

GARTER STITCH HEAD BAND AND WRIST WARMERS

(UK) Aran Weight Yarn



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MATERIALS

2 x 50 gram balls of Rowan Silk twist (or aran weight yarn).

(Approx length per 50grams = 85 metres/93yds).

This can be substituted with any UK standard aran weight yarn.

1 pair 5mm Knitting Needles

TENSION 18 stitches x 30 rows, knitted in garter stitch on 5mm needles.

KNOT BAND

Cast on 8 stitches. Knit 36 rows. Cast off.

HEADBAND

Cast on 21 stitches.

Knit 154 rows or 52cm (20.5 inches).

Cast off.

WRISTWARMERS

Cast on 25 stitches. Knit 50 rows. 18cms (7 inches). Cast off.

MAKING UP

For the wristwarmers = Stitch together the cast-on edge to the cast-off edge for 2cm. Then leave a 3cm gap for the thumb, then stitch the remainder of the cast-off edge to the cast on edge.

For the knot band = stitch the cast on edge to the cast-off edge.

For the headband = Fold in half lengthways and make a running stitch along the halfway point, from one selvedge edge of you knitting to the other. Gather to approx 2.5" (3cm). Fasten off.

Slip the headband through the knot band and make a couple of stitches through the back of the knot band to the head band to secure in place. Now stitch together the back of the headband.

