

UNO CABLE HEAD BAND

By Terry Liann Morris – SailingKnitter

Let the yarn do the talking for this simple one (uno) cabled headband, or choose a solid colored yarn for a more subdued effect. Instructions are given for adult women's medium size, but feel free to shorten to fit a youngster.

Materials

110 yards Worsted weight yarn of your choice. Top sample knit with Silk Garden by Noro, 45% silk, 45% Kid Mohair, 10% Lamb's Wool, 1 skein. Sample knit in Colorway #74

US Size 8 (5.0mm) needles

Size

One size fits all – child to adult

Gauge

5 sts. = 1"

Cast on 4 stitches.

Row 1: Knit

Row 2: Knit

Row 3: k1, m1, k2, m1, k1

Rows 4 & 5: knit

Row 6: k1, m1, k4, m1, k1

Rows 7 & 8: knit

Continue in this established pattern of increasing 2 stitches every 3rd row until you have 20 stitches.

Begin cable patterning

Rows 1, 3, 7, & 9 (right side): slip 1, k19

Rows 2, 4, 6, 8, & 10 (wrong side): slip 1, k5, p8, k6

Row 5: slip 1, k5, Cable Cross 8 Back as follows:

Slide the next 4 stitches onto a cable needle

Hold these stitches in the back of your work

Knit the *next* 4 stitches

Now, knit the 4 stitches from the cable needle

K6

Repeat these 10 rows of the cable pattern until piece measures 17" from Cast on edge.



Decreases

Row 1: k1, k2tog, k14, k2tog, k1

Rows 2 & 3: knit

Row 4: k1, k2tog, k12, k2tog, k1

Rows 5 & 6: knit

Row 7: k1, k2tog, k10, k2tog, k1

Rows 8 & 9: knit

Continue in this established pattern of decreasing 2 stitches every 3rd row until you have 4 stitches. Knit 2 more rows. Bind off. Cut yarn tail 10" long.

Sew Cast On and bind off edges together using Bind off yarn tail. Weave in ends. Alternatively, attach corded ties to the ends and tie at the base of your neck, or make a button loop and sew on a button. Enjoy!