

ME/CFS Blue and White Crocheted Ribbon

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4/2/2025

Materials: about 6 yards of blue DK or worsted weight yarn and about 1 yard of white DK or worsted weight yarn

Appropriate size hook for the yarn—the sample was made using a size G/6 hook.

Instructions:

With blue yarn, chain 30.

Row 1: Work 1 half double crochet (HDC) in 3rd chain from hook (counts as 1 HDC), work 1 HDC in each of the next 10 chain stitches; *work 2 HDC in next chain stitch, work 1 HDC in next chain st, repeat from * 4 times; work one HDC in next chain stitch; chain 1, skip one chain; work one HDC in each of the remaining 8 chain stitches (32 HDC and 1 chain space). End off blue yarn, leaving a tail to be sewn in later.

Row 2: Attach white yarn and work one slip stitch in every stitch. End off white yarn, leaving a tail to be sewn in later.

Finishing: Use a blunt tapestry needle to sew in the tails. Pull one end of the “ribbon” through the chain one space from row 1, to create a crossed ribbon effect.

