16,053 63,029 133,526	5.96 6.85 5.74
Net interest spread	10.31	 9.25 %	5 10.14 % =======
Interest income to average earning assets Interest expense to average earning assets			16.06 % 5.66
Net interest margin			10.40 % ======

(1) The information in this table reflects the adjustment to add back the effect of securitized loans.