



HANDSPUN TWIST HEADBAND



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SIZE

One size. See pattern notes below.

GAUGE

16 sts/12 rows = 4" (10 cm) in 1X1 ribbing before blocking.

YARN

1 skein Crafty Housewife Yarns "Wayfarer" 2 ply chunky weight yarn, approximately 28 yds to 4 oz, or other chunky weight yarn.

**Tip: Try holding various weights of yarn together to achieve chunky weight (5 strands of fingering weight, 2 DK + 1 fingering, etc)*



NEEDLES & SUPPLIES

US 10.5 or size needed to obtain gauge
Tapestry needle, cable needle

NOTES

This pattern is adaptable for all sizes. Simply knit longer or shorter before and after the 7X7 cable. Instructions loosely fit a women's M (23" circumference).

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PATTERN INSTRUCTIONS

Using long tail method, cast-on 14 sts.

Row 1: *K1, P1 Repeat from * to end of row, turn.

Row 2: *K1, P1 (Repeat from * to end of row, turn.

Repeat Rows 1 and 2 for 11.5" (or until length is ½ desired circumference). It doesn't matter if you end on Row 1 or Row 2.

7X7 Left Twist: Place the first 7 sts on a cable needle held in the front. Knit the next 7 stitches in pattern (P1, K1, P1, K1, P1, K1, P1). Knit the stitches from the cable needle in pattern (K1, P1, K1, P1, K1, P1, K1).

Knit in pattern for 11.5" (or for desired length). *Note that each row begins with a purl stitch now.

Bind off loosely in pattern.

Seam together cast-on and bind-off ends using mattress stitch or preferred method.

