Braided back scrubber for men

Long · US terms



Finished size
Plait about 27 in (69 cm) long and 3 1/8 in (8 cm) wide, and about 39¼ in (100 cm) long with its tabs and handles

Skill
Easy
One stitch in the back loop, a plait and firm sewing

Yarn
Medium (4), 3 colors

Hook
4 mm (US G-6)

Gauge
16 stitches and 18 rows to 4 in (10 cm)
In single crochet worked in the back loop.

What you need

Yarn A: charcoal, main color	**about 95 yd (87 m), an estimate**
Yarn B: slate, the slate strip	**about 60 yd (55 m), an estimate**
Yarn C: rust, the rust strip and the handle	**about 100 yd (91 m), an estimate**

By weight: about 130 g in all, an estimate, where 100 g is 200 yd (183 m).

Fiber: cotton

Hook: 4 mm (US G-6), or the size that gives you the gauge. Also: a yarn needle, scissors, pins and a tape measure and 3 stitch markers, or clothespins, to hold the strips while you plait.

To find how many balls: divide by the length on your yarn's label and round up. Buy them from one dye lot. The estimate is from the stitches of this size at this gauge, with 15 percent added.

Sizes

Size	Finished size, about	Yarn, an estimate
Shower gift set	18 in (46 cm) long, 3 1/8 in (8 cm) wide	about 205 yd (187 m)
Long (this file)	**27 in (69 cm) long, 3 1/8 in (8 cm) wide**	**about 255 yd (233 m)**

Gauge

16 stitches and 18 rows to 4 in (10 cm) in single crochet worked in the back loop.

Check it on the first strip, laid flat, when it is done: it is about 32½ in (83 cm) long in Long and 22½ in (57 cm) long in Shower gift set, and its 7 rows are about 1½ in (4 cm) wide. If it measures more, start again with a smaller hook; if it measures less, with a larger one.

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Notes

- The ch 1 at the start of a row does not count as a stitch.
- BLO: put the hook under the back loop only. The rows turn, so the front loops left free make ribs along both sides of the strip.
- Leave a tail of about 6 in (15 cm) when you begin and when you fasten off, unless another length is given. The ends that are not sewn with are woven in.
- When a ball runs out, join the next at the end of a row: work the last yarn over of the last stitch with the new yarn, and leave a tail of about 6 in (15 cm) on both.
- Whip stitch: with the yarn on a yarn needle, pass the needle under both loops of a stitch on one edge and under both loops of the stitch that lies against it on the other edge, and pull the yarn through. Do the same in the next stitch of each edge. On a foundation chain edge, pass the needle under the lower strands of each chain that holds a stitch of row 1. Fasten a length where the sewing begins and where it ends: sew 2 or 3 times into the same place.
- Backstitch: bring the needle up one stitch length ahead of the place where the line begins and take it down where the line begins. For every stitch after that come up one stitch length ahead of the last one and go down where the last one ended, so that the stitches lie end to end.
- Use stout cotton yarn: it stands up to water and to washing.
- Buy whole balls from one dye lot.

Instructions

Long. US terms.

ch chain, **sc** single crochet (UK double crochet), **st** stitch.
BLO: only the loop away from you. **RS** right side, the one that shows.
(130 sc): the stitches you have when the row is done. **How to read a pattern**.

Charcoal strip

Yarn A, charcoal.

☐ **Foundation**	With A, ch 131.	
☐ **Row 1 (RS)**	Sc in 2nd ch from hook and in each ch across	(130 sc)
☐ **Rows 2 to 7**	Ch 1, turn; sc in BLO of each st across	(130 sc)
	2 3 4 5 6 7	
☐ **End**	Fasten off.	

Slate strip

Yarn B, slate.

☐ **Foundation**	With B, ch 131.	
☐ **Row 1 (RS)**	Sc in 2nd ch from hook and in each ch across	(130 sc)
☐ **Rows 2 to 7**	Ch 1, turn; sc in BLO of each st across	(130 sc)
	2 3 4 5 6 7	
☐ **End**	Fasten off.	

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Rust strip

Yarn C, rust.

☐ **Foundation**	With C, ch 131.	
☐ **Row 1 (RS)**	Sc in 2nd ch from hook and in each ch across	(130 sc)
☐ **Rows 2 to 7**	Ch 1, turn; sc in BLO of each st across	(130 sc)
	2 3 4 5 6 7	
☐ **End**	Fasten off.	

Tab: make 2

Yarn A, charcoal.

☐ **Foundation**	With A, ch 27.	
☐ **Row 1 (RS)**	Sc in 2nd ch from hook and in each ch across	(26 sc)
☐ **Rows 2 to 10**	Ch 1, turn; sc in each st across	(26 sc)
	2 3 4 5 6 7 8 9 10	
☐ **End**	Fasten off, leaving a tail of about 56 in (142 cm) to sew with.	

Handle: make 2

Yarn C, rust.

☐ **Foundation**	With C, ch 41.	
☐ **Row 1 (RS)**	Sc in 2nd ch from hook and in each ch across	(40 sc)
☐ **Rows 2 to 8**	Ch 1, turn; sc in each st across	(40 sc)
	2 3 4 5 6 7 8	
☐ **End**	Fasten off, leaving a tail of about 36 in (91 cm) to sew with.	

Assembly

1. Weave in all the ends but the tails of the tabs and of the handles.

2. Start of the plait: lay the three strips side by side in front of you, lengthwise, their ends level at the top: the charcoal strip at the left, the slate strip in the middle, the rust strip at the right. Move the charcoal strip and the rust strip toward each other, on top of the slate strip, until their inner edges touch: the two lie side by side, about 3 1/8 in (8 cm) wide together, and the top of the slate strip lies hidden behind them, its middle under the line where they touch. Cut a length of B about 52 in (132 cm) long and cut it in two, one half for each end of the plait. With the first half sew across the strips with backstitch, ½ in (12 mm) below their ends, from the outer edge of the charcoal strip to the outer edge of the rust strip: 12 stitches, each about ¼ in (6 mm) long. Where the slate strip lies behind, sew through it too. Below this line spread the two outer strips a little, so that the slate strip, the middle one of the plait, comes out between them. Put a pin in each strip 1¼ in (3 cm) below its end.

3. Plait: keep the strips flat, and never turn one over. Plaiting begins at the pins; the 1¼ in (3 cm) above them stays unplaited and will lie in the tab. Crossing 1: lay the right strip over the middle one, so that it becomes the middle. Crossing 2: lay the left strip over the middle one. Go on, the right and the left in turn, 18 crossings in all. Every 6 crossings are about 9 in (23 cm) long, and after every 6 crossings the three strips lie in the order in which they began. The strips lie edge to edge, and no gap is left between them. Hold the plait with the markers where you stop.

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4. After crossing 18 the plait is about 27 in (69 cm) long from the pins, and about 1¼ in (3 cm) of each strip is left. Where it is more or less, let the plait out or draw it closer until it fits. Bring the three ends level. As at the start, the strip at the left and the strip at the right meet edge to edge on top of the middle one, about 3 1/8 in (8 cm) wide together, and the middle one lies hidden behind them. With the second half of B sew across the strips ½ in (12 mm) from their ends in the same way, 12 stitches. Take out the pins.

5. Handles: fold a handle in half lengthwise, right side outside (row 1 is a right side row), so that its foundation chain and its last row meet. With its tail, whip stitch the 40 chains to the 40 sts of the last row: a thick flat band, about 7/8 in (2.2 cm) wide. Fasten off.

6. Tabs: each tab is folded in half round one end of the plait, like a cuff, so that its two short ends, the ends of the rows, meet at one side. Lay a tab flat with its wrong side up and its foundation chain toward you. Lay one end of the plait on the right half of it, over the middle of its 13 sts: the plait comes in over the foundation chain, and the ends of the strips lie along the top of row 5. Lay the two ends of a handle on the same half from the other side: they come in over the last row and reach down to the top of row 5, where they meet the ends of the strips, one over sts 2 to 5 of the 13 and the other over sts 9 to 12, and the seam of the handle lies toward the inside of its loop. Fold the left half of the tab over onto all of this and pin it.

7. With the tail of the tab whip stitch its two short ends together, 10 stitches, one to each row: at a row end pass the needle through the outermost stitch of the row, under two strands of it, on both ends. Run the needle inside the tab to row 2 and sew across the tab and the plait along row 2, through all the layers, with firm backstitch, 13 stitches, one to each st of the tab. Go along the line once more in the same holes and fasten off inside. Cut a length of A about 96 in (244 cm) long and cut it in two, one half for each tab: with the first half sew across the tab and the two ends of the handle along row 9 in the same way, 13 stitches, and once more in the same holes. Sew the second tab and handle to the other end of the plait in the same way. The handles stand out in a loop, about 3¾ in (9.5 cm) long.

Finishing

- Wet the scrubber, pull it straight and let it dry once before it is used: the plait settles. After each use squeeze the water out and hang it up by both handles.

In all: 7 pieces; 3,890 stitches (910 in the charcoal strip, 910 in the slate strip, 910 in the rust strip, 260 in each tab, 320 in each handle).

Found a mistake in this pattern? Tell us at flossfield.com, under Make a request.

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