Braided cable headband

Women · US terms



Finished size
About 19¼ in (49 cm) around by 4 in (10 cm) wide
To fit a head of 20 to 21¾ in (51 to 55 cm)

Skill
Intermediate
Post stitches and cable crossings

Yarn
Medium (4)

Hook
5.5 mm (US I-9)

Gauge
16 stitches and 10 rows to 4 in (10 cm)
In the cable and its ribs.

You will need

Yarn: cream, medium (4) **about 75 yd (69 m), an estimate**

Hook: 5.5 mm (US I-9), or the size that gives you the gauge. Also: a yarn needle, scissors and a tape measure.

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	Head	Finished size, about	Yarn, an estimate
Toddler	a head of 17 to 18½ in (43 to 47 cm)	16 in (41 cm) around, 4 in (10 cm) wide	about 65 yd (59 m)
Girls	a head of 18½ to 20 in (47 to 51 cm)	17½ in (44 cm) around, 4 in (10 cm) wide	about 70 yd (64 m)
Women (this file)	**a head of 20 to 21¾ in (51 to 55 cm)**	**19¼ in (49 cm) around, 4 in (10 cm) wide**	**about 75 yd (69 m)**
Women large	a head of 21¾ to 23½ in (55 to 60 cm)	20¾ in (53 cm) around, 4 in (10 cm) wide	about 80 yd (73 m)

Abbreviations

Written in US terms. Where the UK name differs it is given beside the US one.

ch chain stitch
dc double crochet (UK tr, treble)
FPdc front post double crochet: yo, insert hook from the front, behind the post of the st named and out to the front again, yo, pull up a loop, [yo, pull through 2 loops] 2 times (UK FPtr, front post treble, or raised treble front)

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FPtr	front post treble crochet: yo 2 times, insert hook from the front, behind the post of the st named and out to the front again, yo, pull up a loop, [yo, pull through 2 loops] 3 times (UK FPdtr, front post double treble)
BPdc	back post double crochet: yo, insert hook from the back, in front of the post of the st named and out to the back again, yo, pull up a loop, [yo, pull through 2 loops] 2 times (UK BPtr, back post treble, or raised treble back)
WS	wrong side
sk	skip (UK miss)
st	stitch
yo	yarn over (UK yrh, yarn round hook)

Special stitches

fFPtr (Front post treble in front): Work a FPtr around the post of the skipped st named, with the hook and the yarn in front of the 2 sts just made, so that this st lies across them on the side that faces you. In UK terms: raised double treble front, worked in front of the last two. It leaves 1 stitch for the next row.

bFPtr (Front post treble behind): Work a FPtr around the post of the skipped st named, with the hook passed behind the 2 sts just made: tip those 2 sts toward you, reach the skipped post behind them and insert the hook from the front, behind the post and out to the front again, so that this st lies across behind them. In UK terms: raised double treble front, worked behind the last two. It leaves 1 stitch for the next row.

Gauge

16 stitches and 10 rows to 4 in (10 cm) in the cable and its ribs.

Check it on the band itself, laid flat and not stretched, when 10 rows are done: the 16 stitches of a row are about 4 in (10 cm) wide, and the 10 rows are about 4 in (10 cm) tall. If they measure more, start again with a smaller hook; if they measure less, with a larger one.

Before you start

- The ch 2 at the start of a row does not count as a stitch.
- Row 1 is a wrong-side row. Every even-numbered row is a right-side row and crosses the braid; every odd-numbered row goes back over it.
- The braid has three strands of 2 posts each. They are counted in the order a right-side row comes to them: the first strand, the second, the third. In row 2 and every fourth row after it the first strand goes in front of the second; in row 4 and every fourth row after it the third goes in front of the second.
- In each crossing, "next 2 skipped sts" are worked in the order they were passed over: the first one skipped is worked first. The tops of the skipped sts stay unworked, and they lie behind the cable.
- 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.
- 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.
- A band is smaller around than the head it is for, because it stretches a little. Measure the head round over the ears and the forehead, where the band will sit; a head that is right between two sizes takes the larger.

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Instructions

Chosen: Women. Square brackets [ ] hold a repeat: work what is inside as many times as it says. The count in round brackets at the end of a line is what that line leaves. Tick the box when a row is done. In UK terms dc is treble, FPdc is front post treble, or raised treble front, FPtr is front post double treble, BPdc is back post treble, or raised treble back and sk is miss.

☐ **Foundation**	Ch 18.	
☐ **Row 1 (WS)**	Dc in 3rd ch from hook and in each ch across	**(16 dc)**
☐ **Row 2**	Ch 2, turn; dc in first st, **[**FPdc around next st, BPdc around next st**] 2 times**, sk next 2 sts, FPtr around next 2 sts, fFPtr around next 2 skipped sts, FPdc around next 2 sts, **[**BPdc around next st, FPdc around next st**] 2 times**, dc in last st	**(2 dc, 6 FPdc, 4 BPdc, 2 FPtr, 2 fFPtr)**
☐ **Row 3**	Ch 2, turn; dc in first st, **[**BPdc around next st, FPdc around next st**] 2 times**, BPdc around next 6 sts, **[**FPdc around next st, BPdc around next st**] 2 times**, dc in last st	**(2 dc, 10 BPdc, 4 FPdc)**
☐ **Row 4**	Ch 2, turn; dc in first st, **[**FPdc around next st, BPdc around next st**] 2 times**, FPdc around next 2 sts, sk next 2 sts, FPtr around next 2 sts, bFPtr around next 2 skipped sts, **[**BPdc around next st, FPdc around next st**] 2 times**, dc in last st	**(2 dc, 6 FPdc, 4 BPdc, 2 FPtr, 2 bFPtr)**
☐ **Row 5**	Ch 2, turn; dc in first st, **[**BPdc around next st, FPdc around next st**] 2 times**, BPdc around next 6 sts, **[**FPdc around next st, BPdc around next st**] 2 times**, dc in last st	**(2 dc, 10 BPdc, 4 FPdc)**
☐ **Rows 6 to 48**	Repeat rows 2 to 5 in order, over and over. The last row, row 48, is worked as row 4.	

A box for each row, 6 to 48: tick them off as you go.

6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34
35 36 37 38 39 40 41 42 43 44 45 46 47 48

☐ **End**	Fasten off, leaving a tail of about 20 in (51 cm) to sew with.	

Assembly

1. Weave in the end that hangs at the foundation chain.

2. Lay the band flat with its right side, the side of the braid, up. Fold the last row over the top until it meets the foundation chain, without twisting the band: the right side is now inside the ring and the wrong side outside. With the long tail, whip stitch the last row to the foundation chain, stitch to stitch: 16 stitches. The 6 stitches of the braid meet the 6 chains that its first crossing grows from, so that the braid goes on. Fasten off, weave in this end, and turn the ring inside out, so that the braid is on the outside.

Finishing

- Weave in all the ends that are left with the yarn needle, changing direction once or twice.

In all: 48 rows.

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

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