

## Heart Cable Headband (alternative with thin back strap)

Adapted by Maggie Potter from original pattern by JaJaYarn

This adaptation of the original pattern was designed to better accommodate more hair types and styles. Hopefully, it should fit afros better than a thick-all-the-way-around headband. Enjoy!

US 5 / 3.75 mm *You can use circular or straight needles.*

DK to Worsted (Light aka 3) weight yarn. *I recommend considering the color of your other cold weather garments. Also, when knit in pink or red, the pattern more obviously suggests hearts.*



Pattern:

Cast on 12 stitches with smooth scrap yarn (preferably a different color than project) with a provisional cast on of your choice. *This cast on will be unwoven when you stitch together the loop at the end.*

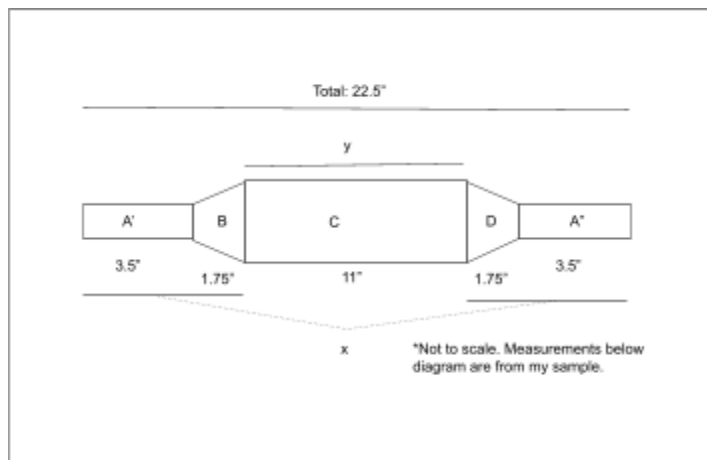
Switch to Main Yarn.

Knit 5 rows in garter stitch. ○ ○ ○ ○ ○

Knit chart A twice (x2) - simple twist.

Knit chart B once (x1) - increasing to 36 stitches.

Knit chart C 5 to 8 times - main heart pattern.



*To determine the number of repeats of the main heart pattern, complete the following equations (all measurements are in inches).*

$x =$  length of knitted simple twist and increase section (A' and B).

$x =$  \_\_\_\_\_

$22.5 - 2(x) = y =$  optimal length of main heart pattern section (C).

$y =$  \_\_\_\_\_

*Measure as you knit the main heart pattern in order to achieve measurement as close and possible to y. Complete the full chart for all repeats (ie. do not complete only rows 1-7 of chart C in order to achieve desired length.)*

Knit chart D once (x1), decreasing to 12 stitches.

Knit chart A twice (x2) - simple twist.

Knit 5 rows in garter stitch. ○ ○ ○ ○ ○

Remove the provisional yarn and put the first row of main yarn stitches on a needle. Sew the 2 ends together using the Kitchener stitch (be sure not to make a mobius strip 😊). Weave in ends.

Kitchener Stitch Instructions by Liat Gat (Knit Freedom):

### Kitchener Stitch

**FRONT NEEDLE**

1 "Knit OFF"  
Knitwise into 1<sup>st</sup> stitch on FRONT NEEDLE  
Stitch comes off

2 "Purl"  
Purlwise into 1<sup>st</sup> stitch on FRONT NEEDLE

**BACK NEEDLE**

3 "Purl OFF"  
Purlwise into 1<sup>st</sup> stitch on BACK NEEDLE  
Stitch comes off

4 "Knit"  
Knitwise into 1<sup>st</sup> stitch on BACK NEEDLE

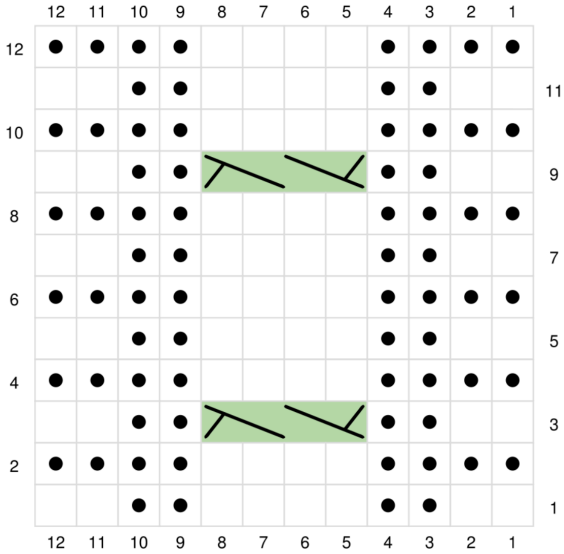
Repeat 1-4



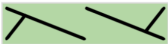
**SETUP**  
Cut a 15-inch tail  
Thread onto tapestry needle  
Do steps 2 and 4 once.

TIP: Always keep working yarn UNDER needles

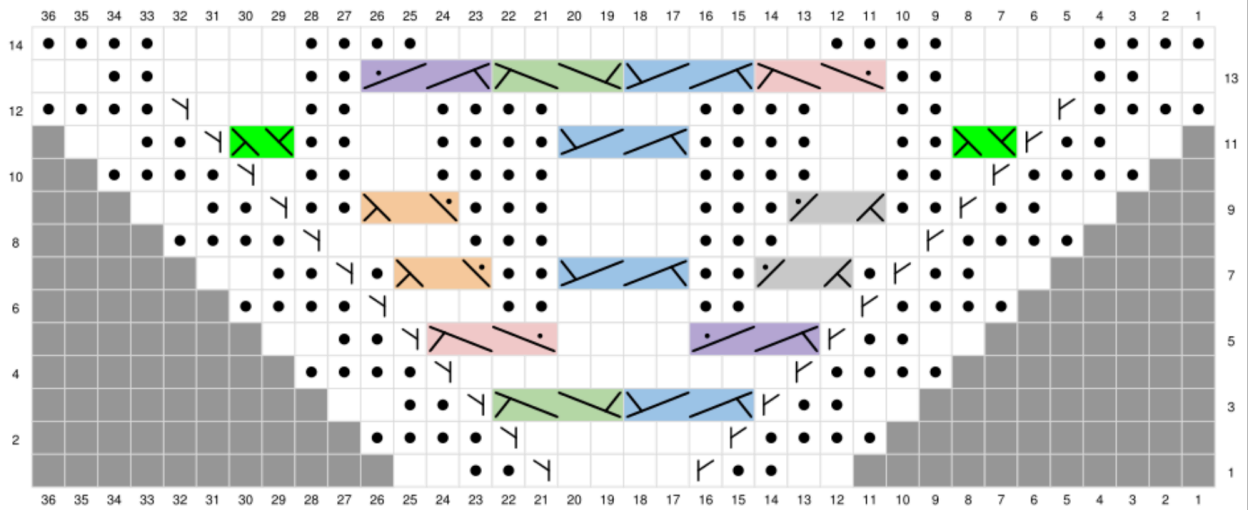
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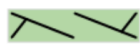








Cable Chart A:



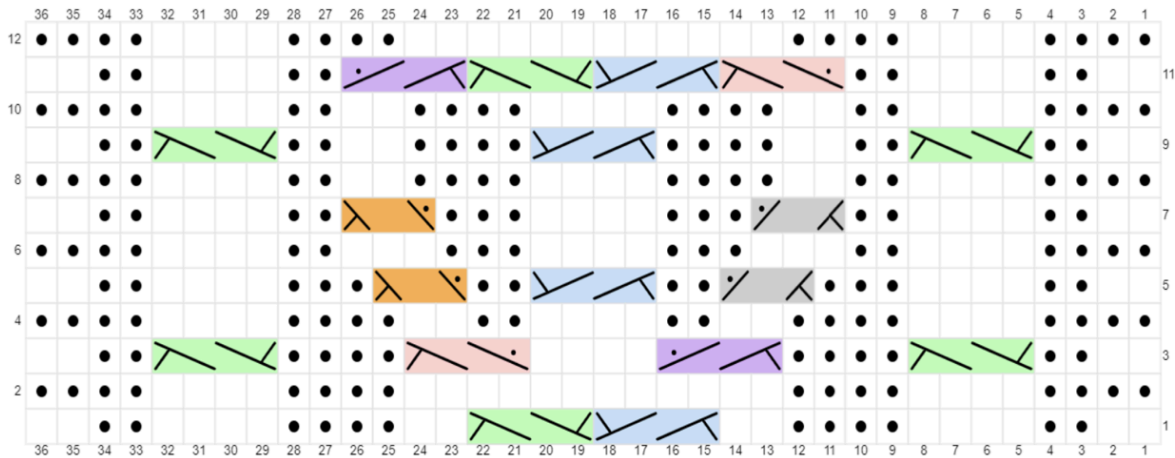
-  RS: Knit  
WS: Purl
-  RS: Purl  
WS: Knit
-  2/2 LC

# Cable Chart B:



-  RS: Knit  
WS: Purl
-  RS: Purl  
WS: Knit
-  2/2 RC
-  2/2 LC
-  2/2 RPC
-  2/2 LPC
-  2/1 RPC
-  2/1 LPC
-  No stitch
-  RS: Make 1 left leaning  
WS: Make 1 purwise left leaning
-  RS: Make 1 right leaning  
WS: Make 1 purwise right leaning
-  1/1 LC

## Cable Chart C: (credits to JaJaYarn)



Knit (RS) Purl (WS)



Purl (RS) Knit (WS)



Slip 2 stitches to cable needle and hold behind work, knit 2, knit 2 from the cable needle



Slip 2 stitches to cable needle and hold in front of work, knit 2, knit 2 from the cable needle



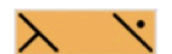
Slip 2 stitches to the cable needle and hold behind work, knit 2, purl 2 from the cable needle



Slip 2 stitches to the cable needle and hold in front of work, purl 2, knit 2 from the cable needle

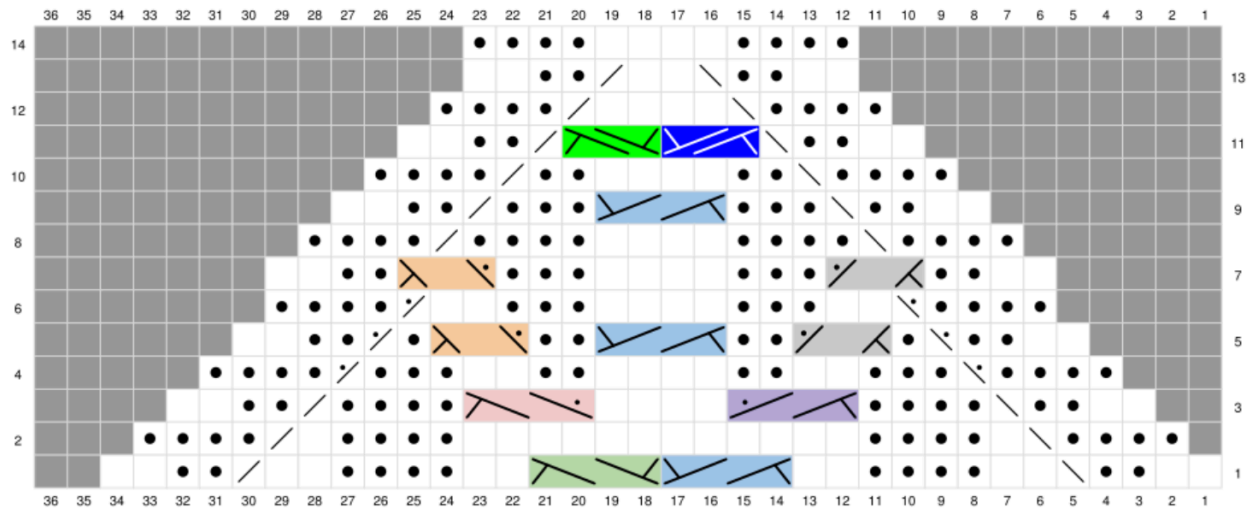



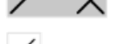



Slip 1 stitch to the cable needle and hold behind work, knit 2, purl 1 from the cable needle



Slip 2 stitches to the cable needle and hold in front of work, purl 1, knit 2 from the cable needle

Chart D:



-  RS: Knit  
WS: Purl
-  RS: Purl  
WS: Knit
-  2/2 RC
-  2/2 LC
-  2/2 RPC
-  2/2 LPC
-  2/1 LPC
-  2/1 RPC
-  RS: Knit 2 together  
WS: Purl 2 together
-  RS: Slip, slip, knit  
WS: Purl 2 together through back loop
-  No stitch
-  Slip 1 stitch to the cable needle and hold behind work, knit 2, knit 1 from cable needle.
-  Slip 2 to cable needle, hold in front of work, knit 1, knit 2 from cable needle
-  Slip 2 stitches to the cable needle and hold in front of work, purl 2 together, knit 2 from the cable needle.
-  Slip 2 stitches to the cable needle and hold behind work, knit 2, purl 2 together from cable needle.
-  RS: Purl 2 together through back loop  
WS: Slip, slip, knit
-  RS: Purl 2 together  
WS: Knit 2 together