Cinched headband with a cable

Woman, head 22 in (56 cm) · US terms



Finished size
About 20¾ in (53 cm) round and about 4¼ in (11 cm) wide, measured before it is drawn in; under the strip at the front the band is drawn in to about 1½ in (4 cm)
To fit a head of 22 in (56 cm)

Skill
Intermediate
Post stitches and a cable in rows, one seam, gathers

Yarn
Medium (4)

Hook
5.5 mm (US I-9)

Gauge
13 stitches and 10 rows to 4 in (10 cm)
In half double crochet, worked in rows.

You will need

Yarn: wine, medium (4) **about 125 yd (114 m), an estimate**

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

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 and chains of this size at this gauge, with 30 percent added.

Sizes

Size	Head	Finished size, about	Yarn, an estimate
Child	19½ in (50 cm)	17½ in (44 cm) round, 3¾ in (10 cm) wide	about 95 yd (87 m)
Teen	21 in (53 cm)	19¼ in (49 cm) round, 4¼ in (11 cm) wide	about 115 yd (105 m)
Woman (this file)	**22 in (56 cm)**	**20¾ in (53 cm) round, 4¼ in (11 cm) wide**	**about 125 yd (114 m)**

Abbreviations

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

ch chain
sc single crochet (UK dc, double crochet)
hdc half double crochet (UK htr, half treble)
BLO back loop only

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st	stitch
RS	right side

Special stitches

FPdc (front post double crochet; UK FPtr): Yarn over, insert the hook from front to back and to the front again around the post of the stitch named, and finish as a double crochet. The post stands out toward you. It leaves 1 front post double crochet for the next row.

BPdc (back post double crochet; UK BPtr): Yarn over, insert the hook from back to front and to the back again around the post of the stitch named, and finish as a double crochet. The post stands away from you. It leaves 1 back post double crochet for the next row.

cr6 (cable of six): It is worked with the right side toward you and is made of 6 front post treble crochet (UK front post double treble), the post stitch that is long enough to reach across: yarn over twice, insert the hook from front to back and to the front again around the post of the stitch named, pull up a loop, [yarn over, pull through 2 loops] 3 times. Skip the next 3 stitches, front post treble crochet around each of the 3 stitches after them, then, working in front of those 3, front post treble crochet around each of the 3 skipped stitches, the first one you skipped first. One cable is counted as 1 cr6 and has 6 tops, one for each of its stitches, in the order in which they were worked. In the next row, on the wrong side, go around its 6 posts one after another in the order in which their tops lie along the edge. It leaves 6 crossed front post treble crochet for the next row.

Gauge

13 stitches and 10 rows to 4 in (10 cm) in half double crochet, worked in rows.

The gauge is measured on the band itself, laid flat and not stretched: along a row after row 2, which checks the stitches, and along a long edge after row 10, which checks the rows and sets the size round. The lines printed under these rows say how much each should measure.

Use any hook that gives you this. If you count more stitches than this in 4 in (10 cm), change to a larger hook; if you count fewer, to a smaller one.

Check your gauge on the piece. Begin the pattern and measure the piece itself as you go. After row 2, lay the band flat without stretching it and measure it along a row: it should be about 4¼ in (11 cm) wide. The cable after it draws the middle of the band in a little.

Before you start

- Measure the head if you can: put a soft tape round its widest part, across the middle of the forehead and just above the ears, and choose the size whose head measurement is nearest. The band stretches: each size is made smaller round than the head it is for, measured flat and not stretched. The table of sizes gives both measures of each.
- The pattern is written in United States terms, the directions of the special stitches too; the United Kingdom term stands beside each stitch in the list of abbreviations.
- The chain at the start of a row does not count as a stitch. After the turn the first stitch of the row goes into the stitch nearest the hook, which is the last stitch of the row before, and the last goes into the first stitch of the row before, so that every row has the same number of stitches; the chains skipped at the start of row 1 do not count either.
- Back loop only: of the two loops at the top of a stitch work under the one that lies farther from you as you work, on the right side and on the wrong side alike.
- The number at the end of each line is the number of stitches it has when it is finished; chains and slip stitches that are not named there are not counted.

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- Whip stitch: hold the two edges together and sew them over and over, the needle always going in from the same side, through one stitch of each edge at a time.
- The strip is worked in rows: the chain at the start of a row does not count as a stitch, and the first stitch after the turn goes into the last stitch of the row before.
- A post stitch goes around the post of the stitch straight below it in the row before, whatever kind of stitch that is; the line says whether it is a front post or a back post stitch. A row with front post stitches or a cable is worked with the right side toward you, a row with back post stitches with the wrong side toward you. So the 6 stitches of the cable stand out on the right side in every row. The stitches beside the cable are worked into the tops, as usual.

Instructions

Chosen: Woman, head 22 in (56 cm). 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 sc is double crochet and hdc is half treble.

Headband

☐ **Foundation**	Ch 16, leaving a tail of 6 in (15 cm) before the first chain.	
☐ **Row 1 (RS)**	Hdc in 3rd ch from hook and in each ch across	**(14 hdc)**
☐ **Row 2**	Ch 2, turn; hdc in next 4 sts, BPdc around each of next 6 sts, hdc in next 4 sts	**(8 hdc, 6 BPdc)**

Stop and measure now, after row 2. Lay the band flat without stretching it and measure it along a row: it should be about 4¼ in (11 cm) wide. The cable after it draws the middle of the band in a little.

☐ **Row 3**	Ch 2, turn; hdc in next 4 sts, cr6 over next 6 sts, hdc in next 4 sts	**(8 hdc, 1 cr6)**
☐ **Row 4**	Ch 2, turn; hdc in next 4 sts, BPdc around each of next 6 sts, hdc in next 4 sts	**(8 hdc, 6 BPdc)**
☐ **Row 5**	Ch 2, turn; hdc in next 4 sts, FPdc around each of next 6 sts, hdc in next 4 sts	**(8 hdc, 6 FPdc)**
☐ **Rows 6 to 10**	Repeat rows 2 to 5 in order, over and over. The last row before you stop, row 10, is worked as row 2.	

A box for each row, 6 to 10: tick them off as you go. The heavy box is where you stop and measure.

☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ **10**

Stop and measure now, after row 10. Measure along one of the two long edges, across the rows, where the plain half double crochet is: the 10 rows, not stretched, should measure about 4 in (10 cm) from the beginning chain to the edge of row 10. This sets the size round: if they measure more, begin again with a smaller hook; if less, with a larger one.

☐ **Rows 11 to 52**	Go on repeating rows 2 to 5 in order, over and over. Row 11 is worked as row 3. The last row, row 52, is worked as row 4.	

A box for each row, 11 to 52: tick them off as you go.

☐ 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 ☐ 49 ☐ 50 ☐ 51 ☐ 52

☐ **End**	Fasten off, leaving a tail of 24 in (61 cm) for the seam and the gathers.	

Strip

☐ **Foundation**	Ch 16, leaving a tail of 6 in (15 cm) before the first chain.	
☐ **Row 1 (RS)**	Sc in 2nd ch from hook and in each ch across	**(15 sc)**

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☐ **Rows 2 to 5**	Ch 1, turn; sc in BLO of each st across	**(15 sc)**

A box for each row, 2 to 5: tick them off as you go.

2 3 4 5

☐ **End** Fasten off, leaving a tail of 16 in (41 cm) for sewing.

Assembly

1. The right side of the band is the side on which the cable stands out, the side that faced you in row 1. Weave in the beginning tail of the band and the beginning tail of the strip.

2. Seam: bring the two short ends of the band together with the right side inside and no twist in the band, the last row against the beginning chain. With the long tail whip stitch them together from edge to edge, 14 stitches, one stitch of the last row to one chain. Do not cut the tail. Turn the band right side out. The seam is the middle of the front.

3. Gathers: with the same tail go back along the seam, from edge to edge, in running stitches, in and out, each about ¼ in (0.6 cm) long. Pull the tail until the seam is only about 1½ in (4 cm) long; the band lays itself in folds on both sides of it. Take 3 small stitches over one another to hold it, and fasten off on the inside.

4. Strip: it is about 4½ in (11 cm) long and 1½ in (4 cm) wide; its rows run along it, and its right side is the side that faced you in row 1. Lay it, its right side out, across the outside of the band over the seam, so that its 5 rows run from one long edge of the band to the other, wrap it once round the gathered band, and let its two short ends meet on the inside, over the seam. Draw it snug and sew the two ends together there with whip stitch, 5 stitches, one to each row. With the rest of the tail take a few stitches through the strip and the gathers on the inside only, so that the strip stays over the seam.

Finishing

- Weave in every end on the inside of the headband.

In all: 2 pieces.

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