



TWISTY HEADBAND

by Lee Meredith

N7197

FINISHED MEASUREMENTS

4.75" width × 17.5" length unstretched
(not including I-Cord ties)

YARN

Swish (bulky weight, 100% Fine
Superwash Merino Wool; 137
yards/100g); Allspice 29623, 1 hank

NEEDLES

US 10.5 (6.5mm) needles for working flat,
or size to obtain gauge

NOTIONS

Yarn Needle
Stitch Markers

GAUGE

15 sts and 20 rows = 4" in 1x1 Rib,
blocked unstretched (note that this is
approximate due to the amount of
stretch in the ribbing)

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Twisty Headband

Notes:

Using only approximately 50 yards of bulky yarn, this headband is a perfect last-minute gift, or a quick present to yourself! It uses fun twists that don't need a cable needle, on a ribbed surface for a nice stretchy finish. I-Cord ties complete the piece, allowing it to tie onto any head size, and the stretchiness means the headband stretches easily to about 24" not including the ties.

This small project could make for a good introduction to short rows, especially since you won't need to work your short-row wraps together with the wrapped stitches. The twists would be an easy first cable as well, with the stitches twisting around each other on your knitting needles.

The written pattern uses stitch markers; sometimes they don't really do anything but will help you keep track of the short rows and confirm that things are lining up correctly. If using the chart, you may or may not choose to use markers to keep track of the short rows.

There is no need to work wraps together with wrapped stitches because all wraps are around stitches which are purls on the right side, so that the wraps hide alongside the purl bumps.

Chart is worked flat; read RS rows (odd numbers) from right to left, and WS rows (even numbers) from left to right.

LT3 (Left Twist 3 sts)

(Sl1 K-wise) three times (same as if to SSSK), then insert LH needle through all 3 slipped sts starting with third st from the end (K-wise), and Sl them back to LH needle, so they are now in reversed order; K1, P1, K1.

RT3 (Right Twist 3 sts)

Sl3 tog K-wise (same as if to K3tog), then turn needle and insert LH needle through all 3 slipped sts straight on (P-wise), and Sl them back to LH needle, so they are now in reversed order and each st is positioned twisted on the needle; K1 TBL, P1 TBL, K1 TBL.

DIRECTIONS

Setup

CO 67 sts using Long Tail Cast On.

Setup Row 1 (RS): (K1, P1) to last st, K1.

Setup Row 2 (WS): P1, (K1, P1) to end.

Throughout pattern, cont working all sts in 1x1 Rib as established for all rows.

Work Twisty Pattern from chart or written instructions.

Twisty Pattern

Row 1 (RS): Work 1x1 Rib as established for 20 sts, RT3, work 21 sts, LT3, work to end.

Short Row 2 (WS): Work 1x1 Rib as established to last 14 sts, W&T.

Short Row 3: PM, work 2 sts, RT3, work 5 sts, LT3, work 13 sts, RT3, work 5 sts, LT3, work 2 sts, W&T. (13 sts remain unworked after wrap.)

Short Row 4: P1, PM, work to M, remove M, work 4 sts, W&T.

Short Row 5: PM, work 2 sts, RT3, work 5 sts, (RT3, work 5 sts, LT3, work 5 sts) two times, remove M, LT3, work 2 sts, W&T.

Short Row 6: Rep Short Row 4.

Short Row 7: PM, work 2 sts, *(RT3, work 5 sts) two times, LT3, work 5 sts; rep from * once more, remove M, LT3, work 2 sts, W&T.

Short Row 8: Work to M, remove M, work 4 sts, W&T. (Only 1 st remains unworked after wrapped st.)

Short Row 9: Work 2 sts, PM, work 8 sts, (RT3, work 5 sts) two times, LT3, work 5 sts, RT3, (work 5 sts, LT3) two times, work 10 sts, W&T. (Only 1 st remains unworked after wrapped st.)

Short Row 10: Work 2 sts, PM, work to M, remove M, W&T.

Short Row 11: Work 4 sts, PM, *(RT3, work 5 sts) two times, LT3, work 5 sts; rep from * once more, LT3, work 4 sts, remove M, W&T.

Short Row 12: Work 4 sts, PM, work to M, remove M, W&T.

Short Row 13: Work 4 sts, PM, (RT3, work 5 sts) two times, LT3, work 5 sts, RT3, (work 5 sts, LT3) two times, work 4 sts, remove M, W&T.

Short Row 14: Rep Short Row 12.

Short Row 15: Work 4 sts, PM, RT3, work 5 sts, LT3, work 13 sts, RT3, work 5 sts, LT3, work 4 sts, remove M, W&T.

Short Row 16: Rep Short Row 12.

Short Row 17: Work 4 sts, RT3, work 21 sts, LT3, work 4 sts, remove M, W&T.

Short Row 18: Work 1x1 Rib to end.

Ending

Work 1x1 Rib across all sts for two rows.

BO in 1x1 Rib pattern. Do not break yarn.

I-Cord Ties

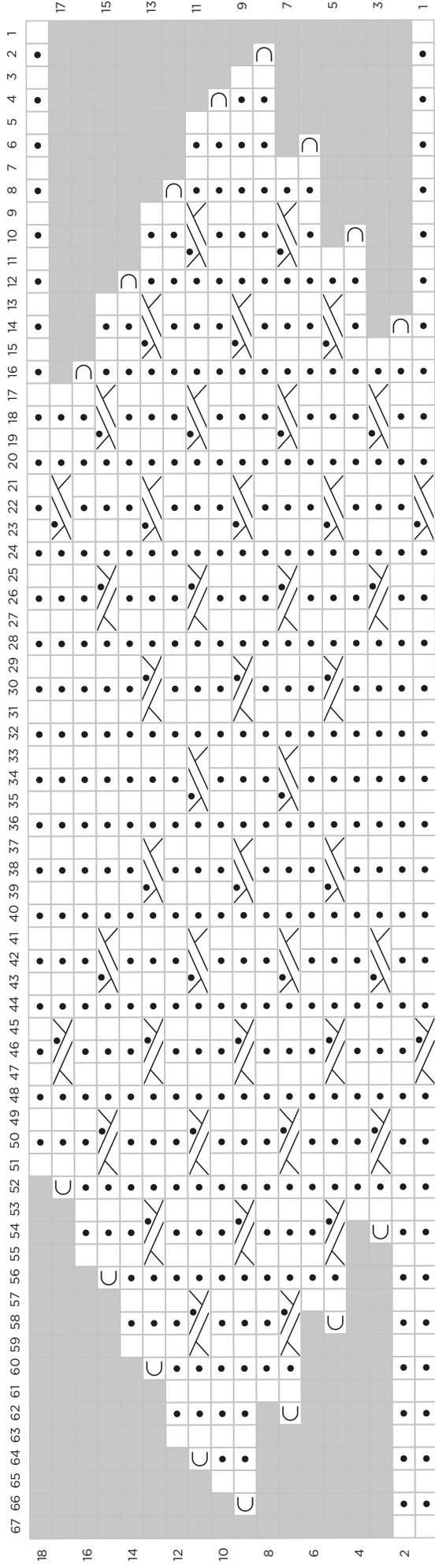
With live st on needle from finishing BO, PU and K 2 more sts evenly spaced along end of headband so there are 3 sts on RH needle. Work these 3 sts into I-Cord for approx 12" or as long as you want the ties.

PU and K 3 sts at other end of headband and work I-Cord for 12" or same length as first tie.

Finishing

Weave in ends of I-Cords into insides of cords. Weave in remaining ends, wash, and lay flat without stretching to block.

Headband chart



LEGEND

-  **P** RS: Purl stitch
WS: Knit stitch
-  **W&T on WS**
Short row right; wrap and turn to work RS
-  **W&T on RS**
Short row left; wrap and turn to work WS
-  **No Stitch**
Placeholder—no stitch made
-  **RT3 (Right Twist 3 sts)**
SI3 tog K-wise (same as if to K3tog), then turn needle and insert LH needle through all 3 slipped sts straight on (P-wise), and SI them back to LH needle, so they are now in reversed order and each st is positioned twisted on the needle; K1 TBL, P1 TBL, K1 TBL.
-  **LT3 (Left Twist 3 sts)**
(SI1 K-wise) three times (same as if to SSSK), then insert LH needle through all 3 slipped sts starting with third st from the end (K-wise), and SI them back to LH needle, so they are now in reversed order; K1, P1, K1.



About the Designer

Lee Meredith is the books & patterns graphic designer for Knit Picks, but before switching paths to graphic design she worked full-time as a knitting pattern designer. She loves playing with yarn and construction in unusual ways, and has designed hundreds of accessory patterns in her old life that can still be found on Ravelry and Payhip. For pattern support, please contact leemeredith@gmail.com

Glossary

Common Stitches & Techniques

Slipped Stitches (SI)

Always slip stitches purl-wise with yarn held to the wrong side of work, unless noted otherwise in the pattern.

Make 1 Left-Leaning Stitch (M1L)

Inserting LH needle from front to back, PU the horizontal strand between the st just worked and the next st, and K TBL.

Make 1 Right-Leaning Stitch (M1R)

Inserting LH needle from back to front, PU the horizontal strand between the st just worked and the next st, and K TFL.

Slip, Slip, Knit (SSK)

(Slit K-wise) twice; insert LH needle into front of these 2 sts and knit them together.

Centered Double Decrease (CDD)

Slip first and second sts together as if to work K2tog; K1; pass 2 slipped sts over the knit st.

Stockinette Stitch (St st, flat over any number of sts)

Row 1 (RS): Knit all sts.

Row 2 (WS): Purl all sts.

Rep Rows 1–2 for pattern.

St st in the round: *Knit every rnd.*

Rev St st is the opposite—purl on RS, knit on WS.

Garter Stitch (in the round over any number of sts)

Rnd 1: Purl all sts.

Rnd 2: Knit all sts.

Rep Rnds 1–2 for pattern.

Garter Stitch flat: *Knit every row.*

(One Garter *ridge* is comprised of two rows/rnds.)

1x1 Rib (flat or in the round, over an even number of sts)

Row/Rnd 1: (K1, P1) to end of row/rnd.

Rep Row/Rnd 1 for pattern.

2x2 Rib (flat over a multiple of 4 sts plus 2)

Row 1 (RS): K2, (P2, K2) to end of row.

Row 2 (WS): P2, (K2, P2) to end of row.

Rep Rows 1–2 for pattern.

2x2 Rib (in the round over a multiple of 4 sts)

Rnd 1: (K2, P2) to end of rnd.

Rep Rnd 1 for pattern.

Knitting in the Round

The Magic Loop technique uses one long circular needle to knit around a small circumference. The Two Circulars technique uses two long circular needles to knit around a small circumference. Photo and video tutorials for these, plus using DPNs and 16" circular needles, can be found at knitpicks.com/learning-center/knitting-in-round.

Backwards Loop Cast On

A simple, all-purpose cast on that can be worked mid-row. Also called Loop or Single Cast On. A tutorial can be found at knitpicks.com/learning-center/backwards-loop-cast-on.

Long Tail Cast On

Fast and neat once you get the hang of it. Also referred to as the Slingshot Cast On. A tutorial can be found at knitpicks.com/learning-center/learn-to-knit.

Cable Cast On

A strong and nice looking basic cast on that can be worked mid-project. A tutorial can be found at tutorials.knitpicks.com/cabled-cast-on.

Knitted Cast On

A basic cast on that can be worked mid-project. A tutorial can be found at knitpicks.com/learning-center/knitted-cast-on.

3-Needle Bind Off

Used to easily seam two rows of live stitches together.

A tutorial can be found at knitpicks.com/learning-center/3-needle-bind-off.

Abbreviations

approx	approximately	KFB	knit into front and back of stitch (<i>inc 1</i>)	PSSO	pass slipped stitch over (<i>dec 1</i>)	SSP	slip, slip, purl these 2 stitches together through back loop
BO	bind off	K-wise	knit-wise	PU	pick up		
BOR	beginning of round	LH	left hand	P-wise	purl-wise	SSSK	slip, slip, slip, knit these 3 stitches together (like SSK) (<i>dec 2</i>)
CN	cable needle	M	marker	rep	repeat	St st	stockinette stitch (<i>see above</i>)
C (1, 2...)	color (1, 2...)	M1	make 1 stitch (work same as M1L)	Rev St st	reverse stockinette stitch (<i>see above</i>)	st(s)	stitch(es)
CC	contrast color	M1L	make 1 left-leaning stitch (<i>inc 1</i>)	RH	right hand	TBL	through back loop
CDD	centered double (<i>dec 2</i>)	M1R	make 1 right-leaning stitch (<i>see above</i>)	rnd(s)	round(s)	TFL	through front loop
CO	cast on	MC	main color	RS	right side	tog	together
cont	continue	P	purl	Sk	skip	W&T	wrap & turn (<i>see next page</i>)
dec(s)	decrease(es)	P2tog	purl 2 stitches together (<i>dec 1</i>)	SK2P	slip K-wise, knit 2 together, pass slipped stitch over (<i>dec 2</i>)	WE	work even
DPN(s)	double pointed needle(s)	P3tog	purl 3 stitches together (<i>dec 2</i>)	SKP	slip K-wise, knit, pass slipped stitch over (<i>dec 1</i>)	WS	wrong side
inc(s)	increase(s)	PM	place marker	SI	slip (<i>see above</i>)	WYIB	with yarn in back
K	knit	PFB	purl into front and back of stitch (<i>inc 1</i>)	SM	slip marker	WYIF	with yarn in front
K2tog	knit 2 stitches together (<i>dec 1</i>)			SSK	slip, slip, knit these 2 stitches together (<i>see above</i>)	YO	bring yarn over needle from front up over to back (<i>inc 1</i>)
K3tog	knit 3 stitches together (<i>dec 2</i>)						

Cables

Tutorials for different kinds of cables, including 1 over 1 and 2 over 2, with and without cable needles, can be found at knitpicks.com/learning-center/guides/cables.

Felted Join (to splice yarn)

One method for joining a new length of yarn to the end of one that is already being used. A tutorial can be found at tutorials.knitpicks.com/felted-join.

Mattress Stitch

A neat, invisible seaming method that uses the bars between the first and second stitches on the edges. A tutorial can be found at tutorials.knitpicks.com/mattress-stitch.

Provisional Cast On (crochet method)

Used to cast on stitches that are also a row of live stitches, so they can be put onto a needle and used later.

Directions: Using a crochet hook, make a slip knot, then hold knitting needle in left hand, hook in right. With yarn in back of needle, work a chain st by pulling yarn over needle and through chain st. Move yarn back to behind needle, and rep for the number of sts required. Chain a few more sts off the needle, then break yarn and pull end through last chain. (CO sts may be incorrectly mounted; if so, work into backs of these sts.) To unravel later (when sts need to be picked up), pull chain end out; chain should unravel, leaving live sts. A video tutorial can be found at tutorials.knitpicks.com/crocheted-provisional-cast-on.

Provisional Cast On (crochet chain method)

Same result as the crochet method above, but worked differently, so you may prefer one or the other.

Directions: With a crochet hook, use scrap yarn to make a slip knot and chain the number of sts to be cast on, plus a few extra sts. Insert tip of knitting needle into first bump of crochet chain. Wrap project yarn around needle as if to knit, and pull yarn through crochet chain, forming first st. Rep this process until you have cast on the correct number of sts. To unravel later (when sts need to be picked up), pull chain out, leaving live sts. A photo tutorial can be found at tutorials.knitpicks.com/crocheted-provisional-cast-on.

Judy's Magic Cast On

This method creates stitches coming out in opposite directions from a seamless center line, perfect for starting toe-up socks.

Directions: Make a slip knot and place loop around one of the two needles; anchor loop counts as first st. Hold needles tog, with needle that yarn is attached to on top. In other hand, hold yarn so tail goes over index finger and yarn attached to ball goes over thumb. Bring tip of bottom needle over strand of yarn on finger (top strand), around and under yarn and back up, making a loop around needle. Pull loop snug. Bring top needle (with slip knot) over yarn tail on thumb (bottom strand), around and under yarn and back up, making a loop around needle. Pull loop snug. Cont casting on sts until desired number is reached; top yarn strand always wraps around bottom needle, and bottom yarn strand always wraps around top needle. A tutorial can be found at tutorials.knitpicks.com/judys-magic-cast-on.

Stretchy Bind Off

Directions: K2, *insert LH needle into front of 2 sts on RH needle and knit them tog—1 st remains on RH needle. K1; rep from * until all sts have been bound off. A tutorial can be found at tutorials.knitpicks.com/go-your-own-way-socks-toe-up-part-7-binding-off.

Jeny's Surprisingly Stretchy Bind Off (for 1x1 Rib)

Directions: Reverse YO, K1, pass YO over; *YO, P1, pass YO and previous st over P1; reverse YO, K1, pass YO and previous st over K1; rep from * until 1 st is left, then break working yarn and pull it through final st to complete BO.

Grafting (also known as Kitchener Stitch)

Seamlessly join two sets of live stitches together.

Directions: With an equal number of sts on two needles, break yarn leaving a tail approx four times as long as the row of sts, and thread through a blunt yarn needle. Hold needles parallel with WSs facing in and both needles pointing to the right. Perform Step 2 on the first front st, then Step 4 on the first back st, then continue from Step 1, always pulling yarn tightly so the grafted row tension matches the knitted fabric:

Step 1: Pull yarn needle K-wise through front st and drop st from knitting needle.

Step 2: Pull yarn needle P-wise through next front st, leaving st on knitting needle.

Step 3: Pull yarn needle P-wise through first back st and drop st from knitting needle.

Step 4: Pull yarn needle K-wise through next back st, leaving st on knitting needle.

Rep Steps 1–4 until all sts have been grafted together, finishing by working Step 1 through the last remaining front st, then Step 3 through the last remaining back st. Photo tutorials can be found at knitpicks.com/learning-center/learn-to-knit/kitchener.

Short Rows

There are several options for how to handle short rows, so you may see different suggestions/instructions in a pattern.

Wrap and Turn (W&T) (one option for Short Rows)

Work until the st to be wrapped. If knitting: Bring yarn to front, SI next st P-wise, return yarn to back; turn work, and SI wrapped st onto RH needle. Cont across row. If purling: Bring yarn to back of work, SI next st P-wise, return yarn to front; turn work and SI wrapped st onto RH needle. Cont across row. **Picking up Wraps:** Work to wrapped st. If knitting: Insert RH needle under wrap, then through wrapped st K-wise; K st and wrap tog. If purling: SI wrapped st P-wise onto RH needle, use LH needle to lift wrap and place it onto RH needle; SI wrap and st back onto LH needle, and P tog. A tutorial for W&T can be found at tutorials.knitpicks.com/short-rows-wrap-and-turn-or-wt.

German Short Rows (another option for Short Rows)

Work to turning point; turn. WYIF, SI first st P-wise. Bring yarn over back of right needle, pulling firmly to create a “double stitch” on RH needle. If next st is a K st, leave yarn at back; if next st is a P st, bring yarn to front between needles. When it's time to work into double st, knit both strands tog. A video tutorial for German Short Rows can be found at knitpicks.com/video/german-short-rows.