

Knit Twisted Headband



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Knit Twisted Headband

It's a headband with a twist! Two cable stitches create the design and the ribbing ensures a perfect fit.

Designed by: Lorna Miser for Red Heart®

Stitches Used:

- Knit stitch
- Purl stitch
- Cable stitch

Finished Measurements: 2½" (6 cm) wide x 20" (51 cm) circumference (stretched).



Easy / Facile / Fácil

Supplies:

- 1 Ball – Red Heart® Soft®, Tangerine (or your choice of color or comparable yarn)
- 1 – Size 8 (5mm) knitting needles—your choice
- 1 – Cable Needle
- 1 – Yarn Needle, your choice



MEDIUM
4
MOYEN
Medio

Gauge:

24 sts = 4" (10 cm); 24 rows = 4" (10 cm) in 1x1 Ribbing. Use any size needle to obtain the gauge.
BE SURE TO CHECK YOUR GAUGE.

Abbreviations:

K = knit
cm = centimeters
p = purl
st(s) = stitch (es)

SPECIAL STITCHES

4/4 LT = slip 4 sts to cable needle and hold in front, (k1, p1) twice, (k1, p1) twice from cable needle. Left Twist.

4/4 RT = slip 4 sts to cable needle and hold in back, (k1, p1) twice, (k1, p1) twice from cable needle. Right Twist.

PATTERN STITCH

1x1 Ribbing

Row 1 (Right Side): *K1, P1* repeat from * across row.

Row 2 (Wrong Side): Knit the K sts, and purl the P sts.
Repeat rows 1–2.

Headband

Cast on 16 sts.

Work in 1x1 Ribbing until piece measures 9½" (24 cm) (stretched) from cast-on edge.

Next Row: Work 4/4 LT, then 4/4 RT.

Next 3 Rows: Work in 1x1 Ribbing.

Next Row: Work 4/4 RT, then 4/4 LT.

Continue working in 1x1 Ribbing until Headband measures 9½" (24 cm) (stretched).

Next Row: Bind off all sts leaving a 12" (30 cm) tail for sewing.

Finishing:

Thread yarn needle with tail, sew cast-on edge to bound-off edge. Weave in ends.

Tip:

Ribbing is one of the most common patterns in knitting. Just remember to always have your yarn in back when you knit and in front when you purl.