

Honey & Salt Hat



This design is my love letter to vintage Aran knitting, the fisherman-seaside aesthetic, and my childhood memories of windy, brisk holidays along the Norfolk coast. The Honey & Salt Hat is knit flat and then seamed, and makes the perfect challenge for knitters who want to start combining cabling techniques for a unique texture. Once knit up, this hat is thick, warm and cozy making it the perfect addition to any late autumn/winter wardrobe.

Difficulty Level

Advanced Beginner/Intermediate

Techniques Used

- Cast on
- Cables & Twists
- Decreasing
- Knit & Purl
- Knit One Below
- Purl One Below
- Seaming (Mattress Stitch)

One Size Fits All

Circumference: 52 cm

Length with folded cuff: 16 cm

Total length (unfolded cuff): 24 cm

Materials

Yarn:

Drops Nepal (65% wool, 35% alpaca; 50 g skein = approx 75 m); 4 skeins needed

Note: approx. 250m used for samples

OR an Aran weight yarn that matches Gauge, detailed on the right side.

Needles:

4mm/US 6 35cm straight knitting needles, **OR** circular needles that measure in total about 40cm.

4.5mm/US 7 35cm straight knitting needles, **OR** circular needles that measure in total about 40cm.

Notions:

- Cable needle
- Safety pins
- Stitch markers — removable
- Tapestry needle
- Scissors

Gauge

This pattern uses two distinct cable sections, each knit with a different needle size. To ensure accuracy and the best fit for your hat, work the two separate gauge swatches as listed below and wet block them before measuring.

Swatch 1 - 4mm (US 6) needles:

Note: I recommend that you work a swatch that's 32 sts x 32 rows to allow for 4 full repeats of the stitches described in the brackets below. Remember that 28 sts will measure 10 cm.

10 x 10 cm = 28 sts x 32 rows in the following pattern:

Row 1: [P2, K4, P2], repeat [...] until end of row

Row 2: [K2, P4, K2], repeat [...] until end of row

Row 3: [T4B, T4F], repeat [...] until end of row

Row 4: [P2, K4, P2], repeat [...] until end of row

Row 5: [K2, P4, K2], repeat [...] until end of row

Row 6: Same as Row 4

Row 7: [T4F, T4B], repeat [...] until end of row

Row 8: Same as Row 2

Swatch 2 - 4.5mm (US 7) needles:

10 x 10 cm = 24 sts x 30 rows in the following pattern:

Row 1: P2, K1, P4, K1, P2, K4, P2, K1, P4, K1, P2

Row 2: K2, P1B, K4, P1B, K2, P4, K2, P1B, K4, P1B, K2

Row 3: P2, K1B, P4, K1B, P2, C4F, P2, K1B, P4, K1B, P2

Row 4: Same as Row 2

If your gauge measures less than the required size, try a larger needle size. If the gauge measures more, try a smaller needle size.

Glossary of Terms

CO - Cast on

C4F - [Cable 4 Front](#) (for tutorial, use link or scan code below)

K - Knit

K1B - Knit 1 Below

K2TOG - Knit 2 Together

P - Purl

P1B - Purl 1 Below

P2TOG - Purl 2 Together

RS - Right side

SL - Slip stitch

STS – Stitches

T4B - Twist 4 Back (SL next 2 sts to a cable needle and hold at back of work, K2 sts, P2 sts from cable needle)



T4F -Twist 4 Front (SL next 2 sts to a cable needle and hold at front of work, P2 sts, K2 sts from cable needle)

WS - Wrong side

BEFORE YOU BEGIN

Ensure you have knit a correct-to-measure gauge swatch.

If your gauge differs, this may result in incorrect measurements or proportions.

Need extra support? I've filmed step-by-step KAL videos to guide you through tricky parts of the Honey & Salt Hat. You can find them [here](#), or scan the QR to see.



— Pattern Begins Here —

HONEY CABLE - HAT CUFF

With 4mm/US 6 35cm flat or 40 cm circular needles, cast on 138 sts using the Long Tail method.

Work the honeycomb cuff, by repeating the following 8 rows a total of 5 times (shown in chart A1 on page 8):

Row 1 (RS): P1, [P2, K4, P2], repeat [...] 17 times until 1 ST remains, P1

Row 2 (WS): K1, [K2, P4, K2], repeat [...] 17 times until 1 ST remains, K1

Row 3 (RS): P1, [T4B, T4F], repeat [...] 17 times until 1 ST remains, P1

Row 4 (WS): K1, [P2, K4, P2], repeat [...] 17 times until 1 ST remains, K1

Row 5 (RS): P1, [K2, P4, K2], repeat [...] 17 times until 1 ST remains, P1

Row 6 (WS): Same as Row 4

Row 7 (RS): P1, [T4F, T4B], repeat [...] 17 times until 1 ST remains, P1

Row 8 (WS): Same as Row 2

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Work rows 1-3 again.

Your work should measure approx. 15 cm from the cast-on edge.

This completes the cuff section.

Size up to 4.5mm/US 7 35cm flat or 40 cm circular needles to decrease by a total of 16 sts as follows:

Decrease Row (WS): K1, [P6, P2TOG] repeat [...] 16 times, P8, K1

You have 122 sts.

SALT CABLE - MAIN HAT REPEAT

Main Cable Repeat

Work the following 4 rows a total of 4 times (shown in chart A2 on page 9):

Notes:

- *If you prefer to/need to simplify the sts, you can work K in place of K1B on the right side and P instead of P1B on the wrong side.*
- *If necessary, you can place a marker to delineate each of the 24-stitch cable repeats, keeping track of where each one starts and finishes.*

Row 1 (RS): P1, [P2, K1B, P4, K1B, P2, K4, P2, K1B, P4, K1B, P2], repeat [...] 5 times until 1 ST remains, P1

Row 2 (WS): K1, [K2, P1B, K4, P1B, K2, P4, K2, P1B, K4, P1B, K2], repeat [...] 5 times until 1 ST remains, K1

Row 3 (RS): P1, [P2, K1B, P4, K1B, P2, C4F, P2, K1B, P4, K1B, P2], repeat [...] 5 times until 1 ST remains, P1

Row 4 (WS): Same as Row 2

Your work should measure approx. 20 cm from the cast-on edge.

Shaping The Top

Work the following series of decreases to shape the top of the hat. The decreases are worked in 4 sets of 4 row repeats as follows:

Note: I recommend removing any markers placed in the previous step to avoid confusion. The decrease repeats do not match perfectly with the main cable repeat.

Decrease Set 1

Row 1 (RS): P1, [P2TOG, K1B, P2, P2TOG, K1B, P2, K4, P2, K1B, P2TOG, P2, K1B, P2], repeat [...] 5 times, P1

Row 2 (WS): K1, [K2, P1B, K3, P1B, K2, P4, K2, P1B, K3, P1B, K1], repeat [...] 5 times, K1

Row 3 (RS): P1, [P1, K1B, P3, K1B, P2, C4F, P2, K1B, P3, K1B, P2], repeat [...] 5 times, P1

Row 4 (WS): Same as Row 2

You have 107 sts.

Decrease Set 2

Row 1 (RS): P1, [P1, K1B, P1, P2TOG, K1B, P2, K4, P2, K1B, P2TOG, P1, K1B, P2TOG], repeat [...] 5 times, P1

Row 2 (WS): K1, [K1, P1B, K2, P1B, K2, P4, K2, P1B, K2, P1B, K1], repeat [...] 5 times, K1

Row 3 (RS): P1, [P1, K1B, P2, K1B, P2, C4F, P2, K1B, P2, K1B, P1], repeat [...] 5 times, P1

Row 4 (WS): Same as Row 2

You have 92 sts.

Decrease Set 3

Row 1 (RS): P2, [K1B, P2TOG, K1B, P2, K4, P2, K1B, P2TOG, K1B, P2TOG], repeat [...] 4 times, K1B, P2TOG, K1B, P2, K4, P2, K1B, P2TOG, K1B, P2

Row 2 (WS): K1, [K1, P1B, K1, P1B, K2, P4, K2, P1B, K1, P1B], repeat [...] 5 times, K2

Row 3 (RS): P2, [P2TOG, K1B, P2TOG, C4F, P2TOG, K1B, P1, K1B, P1], repeat [...] 5 times, P1

Row 4 (WS): K1, [K1, P1B, K1, P1B, K1, P4, K1, P1B, K1] repeat [...] 5 times, K2

You have 63 sts.

Decrease Set 4

Row 1 (RS): P2, [P1, K1B, P2TOG, K2, P2TOG, K1B, P1, P2TOG], repeat [...] 5 times, P1

Row 2 (WS): K1, [K2, P1B, K1, P2, K1, P1B, K1], repeat [...] 5 times, K2

Row 3 (RS): P2, [P1, K1B, P2TOG, P2TOG, K1B, P2TOG], repeat [...] 5 times, P1

Row 4 (WS): K1, [K2TOG] repeat [...] 15 times, K2

You have 18 sts remaining.

Your work should measure approx. 24 cm from the cast-on edge.

End on a WS row.

SEAMING & FINISHING

Break the yarn with enough of a tail to close up and seam the hat (indicatively about 3 times the length of the vertical edge). Thread a tapestry needle with this yarn.

Lay your work and needle flat with the RS facing up and the cast on edge closest to you. Thread through the live stitches from the left edge towards the right edge (as if making a drawstring around the crown). Once you have threaded through all sts, drop them off the knitting needle and draw the stitches together

to fasten them tightly. To draw them together, you tighten them on the stretch of yarn as if it's a drawstring.

Next, line up the vertical edges of the hat, ensuring the top edges of the cuff are in line. Use safety pins to pin the lined-up edges in place.

Using the same yarn you used to thread the top of the hat together, join the two edges with [the mattress stitch](#). (for tutorial use link, or scan code)

Note: Check the work as you go to ensure there is no puckering in the fabric, or holes that form when edge stitches are picked up incorrectly.

Lastly, weave in all ends using the duplicate purl or knit stitch and wet block your garment to even out stitches.



Thanks for knitting with me, I'd love to see how your hat turned out!

If you share it, tag me so I can check it out:  @AnouskaKnits

#AnouskaKnits #HoneyAndSaltHat

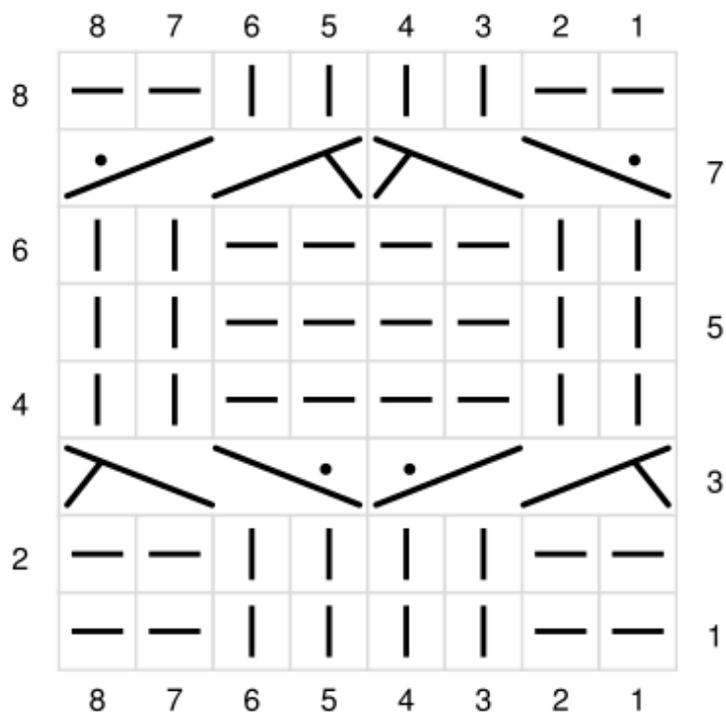
Where to Find Me

www.anouskknits.com

<https://www.ravelry.com/people/AnouskaKnits>

— Appendix —

A1:



RS: Twist 4 Back (SL next 2 STS to a cable needle and hold at back of work, K2 STS, P2 STS from cable needle)
WS: Purl 2, Knit 2



RS: Twist 4 Front (SL next 2 STS to a cable needle and hold at front of work, P2 STS, K2 STS from cable needle)
WS: Knit 2, Purl 2



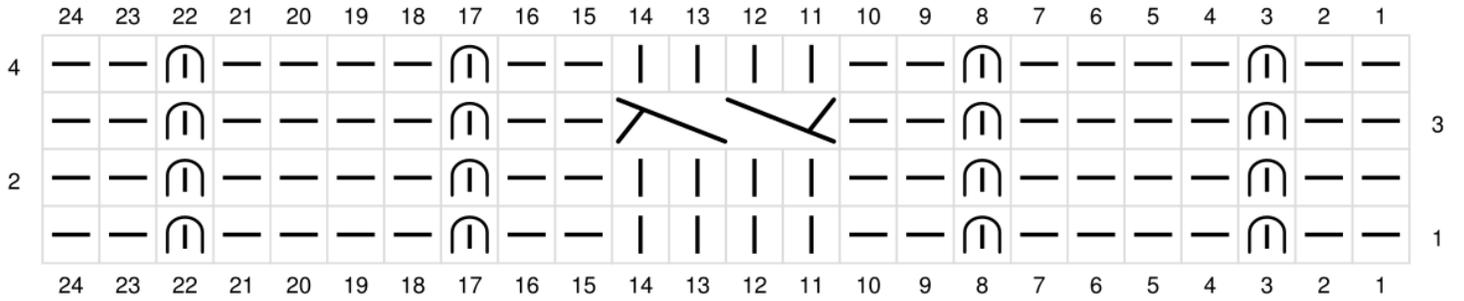
RS: Knit
WS: Purl



RS: Purl
WS: Knit

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A2:



RS: Knit 1 below
WS: Purl 1 below



RS: Purl 1 below
WS: Knit 1 below



RS: Knit
WS: Purl



RS: Purl
WS: Knit



RS: Cable 4 Front
WS: Purl

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