



Crochet



Knit

### Crochet Head Band

With #4 (Worsted yarn)

G Crochet Hook

sc= Single crochet  
 sc2tog=single crochet 2 together.  
 tbl= Through the back of the loop.

All single crochet are made through the back loop.  
 The top of each chain or stitch will be referred to as "loop"  
 The number on ( ) changes since you are adding 2 stitches on each even number rows. (2,4,6,8...)  
 Chain 6  
 Row 1.- sc on the 2nd. chain from the hook and on each of the next 4 chains= 5 Chain 1 and turn.

### Knitted Head Band

#8 US knitting needles

#4 (Worsted) yarn

Cast on 5 stitches  
 K=knit  
 tog=together  
 k&p= knit and purl into the same stitch.  
 Rows 1,2 and 3.- Knit 5  
 Row 4.- k&p into the first stitch, k2, k&p into the one before last, k1=7  
 Rows 5&6.- Knit 7  
 Row 7.- k&p into the first stitch, k4, k&p into the one before last, k1=9  
 Rows 8&9.- Knit 9  
 Row 10.- k&p into the first stitch, k6, k&p into the one before last, k1=11  
 Rows 11&12.- Knit 11  
 Row 13.- k&p into the first stitch, k8, k&p into the one before last, k1=13

## Crochet Head Band (cont.)

Row 2.- 2sc tbl on the first loop, sc tbl on the next (3) loops, 2sc tbl on the last loop= 7 Chain 1 and turn.

Row 3.- sc tbl on each loop. Chain 1 and turn.

Row 4.- Same as Row 2.

Row 5.- Same as row 3.

Continue with this pattern until you have 21 stitches (16 rows)

Crochet tbl on each sc, for 54 rows. (70 in total)

Decrease rows:

Start taking off stitches (1 on each side) by sc2tog

[https://www.youtube.com/watch?v=WZ8\\_xzpQR1M](https://www.youtube.com/watch?v=WZ8_xzpQR1M)

Decrease every other row.

You end with 5 stitches. Pass yarn through last loop.

Leave long tail to sew and cut.

With blunt tapestry needle, sew together with beginning.

## Knitted Head Band (cont.)

Rows 14&15.- Knit 13

Row 16.- k&p into the first stitch, k10, k&p into the one before last, k1=15

Rows 17&18.- Knit 15

Row 19.- k&p into the first stitch, k12, k&p into the one before last, k1=17

Rows 20&21.- Knit 17

Row 22.- k&p into the first stitch, k14, k&p into the one before last, k1=19

Rows 23&24.- Knit 19

Row 25.- k&p into the first stitch, k16, k&p into the one before last, k1= 21

Rows 26&27.- Knit 21

Row 28.- k&p into the first stitch, k18, k&p into the one before last, k1= 23

Rows 29&30.- Knit 23

Row 31.- k&p into the first stitch, k20, k&p into the one before last, k1= 25

Knit 25 stitches 80 more rows.

Take off rows:

Row 1.- k1, k2tog, k19, k2tog, k1=23

Rows 2&3.- Knit 23

Row 4.- k1, k2tog, k17, k2tog, k1=21

Rows 5&6.- Knit 21

Row 7.- k1, k2tog, k15, k2tog, k1=19

Rows 8&9.- Knit 19

Row 10.- k1, k2tog, k13, k2tog, k1=17

Rows 11&12.- Knit 17

Row 13.- k1, k2tog, k11, k2tog, k1=15

Rows 14&15.- Knit 15

Row 16.- k1, k2tog, k9, k2tog, k1=13

Rows 17&18.- Knit 13

Row 19.- k1, k2tog, k7, k2tog, k1=11

Rows 20&21.- Knit 11

Row 22.- k1, k2tog, k5, k2tog, k1=9

Rows 23&24.- Knit 9

Row 25.- k1, k2tog, k3, k2tog, k1=7

Rows 26.- Knit 7

Row 27.- Make buttonhole: k2, k2tog, yo, k3=

7

## Knitted Head Band (cont.)

Row 28.- k1, k2tog, k1, k2tog,  
k1=5

Rows 29.- Knit 5

Row 30.- Bind off remaining 5.  
Weave in ends.



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**Contact:**

[joannesweb@gmail.com](mailto:joannesweb@gmail.com)