



DK166

Cascade 220 Sport
Cabled Headband



Designed By Margaret Santino

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Materials: 1 skein Cascade 220 Sport
100% Wool – 164 yd

1 pair size US 6 Knitting needles

1 size F Crochet hook (flower optional)

Gauge: 22-24 Sts = 4 inches

Abbreviations: K = knit P = purl SL = slip CN = Cable needle

Pattern worked over 11Sts.

Row 1 P1, K9, P1

Row 2 K1, P9, K1

Row 3 P1, C3B (slip next 3 Sts onto CN and hold at back of work, K1, K3 from CN), K1, SL next St onto CN and hold at front of work, K3, K1 from CN, P1

Row 4 same as Row 2

CAST ON 39 Sts

Row 1 With yarn held in front SL 1, Rib 13 Sts (P1, K1), (knitting in the back of knit stitch for all ribbing only), work Row 1 of pattern, Rib 14 Sts (P1, K1) to the end of row.

Row 2 With yarn held to the back SL 1, Rib 13 Sts (K1, P1), work Row 2 of pattern, Rib 14 Sts (K1, P1) to the end of row.

Row 3 With yarn held in front SL 1, Rib 13 Sts (P1, K1), work Row 3 of pattern, Rib 14 Sts (P1, K1) to the end of row.

Row 4 With yarn held to the back SL 1, Rib 13 Sts (K1, P1), work Row 4 of pattern, Rib 14 Sts (K1, P1) to the end of row.

Repeat these 4 rows until the work measures 21 – 21 ½ inches or desired length around head.

Do not bind off.

With right sides of work facing pick up and knit stitches from cast on edge (39 Sts). Using a 3 needle bind off to attach each of the ends together. You can decorate with button or a flower.

Flower (optional)
With F Hook

Round 1: Ch 4, (Join with a sl st to first Ch to form ring.)

Round 2: Ch 3, (Counts as first DC). 15 DC into center of ring, join with a sl st to top of Ch3.

Round 3: *Ch 3, Ckip next DC, sl st in next DC; Rep from * 7 times.

Round 4: Sl st into next Ch 3 sp, Ch 2, (DC,TR,DC,SC) into same Ch 3 Sp,
(SC,DC,TR,DC,SC) into each Ch3 sp around, sl st into first sl st (8 small petals made).
Secure yarn and cut leaving a small amount to attach flower.

Round 5: Working behind flower, join yarn with a sl st around between next 2 petals, repeat
from * 7 times, sl st, into beg sl st.

Round 6: Ch 3,(counts as first DC), (2DC, 3TR, 3DC), into each Ch 4 sp around, join with a sl
st to top of Ch 3 (8 large petals made). Secure yarn and leave a small tail to attach
flower. Sew flower securely to seam of headband. Weave in ends.