Moss stitch knot headband

Adult · US terms



Finished size
About 19¾ in (50 cm) around by 3¾ in (9.5 cm) wide
To fit for a head of 21 to 22½ in (53 to 57 cm)

Skill
Easy
Chain spaces

Yarn
Medium (4), 2 colors

Hook
5 mm (US H-8)

Gauge
14 stitches and 16½ rows to 4 in (10 cm)
In moss stitch.

You will need

Yarn A: eucalyptus, main — **about 55 yd (50 m), an estimate**
Yarn B: cream, stripe — **about 7 yd (6 m), an estimate**
Hook: 5 mm (US H-8). 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. 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
Adult (this file)	**for a head of 21 to 22½ in (53 to 57 cm)**	**19¾ in (50 cm) around, 3¾ in (9.5 cm) wide**	**about 62 yd (56 m)**
Adult large	for a head of 22½ to 24 in (57 to 61 cm)	21½ in (55 cm) around, 3¾ in (9.5 cm) wide	about 67 yd (61 m)
Child	for a head of 19½ to 21 in (50 to 53 cm)	17¾ in (45 cm) around, 3¾ in (9.5 cm) wide	about 57 yd (52 m)
Toddler	for a head of 18 to 19½ in (46 to 50 cm)	16¾ in (43 cm) around, 3¾ in (9.5 cm) wide	about 57 yd (52 m)
Baby	for a head of 16 to 18 in (41 to 46 cm)	14¾ in (37 cm) around, 3¾ in (9.5 cm) wide	about 52 yd (47 m)

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Abbreviations

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

ch	chain stitch
sc	single crochet (UK dc, double crochet)
BLO	back loop only: the loop of the top farther from you
RS	right side
sk	skip (UK miss)
sp	space
st	stitch

Gauge

14 stitches and 16½ rows to 4 in (10 cm) in moss stitch. Along a row, count every stitch and every chain between stitches as one.

Work a piece a little more than 4 in (10 cm) square, lay it flat and count. If you count more stitches than this, use a larger hook; if fewer, a smaller one.

Before you start

- The ch 1 at the start of a row does not count as a stitch.
- Every row has the same number of places: each single crochet is one and each chain space is one.
- 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 strands of each chain that lie below row 1, whether or not a stitch was worked into that chain. The chain skipped at the start of row 1 is not sewn. A chain between two stitches of the last row is sewn as a stitch: pass the needle under the whole chain.
- Measure the head and choose the size whose range it falls in. If it falls between two sizes, or in two of them, make the larger. Each headband is smaller around than the heads it is for, because it stretches.

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Instructions

Chosen: Adult. 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 sc is double crochet and sk is miss.

Band

Yarn A, eucalyptus.

☐ **Foundation**	With A, ch 14.	
☐ **Row 1 (RS)**	Sc in 2nd ch from hook, **[**ch 1, sk next ch, sc in next ch**] 6 times**	**(7 sc, 6 ch-1 sps)**
☐ **Row 2**	Ch 1, turn; sc in first st, sc in next ch-1 sp, **[**ch 1, sk next st, sc in next ch-1 sp**] 5 times**, sc in last st	**(8 sc, 5 ch-1 sps)**
☐ **Row 3**	Ch 1, turn; sc in first st, **[**ch 1, sk next st, sc in next ch-1 sp**] 5 times**, ch 1, sk next st, sc in last st	**(7 sc, 6 ch-1 sps)**
☐ **Rows 4 to 81**	Repeat rows 2 and 3 in turn: every even-numbered row is worked as row 2, every odd-numbered row as row 3.	

A box for each row, 4 to 81: tick them off as you go.

☐ 4 ☐ 5 ☐ 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 ☐ 49 ☐ 50 ☐ 51 ☐ 52 ☐ 53 ☐ 54 ☐ 55 ☐ 56 ☐ 57 ☐ 58 ☐ 59 ☐ 60 ☐ 61
☐ 62 ☐ 63 ☐ 64 ☐ 65 ☐ 66 ☐ 67 ☐ 68 ☐ 69 ☐ 70 ☐ 71 ☐ 72 ☐ 73 ☐ 74 ☐ 75 ☐ 76 ☐ 77 ☐ 78 ☐ 79 ☐ 80 ☐ 81

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

Center band

Yarn B, cream.

☐ **Foundation**	With B, ch 8.	
☐ **Row 1 (RS)**	Sc in 2nd ch from hook and in each ch across	**(7 sc)**
☐ **Rows 2 to 12**	Ch 1, turn; sc in BLO of each st across	**(7 sc)**

A box for each row, 2 to 12: tick them off as you go.

☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10 ☐ 11 ☐ 12

☐ **End**	Fasten off, leaving a tail of about 14 in (36 cm) to sew with.	

Assembly

1. Lay the band flat with its right side down. Bring the two short ends together without twisting and whip stitch them with the long tail: 13 stitches. The right side is on the outside.

2. Gather the headband in folds at its seam and lay the center band round it there, right side out, so that its last row meets its foundation chain at the back. Its ribs then run the same way as the length of the headband.

3. With the tail of the center band, whip stitch its last row to its foundation chain, 7 stitches, then take two or three stitches through the back of the headband so that the center band cannot slide.

Finishing

- Weave in the ends with the yarn needle, changing direction once or twice.

In all: 2 pieces; 691 stitches (607 in the band, 84 in the center band); 4 ends to weave in.

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