

Three-Cabled Hair Band

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Supplies

Knitting needles US size 6 (or size to obtain gauge)
1 skein Crystal Palace Panda Cotton (Makes 3 bands)
Cable Needle (optional)
Tapestry Needle

Gauge (in Stockinette stitch)

6 Stitches = 1 inch (approximate is okay)
8 Rows = 1 inch

Abbreviations

K = knit
P = purl
RL = Make reverse loop by twisting yarn counter clockwise and slipping it onto right needle (similar to M1 or Make 1)
SPPO = Slip one, purl one, pass slipped stitch over purled stitch
K2Tog = Knit next two stitches together
P2Tog = Purl next two stitches together
SSK = Slip next two stitches onto right needle as if to knit and knit them together
Twist 4 = Before knitting the next 4 stitches, place 1st and 2nd stitch on cable needle in front. Knit 3rd and 4th stitch then knit 1st and 2nd stitch from cable needle.

Instructions

Cast on 10 stitches
Row 1: K to end
Row 2: P to end
Row 3 and 4: Repeat rows 1 and 2
Row 5: K3, RL, K4, RL, K3
Row 6: P3, K1, P4, K1, K3
Row 7: K3, RL, P1, K4, P1, RL, K3
Row 8: P3, K2, P4, K2, P3
Row 9: K3, RL, P2, Twist4, P2, RL, K3
Row 10: P4, K2, P4, K2, P4

Row 11: K3, RL, K1, P2, K 4, P2, K1, RL, K3
Row 12: P5, K2, P4, K2, P5
Row 13: K3, RL, K2, P2, K 4, P2, K2, RL, K3
Row 14: P6, K2, P4, K2, P6
Row 15: K3, RL, K3, P2, Twist4, P2, K3, RL, K3
Row 16: P7, K2, P4, K2, P7
Row 17: K3, RL, K4, P2, K4, P2, K4, RL, K3
Row 18: P3, K1, P4, K2, P4, K2, P4, K1, P3
Row 19: K3, RL, P1, K4, P2, K4, P2, K4, P1, RL, K3
Row 20: P3, K2, P4, K2, P4, K2, P4, K2, P3
**Row 21: K3, P2, Twist4, P2, Twist4, P2, Twist4, P2, K3
Row 22: P3, K2, P4, K2, P4, K2, P4, K2, P3
Row 23: K3, P2, K4, P2, K4, P2, K4, P2, K3
Row 24: P3, K2, P4, K2, P4, K2, P4, K2, P3
Row 25: K3, P2, K4, P2, K4, P2, K4, P2, K3
Row 26: P3, K2, P4, K2, P4, K2, P4, K2, P3**
Repeat Rows 21 – 26 ten more times (60 rows)
Row 87: K3, P2, Twist4, P2, Twist4, P2, Twist4, P2, K3
Row 88: P3, K2, P4, K2, P4, K2, P4, K2, P3
Row 89: K3, SPPO, K4, P2, K4, P2, K4, P2Tog, K3
Row 90: P3, K1, P4, K2, P4, K2, P4, K1, P3
Row 91: K3, K2Tog, K3, P2, K4, P2, K3, SSK, K3
Row 92: P7, K2, P4, K2, P7
Row 93: K3, K2Tog, K2, P2, Twist4, P2, K2, SSK, K3
Row 94: P6, K2, P4, K2, P6
Row 95: K3, K2Tog, K1, P2, K4, P2, K1, SSK, K3
Row 96: P5, K2, P4, K2, P5
Row 97: K3, K2Tog, P2, K4, P2, SSK, K3
Row 98: P4, K2, P4, K2, P4
Row 99: K3, P2Tog, P1, Twist4, P1, P2Tog, K3
Row 100: P3, K2, P4, K2, P3
Row 101: K3, P2Tog, K4, P2Tog, K3
Row 102: P3, K1, P4, K1, P3
Row 103: K3, K2Tog, K2, SSK, K3
Row 104: P to end
Row 105: K3, Twist4, K3
Row 106: P to end
Row 107: K to end

Knit 10 rows or more until hair band is desired length.

Bind off

Sew ends together using Kitchener stitch and tuck strings.

For a smaller size repeat rows 21 – 26 nine times instead of ten (54 rows). For larger size repeat rows 21-26 eleven times instead of ten (66 rows)

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