

Ladies' Lined Winter Headband

Knit

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Materials Needed

- 1 Ball Worsted Weight Yarn (Size 4, Medium)
- Knitting Needles – Size 9 (5.5mm)
- Cable Needle
- Yarn Needle
- Fleece or Flannel Fabric
- Sewing Machine (Optional)
- Sewing Needle

Abbreviations

- k: knit
- p: purl
- rep: repeat
- st: stitch
- 4/4 rc: slip 4 sts to cable needle and hold to back, k4, k4 from cable needle

Notes

- Skill level: Intermediate
- Gauge: Working in pattern, 22 sts x 20 rows = 3.5" x 3.5" (adjust needle size to ensure correct gauge)

Pattern

Cast on 22 sts

Row 1: k each st across

Row 2: k7, p8, k7

Row 3: k5, p2, k8, p2, k5

Row 4: k7, p8, k7

Row 5: k5, p2, k8, p2, k5

Row 6: k7, p8, k7

Row 7: k5, p2, 4/4 rc, p2, k5

Row 8 – 109: rep rows 2 through 7 (17 times more) for a total of 18 cables.

- Note: Add extra length or remove as needed in full cable sets (rows 2 through 7). Once desired length is achieved continue to row 110.

Row 110: k7, p8, k7

Row 111: cast off knitwise, leaving a long tail for sewing.

Pattern: Finishing Touches

- Place finished headband flat on lining fabric. Cut a rectangle using the headband as the pattern, leaving 5/8" extra fabric on each of the short ends for seams. (Note: Place the headband on the fabric so that the fabric stretches with the headband.)
- With right sides together, sew the fabric to the headband on the long sides only using a 5/8" seam allowance. Fold the extra fabric on both short ends over and away from the knit side, and sew them down with the seams to allow for easier hand stitching at the end of the pattern. (Note: If using a sewing machine for this part, make sure the knit side is up so that it doesn't get caught in the machine.)
- Pull the headband through itself so that the right sides are facing out.
- On the knit side, using a yarn needle and the long sewing yarn, stitch the opening shut. Weave in all yarn ends.
- On the fleece side, make sure the seam allowances are folded in (as they should be from when you folded them over above) and hand stitch closed.



fleece cut using knit band as pattern



fleece and band sewing right sides together on long edge



finished headband