

Cosy Cable Headband

By Wendy Poole

Share on Instagram @WendyPooleDesigns

#WendyPooleInStitches



MEASUREMENTS AND SIZE OPTIONS

To fit a medium size female head:

Measuring 21" around the crown (approximately 53cm). This can be adjusted to any size.

YARN QUANTITIES AND NEEDLES

This pattern knits up to a (standard UK weight) chunky yarn.

Yarn used: King Cole, Timeless Chunky, = 1 x 100g ball. Shade = Antique Cream.

Total metredge on 1 x 100 gram ball = 155m.

Needle Size: 6mm. 1 cable needle. (2 Ring style stitch-markers are useful, but optional).

Either a tapestry, or wool type sewing needle, (for sewing up your headband at the end).

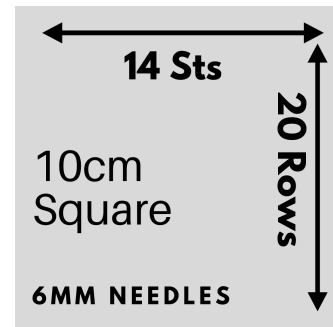
Cosy Cable Headband

TENSION

(Working stocking stitch, using 6mm needles).
Width: 14 stitches = 10cm. Length: 20 rows = 10cm.

Use of a Ring Stitch-Marker

When knitting the headband, I like to place a ring style stitch-marker on the needle, 6 stitches in from each edge, between the 9 stitch cable and the garter stitch border.



This just means that you automatically can see where the cable starts, at a glance.

This is completely optional and you can knit the headband without using a stitch-marker if you prefer.

ABBREVIATIONS AND TECHNIQUES

Cn = Cable needle

K = Knit

P = Purl

Sl = Slip stitch, across from the left to the right needle

Sm = Slip the stitch marker across from the left needle to the right needle

St / Sts = Stitch / Stitches

Wyif = With yarn in front



CABLE INSTRUCTIONS

C3F: Sl 3 sts to cn and hold in **FRONT** of the work, k3 from the left needle, then k3 from cable needle.

C3B: Sl 3 sts to cn and hold at the **BACK** of the work, k3 from the left needle, then k3 from cable needle.

HEADBAND INSTRUCTIONS

Cast on 21 sts.

FOUNDATION ROW - **WRONG SIDE**

Sl 1 wyif, K5, (**Place 1st stitch marker onto the right needle**), P9, (**Place 2nd stitch marker onto the right needle**), K6.

By placing stitch markers after the first 6 stitches and before the last 6 stitches, means that there will be 9 stitches in the middle panel.

RIGHT SIDE

Row 1: Sl 1 wyif, K5, sm, K9, sm, K6.

Row 2: (**WRONG SIDE**) and all wrong side rows. Sl 1 wyif, K5, sm, P9, sm, K6.

Row 3: (Cable Row). Sl 1, K5, sm, C3F, **K3**, sm, K6.

Row 4: Repeat Row 2.

Row 5: Rep Row 1.

Row 6: Repeat Row 2.

Row 7: (Cable Row). Sl 1 wyif, K5, sm, **K3**, C3B, sm, K6.

Row 8: Rep Row 2.

Rep Rows 1 – 8 until piece measures 19" (or desired length to fit snugly around the head) from beginning, ending on a wrong side row, with Row 8 being the finishing row.

Cast off in pattern, leaving a 12" long end for sewing both ends of the headband together.

Stitch both ends of the band together using mattress stitch, to complete your headband.

