



SINGLE TWIST HEADBAND

We took a super bulky-weight yarn and worked it on a smaller needle to create a dense—yet plush—and reversible headband featuring one big ribbed cable. It's cute and chic worn with the twist in the front or back!

- Finished Sizes:** **Child (Adult):** Approx. 3 (4)"/7.5 (10)cm wide; work to approx. 1–2"/2.5–5cm less than head size for a snug fit. Our samples measure approx. 15 (18½)"/38 (47)cm around.
- Yarn:** 1 skein Madelinetosh A.S.A.P. (90 yds/82m each). *Note: 1 skein is plenty for one child and one adult size headband.*
Child: Approx. 35 yds/32m of an equivalent super bulky-weight yarn.
Adult: Approx. 50 yds/46m of an equivalent super bulky-weight yarn.
- Needles** US 10½ (6.5mm) needles, or size to obtain gauge.
& Notions: Spare circular or one double-point needle one size smaller than gauge needle.
US J/10 (6mm) crochet hook and smooth waste yarn for provisional cast-on.
2 locking markers. Darning needle to finish.
- Gauge:** Approx. 20 sts = 4"/10cm in pattern, unstretched, after blocking.
- Glossary:** **Ch** = chain; **K** = knit; **K1TBL** = knit 1 through back loop; **P** = purl; **Sl** = slip specified number of stitches from left needle to right needle without working them (slip purlwise unless specified otherwise); **St(s)** = stitch(es); **WYIF** = with yarn in front.
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- Instructions given for child size; adult size in parentheses ().*
- Provisional Cast on:** Work provisional crochet cast-on as follows:
Make a slip knot with waste yarn and place loop onto crochet hook. Hold gauge needle and waste yarn in left hand and crochet hook in right; form an 'X' with left-pointing hook on top of right-pointing needle, and yarn behind needle (knitting needle is 'sandwiched' between hook and yarn).
Using crochet hook, Ch 1, pulling yarn through loop on hook and catching needle under chain. Bring yarn back behind needle. Repeat between * * until **16 (20) sts** are cast onto needle.
Continuing with waste yarn and hook only, Ch 3; place a locking marker into last chain; cut yarn, tighten around locking marker.
- Ribbing:** Set-up row 1: Join working yarn, leaving 8"/20cm tail to weave in later; knit to end of row.
Set-up row 2: *K1, P1* to end; clip locking marker into this side of fabric. *Note: While there is no right or wrong side, marker will help set you up for grafting later.*
Row 1: K1TBL, *P1, K1*; repeat between * * to last st, WYIF Sl 1.
Repeat Row 1 until work measures approx. half the desired finished length (approx. 7½ (9¼)"/19 (23.5)cm) from cast-on edge.

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Cable: Set-up row: K1TBL, *P1, K1* 3 (4) times, P1; using e-loop (aka thumb loop) cast-on method, cast on 1 st; *K1, P1* to end, using e-loop method, cast on 1 st. *Note: Because cable spans several stitches, these cast-on sts, once removed on following row, will provide ease while working cable.*

Cable row: With spare needle, slip cast-on st and next 8 (10) sts purlwise; move spare needle to back of work. Working off gauge needle, drop cast-on st, K1TBL, *P1, K1*; repeat between * * to last st, P1. Working off spare needle, drop cast-on st, K1, *P1, K1* to last st, WYIF Sl 1.

Ribbing: Continue in ribbing as established until desired length (1–2"/2.5–5cm less than head size), ending with unmarked side; cut yarn leaving 1 yd/m tail for grafting.

Graft in ribbing: Remove locking marker from chain and unzip provisional cast-on chain, picking up live sts onto spare needle (be sure to pick up final partial stitch onto needle). Make sure you have 16 (20) sts and each st is sitting with correct orientation on needle (i.e., right leg in front).

Thread long grafting tail onto darning needle (darnar). Bring spare needle up behind gauge needle to form a loop (being careful not to twist). Hold two needles parallel in left hand, with left index finger inserted down between needles to keep grafted sts slack, and graft in ribbing as follows:

Step 1: Insert darnar into first st on **front** needle **purlwise**; leave st on needle and pull yarn through (do not pull up tightly).

Step 2: Insert darnar into first st on **back** needle **purlwise**. Lift st off needle, but do not pull yarn through st yet.

Step 3: Insert darnar into next st on **back** needle **knitwise**; leave st on needle and pull yarn through (do not pull up tightly).

Step 4: Insert darnar into first st on **front** needle **knitwise**. Lift st off needle, but do not pull yarn through st yet.

Step 5: Insert darnar into next st on **front** needle **knitwise**; leave st on needle and pull yarn through (do not pull up tightly).

Step 6: Insert darnar into first st on **back** needle **knitwise**. Lift st off needle, but do not pull yarn through st yet.

Step 7: Insert darnar into next st on **back** needle **purlwise**; leave st on needle and pull yarn through (do not pull up tightly).

Step 8: Insert darnar into first st on **front** needle **purlwise**. Lift st off needle, but do not pull yarn through st yet.

Repeat Steps 1–8, ending with Steps 1–6, then Step 8. Every few sts, use tip of darnar to adjust tension of grafted sts to match tension of work.

Finishing: Weave in ends as invisibly as possible, using tails to close up any gaps.

Soak piece for 20 minutes in cold water with a little no-rinse wool soap. Gently squeeze out as much water as possible. Roll in a towel and gently squeeze out more moisture. Lay piece flat on moisture-safe surface. *Note: Superwash yarn has a tendency to grow when wet; gently nudge headband into shape.*

Allow to dry thoroughly.