



Quist

KNITWEAR  
EST. 2023

[www.quistknits.com](http://www.quistknits.com)

Instagram: @quist.knits

#quistknits

#wisteriahårbånd

#wisteriaheadband

Contact:

[hei@quistknits.com](mailto:hei@quistknits.com)

ENGLISH

# WISTERIA HÅRBÅND

## INFORMATION

**Sizes:** Baby (small child) older child (small adult) medium adult.

**Fits head circumference:** approx. 40 (45) 50 (55) 60 cm.

**Gauge:** 21 stitches per 10 cm.

**Suggested needle size:** 3.5 mm [US 4] circular or double pointed needles.

**Suggested yarn:** Oliva Fibers Petite Sock (100 g = 425 m) **or** Knitting for Olive Merino (50 g = 250 m) **or** Sandnes Sunday (50 g = 235 m) **or** Based Design Bejewled (100 g = 400 m) **held together with** Oliva Fibers Silk Mohair (50 g = 420 m) **or** Knitting for Olive Soft Silk Mohair (25 g = 225 m) **or** Sandnes Garn Tynn Silk Mohair (25 g = 212 m) **or** Based Design Kid Silk Lace (50 g = 420 m).

**Estimated yarn quantity:** 8+4 (10+5) 12+6 (14+7) g.

**Level of difficulty:** 2/5.

Wisteria Hairband is a simple but decorative hairband adorned with the heart-stitch pattern that is a recurring theme in many of my patterns. The pattern was originally designed as a Christmas pattern, as part of Quistknit's Advent Calendar in 2025, but by varying the color choice it fits just as well all year round. The hairband is lovely for a party, or just to dress up a simple everyday outfit.

The pattern is written in five different sizes, but you will also be instructed in the pattern on how to adjust exactly to the recipient's measurements, if you want to knit to other measurements than those stated in the size chart. Wisteria Hairband is worked flat with i-cord edges in the borders and heart-stitch in the middle. It is tied together in the end.

Wisteria Hairband is great for leftover yarn, and it is also a cute match for several of both mine and Sangstrikk's patterns in the aks-series as well as in my Wisteria series. The red headband in the pictures in the pattern is knitted in Oliva Fibers Petite Sock Set in the color Festive Duo No. 1 held together with Gepard Garn Kid Seta in the color 1006.

## TECHNIQUES

**Heart stitch (sometimes also known as wheat-ear loop stitch):** <https://www.youtube.com/watch?v=hXTjbaCp42c>

**k** = knit.

**k2tog** = knit two stitches together = 1 stitch decreased.

**kfb** = knit front and back = knit 1 stitch through the front loop, but do not slip stitch of needle just yet. Then knit into the same stitch through the back loop = 1 stitch increased.

**M1L** = make 1 left = pick up the thread between the st you just knit and the st you are about to knit, bringing the needle from front to back, knit the new st you picked up twisted (through the back leg of the st).

**M1R** = make 1 right = pick up the thread between the st you just knit and the st you are about to knit, bringing the needle from back to front, knit the new st you picked up normally.

**p** = purl.

**RS** = right side.

**ssk** = slip slip knit = slip one stitch of the needle knitwise, slip the next stitch of the needle knitwise. Put the two stitches back on the needle and knit together through the backloop.

**st (s)** = stitch (es).

**WS** = wrong side.

Please note, this page only describes how to work the **HEART STITCH**. The pattern starts on page 5.

A heart-repeat is 3 sts wide and is worked over 4 rows in total. This means that to get one heart established you need to work 4 rows. The four rows are worked as follows:

### HOW TO WORK THE HEART STITCH

**heart-row1 (right side of work):** In the middle of the next three sts; count 4 sts down in the work (towards cast-on edge, do not count live sts on needle), insert needle into the middle st from the front and pick up the yarn from the back of the work, put the yarn on the right needle (so that you get a new st), k3, insert needle into the same st and pick up the yarn again from the back, put it on the right needle (so that you get a new st). You have now increased by 2 sts which we call left and right heart st, which will be dec again on heart row3. The heart should not be counted in the total number of sts on needle, but we count them as part of the heart-repeat.

**heart row2 (wrong side of work):** slip 1 st (right heart-st) knitwise off needle with yarn on wrong side of work and place on right needle, p3, slip 1 st (left heart-st) knitwise off needle with yarn on wrong side of work.

**heart row3 (right side of work):** slip 1 st (right heart-st) knitwise off needle, k1, pull the slipped st over the k stitch = 1 st decreased, k1, k2tog (where one of the two sts being knit together is the left heart-st). You have now dec 2 sts in total and your heart-repeat again consists of 3 sts.

**heart row4 (wrong side of piece):** p3.

Note, in this section you will only find a description of how to work **HEART-STOP**. The pattern starts on page 5. Heart-stop is worked as follows over the 3 sts that make up the heart-repeat:

**St no 1:** k1

**St no 2:** Do not knit yet, but instead do this:

- Count 4 rows down in your work (towards the cast-on edge, live sts are not counted). Insert the needle into this st and pick up the thread from the back of the work, place this loop on your right needle (to make a new st).
- Count 3 rows down in your work (towards the cast-on edge, live sts are not counted). Insert the needle into this st and pick up the thread from the back of the work, place this loop on your right needle (to make a new st).
- Count 2 rows down in your work (towards the cast-on edge, live sts are not counted). Insert the needle into this st and pick up the thread from the back of the work, place this loop on your right needle (to make a new st).
- Count 1 row down in your work (towards the cast-on edge, live sts are not counted). Insert the needle into this st and pick up the thread from the back of the work, place this loop on your right needle (to make a new st).

k1. Then, drag the 4 new st created in the previous step over the this st one by one until they have all been decreased. This creates a small tip so that the heart st is finished nicely.

**St no 3:** k1, the row of heart sts has now been stopped. The total number of sts is unchanged.

Cast on 7 sts on 3.5 mm [US 4] needles. Your first row is from the WS. Work as follows:

**row1:** k3, p1, slip the 3 last sts off the needle with yarn in front of work (**towards you**).

**row2:** k4, slip the 3 last sts off the needle with yarn in front of work (**towards you**,  
remeber this onwards, I will not specify towards you for the remaining instructions).

**row3:** k3, p1, slip the 3 last sts off the needle with yarn in front of work.

**row4:** k3, M1R, k1, M1L, slip the 3 last sts off the needle with yarn in front of work = 9 sts  
on needle.

**row5:** k3, p until 3 sts remain on needle, slip the 3 last sts off the needle with yarn in front  
of work.

**row6:** k until 3 sts remain on needle, slip the 3 last sts off the needle with yarn in front of

**row7:** as row 5.

**row8:** k3, M1R, work **heart-row1**, M1L, slip the 3 last sts off the needle with yarn in front  
of work = 11 sts on the needle.

**row9:** k3, p1, **heart-row2**, p1, slip the 3 last sts off the needle with yarn in front of work.

**row10:** k4, **heart row3**, k1, slip the 3 last sts off the needle with yarn in front of work.

**row11:** k3, p1, **heart-row4**, p1, slip the 3 last sts off the needle with yarn in front of work.

**row12:** k4, **heart-row1**, k1, slip the 3 last sts off the needle with yarn in front of work.

**row13:** like row9.

**row14:** like row10.

**row15:** like row11.

Repeat **row12-15** 0 (0) 1 (1) 1 more times. You can now count in total 2 (2) 3 (3) 3 rows of  
“hearts” in height of work and the first “ear” of the headband is finished (it will become a  
part of the bow that is formed when the headband is tied together in the end).

Next, work decreases as follows:

**row16:** k3, ssk, k1, k2tog, slip the 3 last sts off the needle with yarn in front of work = 9  
sts on the needle.

**row17:** k3, p until 3 sts remain on needle, slip the 3 last sts off the needle with yarn in  
front of work.

**row18:** k3, slip 2 sts off the needle, k1, pull the slipped sts over the k st = 2 sts decreased,  
slip the 3 last sts off the needle with yarn in front of work = 7 sts on the needle.

Then, work 5 rows in stockinette st at the same time as the 3 first and last sts is worked as  
i-cord like before (3 first sts are always k, 3 last sts always slipped off needle with yarn in  
front of work).



## MIDDLE-PART

Place a st-marker into the work. We will use this to measure from. Then, repeat **row12-15** from the beginning on page 5.

Keep repeating **row12-15** until the headband measures 30 (35) 40 (45) 50 cm measured from the marker. Alternatively, knit until the haiband measures 10 cm less than the head circumference of ther receipient (measure from marker).

Next, work decreases as described for **row16-18** on page 5. Then, work 5 rows in stockinette st at the same time as the 3 first and last sts is worked as i-cord like before (3 first sts are always k, 3 last sts always slipped off needle with yarn in front of work).

## EAR NR. 2

Rpeat row12-15 from the beginning on page 5.

Repeat **row12-15** 0 (0) 1 (1) 1 more times. You can now count in total 2 (2) 3 (3) 3 rows of “hearts” in height of work and the second “ear” of the headband is finished (it will become a part of the bow that is formed when the headband is tied together in the end).

Work **AKS-STOP** as described on page 4. k3, p until 3 sts remain on the needle, slip the 3 sts off needle with yarn in front of work.

Next, work decreases as described for row16-18 on page 5.

Finally, bind off as follows: bind off the first 4 sts as k sts and the 3 last sts as p sts.

## FINISHING

Secure all loose end. When fastening the ends at each tip of the headband, use the fastening to ensure that the “ears” are shaped into a neat point.

**Block the headband as follows:** fill a small bowl with lukewarm water (body temperature) and a little wool soap. Leave the headband in the water for approx. 30 min. Then remove it from the water and squeeze out excess water. Lay the headband flat to dry. Shape it nicely while it is still damp.

When the headband is dry, you can either tie it together or assemble it with ribbon (the headband in the pictures is assembled with ribbon). Assembling with ribbon looks best. **Tie:** tie the headband so that the knot ends over the two narrow sections at the front of the headband. **Ribbon:** Cast on 7 sts on needle size 3.5 mm with both yarns, work 7 rows stockinette st, bind off. Fold the headband so that the 2 narrowest sections lie on top of each other. Pull the ribbon you knitted around and sew together at the back (it should be a little tight). Make sure each ear of the headband is facing right side out. You may want to add a small st while attaching the threads to help the ears of the headband sit neatly. If the headband loses its fit over time, you can tighten it up by sewing a thin elastic thread into the headband. Sew it into the i-cord and it will be completely invisible.