Knit • Advanced beginner (first cables)

Woodstack Cable Headband

A warm ear-warmer headband with two mirrored cables, knitted flat and seamed. Each cable crosses once every eight rows, so it is a calm way to learn cables with a cable needle.

Size

About 4 in (10 cm) wide and 18 in (46 cm) around after seaming; stretches to fit a head of about 20–22 in (51–56 cm).

Materials

- Yarn: worsted-weight (#4) wool or wool blend, about 110 yds (100 m).
- Needles: US 8 (5 mm) straight needles.
- Notions: cable needle, tapestry needle.

Gauge

20 sts and 28 rows = 4 in (10 cm) in stockinette. The cables pull the fabric in a little; gauge is not critical.

Abbreviations

k: knit
C6B: cable 6 back: slip 3 sts to the cable needle and hold at the back, k3, then k3 from the cable needle
RS / WS: right side / wrong side
p: purl
C6F: cable 6 front: slip 3 sts to the cable needle and hold at the front, k3, then k3 from the cable needle
st(s): stitch(es)

Notes

- The 3 sts at each edge are knitted on every row (garter stitch) so the edges lie flat.
- The cables cross on every 8th row. A second counter in Row & Round, linked to the first and counting to 8, shows where you are in each repeat.
- On WS rows, knit the stitches that look like purl bumps and purl the ones that look like knit Vs.

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Cast on 24 sts.

☐ Edge

Rows 1–4: Knit.

☐ Cables

Row 5 (RS): K3, p2, C6B, p2, C6F, p2, k3.
Row 6 (WS): K5, p6, k2, p6, k5.
Row 7 (RS): K3, p2, k6, p2, k6, p2, k3.
Row 8 (WS): K5, p6, k2, p6, k5.
Row 9 (RS): K3, p2, k6, p2, k6, p2, k3.
Row 10 (WS): K5, p6, k2, p6, k5.
Row 11 (RS): K3, p2, k6, p2, k6, p2, k3.
Row 12 (WS): K5, p6, k2, p6, k5.
Rows 13–124: Work 14 more repeats of the last 8 rows.

☐ Edge

Rows 125–128: Knit.

☐ Finishing

- Bind off knitwise on the RS, leaving a 12 in (30 cm) tail.
- With the RS facing out, sew the bound-off edge to the cast-on edge with the tail. Weave in the ends and turn the seam to the inside.

Follow this pattern row by row in Row & Round
Open this PDF in Row & Round and a highlighter bar sits on your row. Tap +1 and the count and the bar move together. Row & Round: Knit & Crochet, on the App Store for iPhone and iPad · rowandround.app

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