



Xs and Os Cable Headband

Designed by Renita Harvey



This headband incorporates decorative elastic for added texture and design! Give a little extra love and warmth with hugs and kisses (“Xs” and “Os”) and it’s also wide enough to cover ears.

Pattern includes full video tutorials for both the tradition method of loom knitting cables as well as peg sharing method.

ABBREVIATIONS

K – Knit stitch
P – Purl stitch
S – Slip (skip)
C4F – Cable 4 Front
C4B – Cable 4 Back
CO – Cast on
BO – Bind off
St(s) – Stitch(es)
R – row
Rem – Remain
Rep – Repeat
Approx – Approximately

LOOM: KB 32 Peg Loom, total 19 pegs used.

YARN: 75 yds of worsted/4 weight 80% acrylic /20% wool yarn. Lion Brand Wool-Ease in color Blush Heather used in sample.

NOTIONS: Knitting tool, cable needle, tapestry needle, 1.5 yds ½” decorative fold over elastic, sewing thread, sewing needle

GAUGE: 19 sts x 16 rows = 2.66” in stitch pattern

SIZE: Adult

SPECIAL STITCHES

C4F – Worked over 4 stitches: Skip sts on peg 1 and 2, knit pegs 3 and 4, place sts from pegs 3 and 4 on cable needle and hold to the back, knit pegs 1 and 2, place sts from peg 1 on peg 3 and st on peg 2 on peg 4, place sts held on cable needle on pegs 1 and 2

C4B – Worked over 4 stitches: Place sts on pegs 1 and 2 on cable needle and hold to the back, knit pegs 3 and 4, move st from peg 3 to peg 1 and st from 4 to peg 2, place sts held on cable needle on pegs 3 and 4, knit pegs 3 and 4

INSTRUCTIONS

CO 19 sts. Prepare to work a flat panel.

R1: *P1, K8, rep from * once, P1

R2: Rep R1

R3: P1, C4B, C4F, P1, C4F, C4B, P1

R4 – 6: Rep R1





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R7: Rep R3

R8 – 10: Rep R1

R11: P1, C4F, C4B, P1 C4B, C4F, P1

R12 – 14: Rep R1

R15: Rep R11

R16: Rep 1

Rep R1 – 16, 8 times

BO

Cut working yarn leaving a yarn tail of approx. 8" to use for seaming.

Block.

INSTRUCTIONS

Bring the CO and BO edges together without twisting.

Using the long tail from the BO, seam the CO and BO edges together.

Weave in ends.

Cut 2 pieces of decorative elastic 20" long.

Weave the first length of elastic through the holes in the O's on one side as shown.

Weave the second length of elastic through the other side in the same manner.

Making sure the elastic is not twisted, overlap the ends of one side of elastic by ¼" and sew using the sewing thread and sewing needle.

Repeat sewing the ends of the elastic on the other side.



Video Links:

Peg Sharing Cable Method:

<https://www.youtube.com/watch?v=VBjo5U6q7S0&feature=youtu.be>

Classic Cable Method:

<https://www.youtube.com/watch?v=vt-UjSW0U50&feature=youtu.be>

