

Warm head band with Cables

A design from Atelier AOLT



I was looking for a pattern for a warm head band, I could not find exactly what I was looking for so I made my own pattern. It is a warm stretchy head band that covers the ears. It is closed with a button and button hole.

The technique for casting on and off is not described, there is a list and description of the stitches used.



Size and Materials

I used a yarn with 100 gram and 100 meters. If your yarn is similar you can use it for this pattern. I used 8 mm needles (us11) The head band used 45 grams of wool. You can use different materials but the size will be different.

The size of that part of my head is 57 cm. (starting from the neck, over the ears, to top of head and back down) The head band itself is about 55 cm including the overlap for button and buttonhole. If you close the head band it is about 52 cm. The head band needs to be slightly shorter because it is stretchy and has a better fit that way.

Stitches used:

- K = Knit 1 stitch, so K4 is knit 4 stitches.
- Ktbl = Knit 1 stitch, but through the back loop. This makes the stitch tighter and is used with the cables. K3tbl is knitting 3 stitches through the back loop.
- KFB = Increase 1 stitch by knitting both through the front and the back loop. (knit 1 stitch, but don't let it slide from the left needle yet, but knit again in the back loop.)
- SSK = Move 2 stitches one by one to the right needle as if to knit. Then put the left needle through the front of the two stitches and knit them both together.
- K2tog = Knit 2 stitches together
- YO = Yarn over, move the yarn to the front and knit the next stitch, this creates a hole.

Tip: Between the [] are the total amount of stitches on the needle. so [16] is 16 stitches.

Let's start knitting

Cast on 8 stitches, I used the long tail cast on

Row1: K2, K2tog, YO, K2tog, K2 [7] we create the buttonhole right away!

Row2: K7

Row3: K1, KFB, K2, KFB, K2 [9]

Row4: K9

Row5: K1, KFB, K4, KFB, K2 [11]

Row6: K11

Row7: K1, KFB, K6, KFB, K2 [13]

Row8: K4, P6, KFB, K2 [14] Yes, you do increase 1 stitch here on the wrong side

Row9: K1, KFB, P2, K6, KFB, P1, K2 [16]

we have 16 stitches on the needles now and are done increasing.

Row10: K5, P6, K5
Row11: K2, P3, K6, P3, K2
 Row12: Repeat row10
 Row13: repeat row11
 Row14: repeat row10

On to the cables.

Row15: K2, P3, put 3 stitches on extra (cable)needle, keep at front, K3tbl then K3 stitches on the extra needle, P3, K2 (pull the P stitches slightly tighter for a nice result)

Row16: repeat row10

Row17: repeat row11

Row18: repeat row10

Row19: repeat row11

Row20: repeat row10

Row21: repeat row11

Row22: repeat row10

Row23: repeat row11

Row24: repeat row10

Repeat row15-24 five times
 (four times for a smaller head band, six times for a bigger one.) Each repeat is about 6,5 cm depending on yarn, needles etc. If you want to make the head band just a tiny bit shorter or longer, you can do that at the decrease part.

Decreasing

RowM1: repeat row15 (laste time to do the cable stitches) [16]

In the next part you can make the head band slightly shorter by starting directly with row M4 or make it longer by repeating row M2 and M3 one or two times. Otherwise just continue with M2

RowM2: K5, P6, K5 [16]

RowM3: K2, P3, K6, P3, K2 [16]

RowM4: K5, P6, K5 [16]

RowM5: K1, SSK, P2, K6, P2, K2tog, K1 [14]

RowM6: K4, P6, K4 [14]

RowM7: K1, SSK, P1, K6, P1, K2tog, K1 [12]

RowM8: K12

RowM9: K1, SSK, K6, K2tog, K1 [10]

RowM10: K10

RowM11: K1, SSK, K4, K2tog, K1 [8]

RowM12: K1, SSK, K2, K2tog, K1 [6] Yes, last decreases are on the wrong side.



Finishing:

Cast off the last 6 stiches on the needle. Weave in the ends, I did use the yarn on the end with the button hole to fortify the button hole a tiny bit. Attach a button on the other end. Finished!

Enjoy - Alita Kramer - Atelier Aolt

I love to hear your suggestions or errors in the pattern.

PS. You are allowed to sell the finished product, you are not allowed to sell the pattern.

You are allowed to share the pattern, but completely and please link to my website [www. aolt.nl](http://www.aolt.nl)

Thank you !