This is a small project that is packed with lessons for you: It has a cable, stitches in the cable are wrapped in a contrast color, and it has a picot-edged hem. This could be worked very successfully in wool for a winter headband.

**How to Make the Cable Knit Headband**

**HEADBAND**

1. With B, CO 86 (92, 104, 110) sts. Work 8 rows St st.
2. Next row (RS—Work eyelet): K1, *K2tog, yo; rep from * to last st, end k1.
4. Changing to A and, beg with a knit row, work 3 rows St st.
6. Next row: K1, *row 2 cable; rep from * 14 (15, 17, 18) times across row, end k1.
7. Cont working cable rep as set, with 1 extra st each end, through last row (row 10) of cable panel.
10. Beg with a purl row, work 7 rows St st.
11. BO sts knitwise.

**FINISHING**

1. Weave in ends.
2. Fold headband in half with RS together and backstitch (see page 141) short ends together to form band.
3. Fold in edges with WS together at eyelet rows to form picot edges at both sides and stitch cast-on edge and bound-off edge tog all around.
4. Lightly steam. Tack at intervals with needle and yarn or thread through both thicknesses to secure.

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**Specifications**

**SIZES**

XS (S, M, L)
15½ (16¾, 18, 20) inches

**MATERIALS**

1 skein each Dale of Norway Svala (50% cotton/10% silk/40% viscose, 114 yards/50g skein) in lime green #9425 (A) and yellow #2005 (B)

**GUAGE**

22 stitches and 28 rows to 4 inches over stockinette stitch on size 5 (3.75mm) needles

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**Pattern Stitches**

**T2F STITCH**

Slip next st onto cn and hold at front. P next st from left needle and then k st from cn.

**T2B STITCH**

Slip next st onto cn and hold at back. K next st from left needle and then p st from cn.

**CABLE PANEL (6 STS)**

Row 1 (WS): P1, k4, p1.
Row 2 (RS): T2f, p2, t2b.
Row 3: P2, k2; sl last 2 sts worked onto cn and wrap yarn B around these 2 sts six times, counterclockwise; sl the two wrapped sts back to the right needle; p2.
Row 4: P1, t2f, t2b, p1.
Row 6: P2, k2; sl last 2 sts worked onto cn and wrap yarn B around these 2 sts six times, counterclockwise; sl the two wrapped sts back to the right needle; p2.
Row 8: P1, t2f, t2b, p1.
Row 10: T2b, p2, t2f.