

# FOREST FROST HEADBAND



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## Yarn:

Nashua Handknits Ivy  
50% Alpaca; 45% Merino; 5% Estellina  
50g ball = approx 137 yards  
colorway: Verdant Green

## Needles and Notions:

3.75 mm straight needles  
cable needle  
decorative button

## Gauge:

7 stitches = 1 inch in stockinette

**Body of Headband:**

Using 3.75 mm needles, cast on 7 stitches.

Knit 1 row.

Increase rows:

Row 1 (right side): K1, M1, knit to last stitch, M1, K1.

Row 2 (wrong side): Knit.

Repeat increase rows until 29 stitches on needle.

Knit cabled body of headband following Chart A. Work 4 repeats of Chart A. Cabled section will measure approximately 12.5 inches.

Decrease rows:

Knit 2 rows.

Row 1 (right side): K1, SSK, knit to last 3 stitches, K2tog, K1.

Row 2 (wrong side): Knit.

Repeat decrease rows until 7 stitches remain.

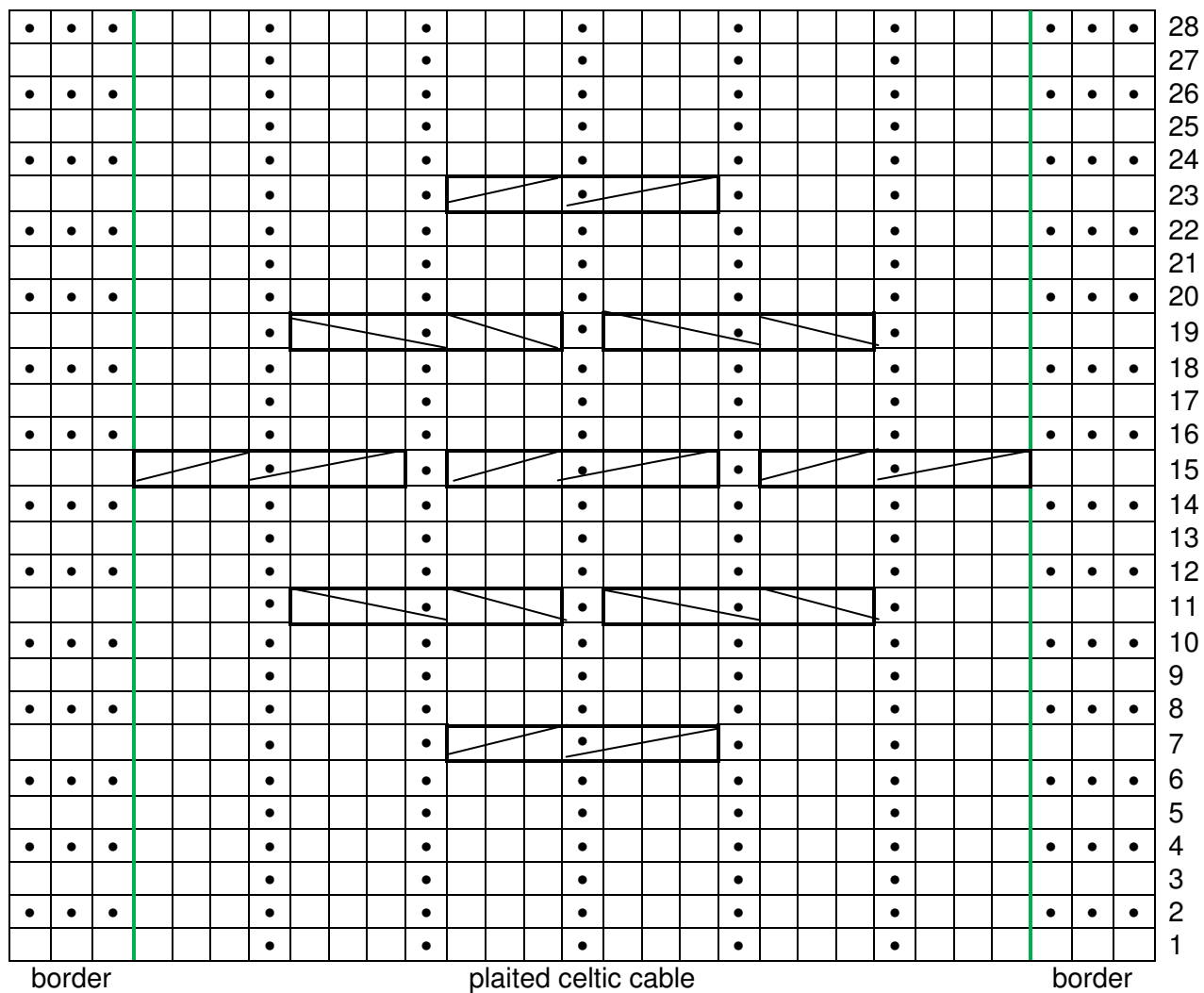
**Chin Strap:**

Using remaining 7 stitches, knit every row until chin strap measures 7 inches or desired length. Approximately 1 inch of overlap is required for button closure.

**Finishing:**

Weave in ends. Block lightly. Sew button onto ear flap on end of headband opposite to chin strap.

Chart A: Plaited Celtic Cable Pattern



C7B

Slip 4 stitches to cable needle and hold to back  
K3, slip 1 stitch from cable needle to left needle and purl it,  
K3 from cable needle



C7F

Slip 4 stitches to cable needle and hold to front  
K3, slip 1 stitch from cable needle to left needle and purl it,  
K3 from cable needle



Knit on right side; Purl on wrong side



Purl on right side; Knit on wrong side