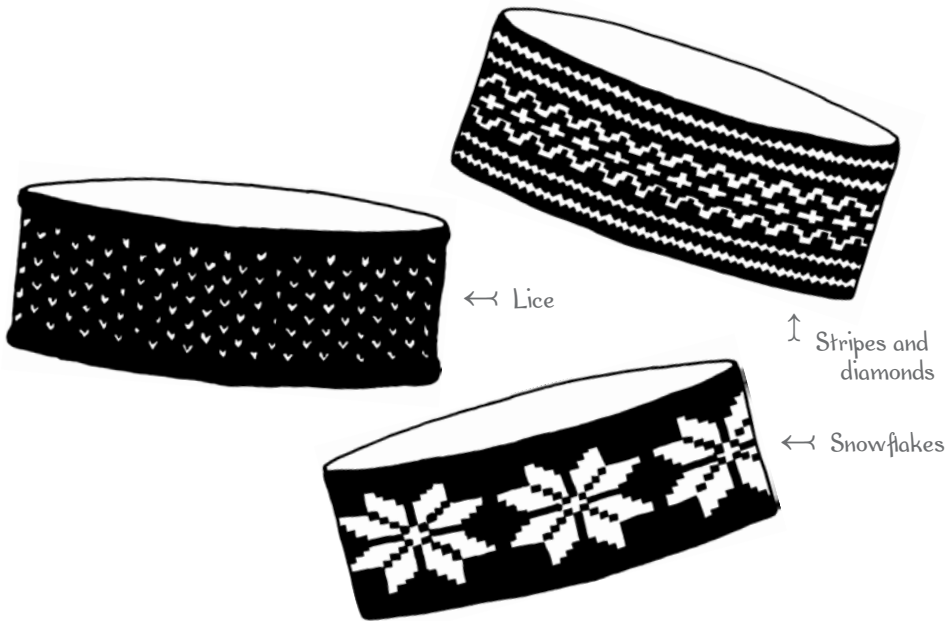


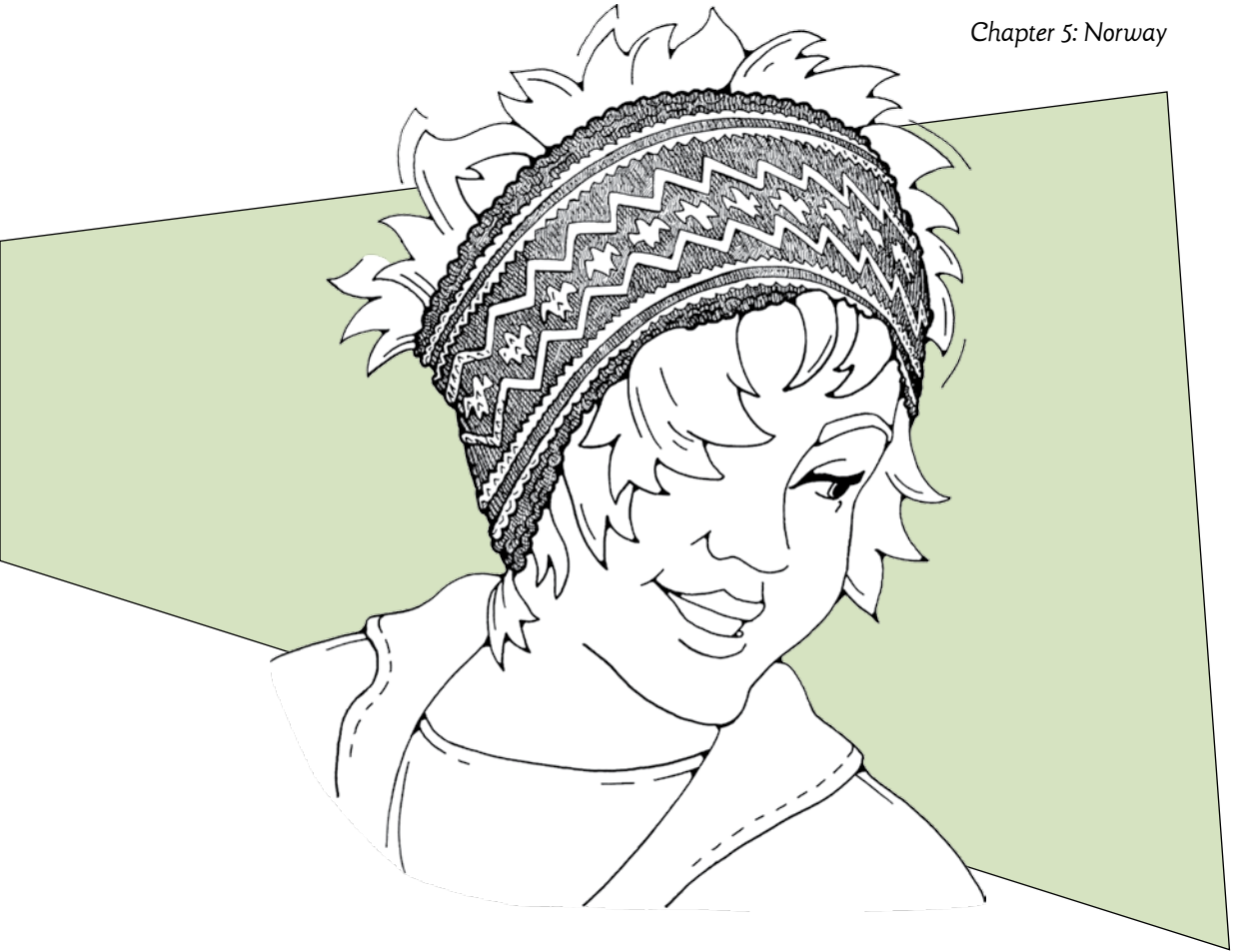
Headband

This headband is a quick knit that will provide an introduction to knitting with two colors. Each headband offers practice working with one pattern stitch. If you make a headband in each pattern you plan to use in your sweater, you will have all the stitch patterns memorized—and a headband for every day of the week.



↙ Color patterning worked in the round

These illustrations show headbands that are 20 inches (51cm) in circumference and about 4 inches (10 cm) wide in worsted-weight yarn with 5 stitches and about 6 or 7 rows to the inch (20 stitches and 24 to 28 rows to 10 cm).



Get ready *yarn & needle*

Norway
Headband

Yarn

Smooth yarn will show off the stitches and color patterns best, making it easy to keep track of where you are on the chart.

Any weight of yarn will work, but for practice I suggest a medium-weight yarn and U.S. size 7 or 8 U.S. (4.5 or 5 mm) knitting needles. Approximately 50 yards (46 m) of each color will be ample for making a headband.

Knitting needle

In a size appropriate for the yarn you've chosen:

- ✧ Circular needle: 16 inches (40 cm) long

Needle guidelines are on page 22.

Stitches and gauge

- ① Select the stitch for your headband. Use a pattern shown on the sample illustration, or choose your favorite from the other charts on pages 106 and 107.
- ② Make a gauge swatch in the pattern stitch you have chosen.
- ③ Measure your stitch gauge. Write on the planning worksheet on page 111.

Size

- ① Select a size for your headband and write the measurements in the boxes on the planning worksheet on page 111. These headbands fit snugly. If you want a looser band, add 1 or 2 inches (a few centimeters) to the circumference.
- ② Use the calculations on the worksheet to figure the remaining numbers.
- ③ Transfer the numbers to the visual plan below and the step-by-step instructions on page 111, depending on how much guiding detail you would like to have while you knit.

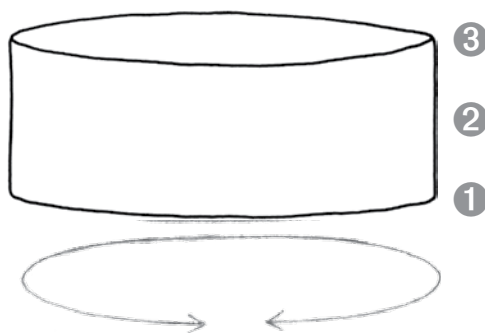
☆ Child: 16-inch (40.6-cm) circumference

☆ Adult medium: 18-inch (45.7-cm) circumference

☆ Adult large: 20-inch (50.8-cm) circumference

Knit! *option 1: using a visual plan*


For knitters who are ready to work from the basic concept



- ① Cast on ___ stitches
- ② Knit pattern stitches
- ③ Bind off and finish

Head circumference = ___ inches/cm
Number of stitches = ___ (gauge x circumference)

Knit! *option 2: using a planning worksheet*Norway
Headband*For knitters who want to plan thoroughly in advance***Measurements and stitch counts**

	Calculation	Example	Description
<i>Stitch gauge</i>	___ stitches = 1 inch or 1 cm	5 stitches = 1 inch	Stitch gauge is critical for knitting a headband that fits properly.
<i>Circumference</i>	___ inches (cm)	20 inches	Desired circumference of headband.
 <i>Main number of stitches</i>	___ x ___ = ___	20 x 5 = 100 stitches	Multiply the circumference by your stitch gauge to calculate the number of stitches . Remember to center your stitch pattern or round the stitch count up or down as necessary (see pages 33 and 34).

Knit! *option 3: a step-by-step project sheet*Norway
Headband*For knitters who would like detailed instructions*

Do the calculations on the planning worksheet above so you have the numbers to fill in here.

1 Cast on

Cast on ___ stitches (**main number of stitches**). Join, being careful not to twist, and knit in the round.

2 Knit the headband

Work entire chart of chosen pattern once or twice, until headband is the desired width.

3 Finishing

Bind off.

Weave in the ends.

If you like, you can line the headband with fleece fabric.

Technical note: As alternatives to the fleece fabric lining, you can leave the headband as is (the edges will curl forward slightly) or you can work a few rows of a non-rolling stitch (like garter stitch or seed stitch) after the cast-on and before the bind-off.