## Project #3:

# Cable Heart Headband

**Level:** Advanced

This knitting project shows you how to create a stylish and intricate headband featuring heart-shaped cable patterns. The pattern measures 17 inches in length and 4 inches in width, but feel free to adjust the size to fit you best! This headband provides excellent coverage to keep ears warm in cool weather and hair in place on difficult days.

*You can access your digital pattern with a **quick scan of the QR code!***

## Materials:

· Merino Elegance (green 14602) – 40 g

· US size 4 (3.5 mm) circular needle (from your previous boxes)

· US size 4 (3.5 mm) 1 double-pointed needle (from your previous boxes)

· Scissors

· Stitch marker

## Stitches and abbreviations used:

· k - knit

· p - purl

· sl - slip

· st - stitch

· sts - stitches

· sm - stitch marker

· rs - right side

· ws - wrong side

· dpn - double pointed needle

· c4b - cable 4 back – sl 2 sts to the dpn, hold at back of the work, k2 from the left needle, k2 from the dpn

· c4f - cable 4 front – sl 2 sts to the dpn, hold at front of the work, k2 from the left needle, k2 from the dpn

· tw4b - purl twist 4 back – sl 2 sts to the dpn, hold at back of the work, k2 from the left needle, p2 from the dpn

· tw4f - purl twist 4 front – sl 2 sts to the dpn, hold at front of the work, p2 from the left needle, k2 from the dpn

· tw3b - purl twist 3 back – sl 1 st to the dpn, hold at back of the work, k2 from the left needle, p1 from the dpn

· tw3f - purl twist 3 front – sl 2 sts to the dpn, hold at front of the work, p1 from the left needle, k2 from the dpn

## Measurements of the project:

Length – 17 inches, width – 4 inches.

## Pattern

Cast on 36 sts.

### Row 1 (and all odd rows are rs)

K2, p2, k4, p4, k2, c4b, c4f, k2, p4, k4, p2, k2.

Add st marker around the 1st st of the row to indicate the rs of the work. (Images 1-4)

### Row 2 (and all even rows are ws)

K4, p4, k4, p12, k4, p4, k4.

### Row 3

K2, p2, c4f, p4, tw4b, k4, tw4f, p4, c4f, p2, k2. (Images 5-9)

### Row 4

K4, p4, k4, p2, k2, p4, k2, p2, k4, p4, k4. (Image 10)

### Row 5

K2, p2, k4, p3, tw3b, p2, c4b, p2, tw3f, p3, k4, p2, k2.

### Row 6

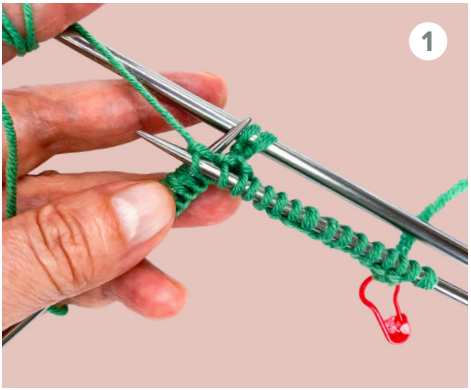
K4, p4, k2, p3, k3, p4, k3, p3, k2, p4, k4.

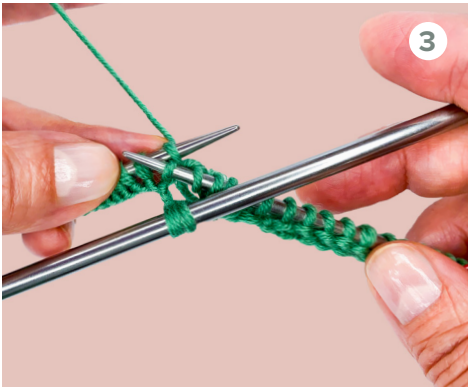
### Row 7

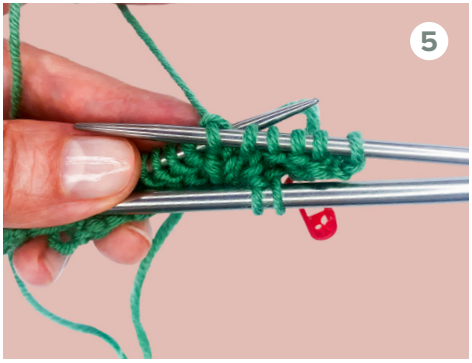
K2, p2, k4, p2, tw3b, p3, k4, p3, tw3f, p2, k4, p2, k2.

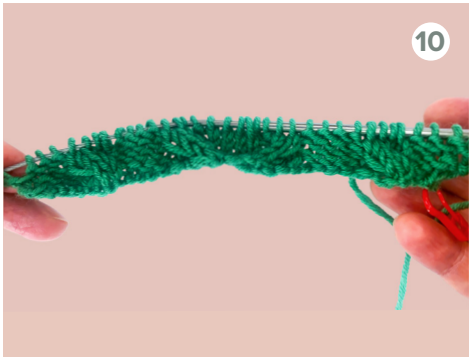
### Row 8

K4, p4, k2, p2, k4, p4, k4, p2, k2, p4, k4.










**Row 9**

K2, p2, c4f, p2, k2, p4, c4b, p4, k2, p2, c4f, p2, k2.

**Row 10**

K4, p4, k2, p2, k4, p4, k4, p2, k2, p4, k4.

**Row 11**

K2, p2, k4, p2, tw4f, c4b, c4f, tw4b, p2, k4, p2, k2.

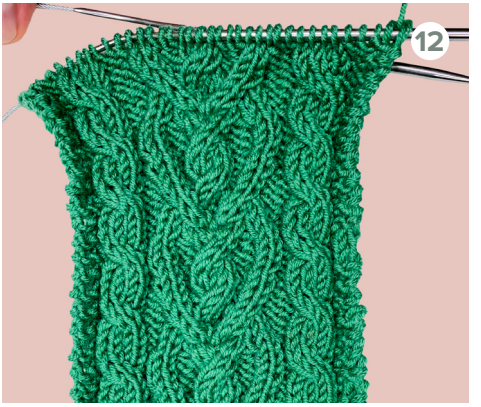
**Row 12**

K4, p4, k4, p12, k4, p4, k4. (Image 11)

Repeat Rows 1-12 9 more times (10 heart cables in total). (Image 12)

Bind off when you reach the desired length, sew the ends together using the sewing needle (Image 13, 14)

11


12

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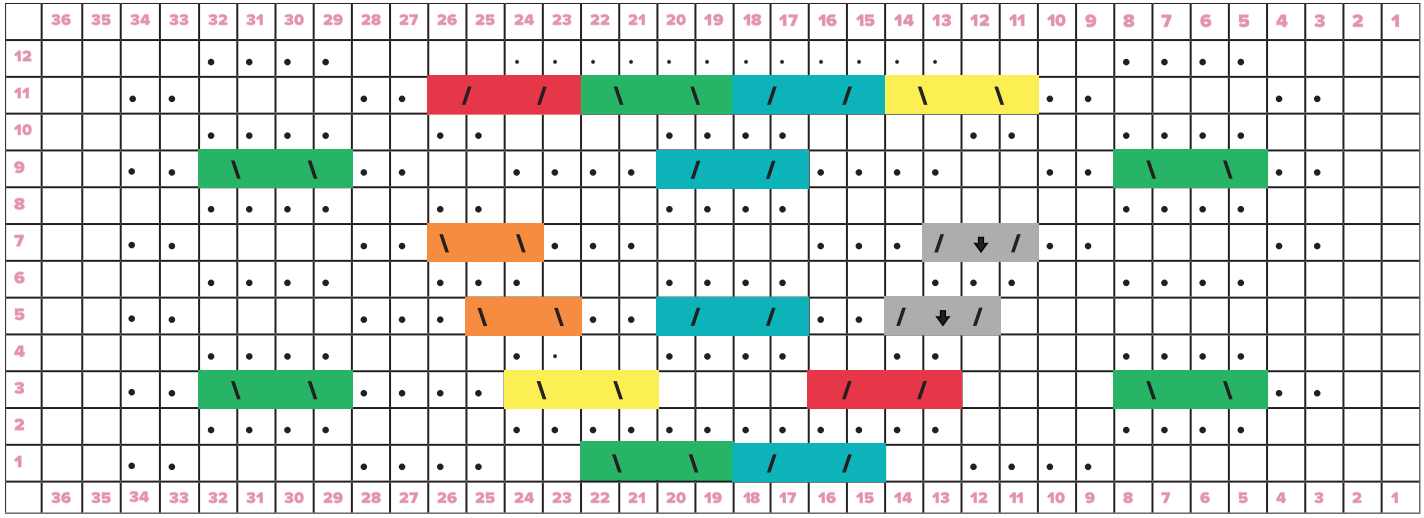
14




Knit

Purl

c4b

c4f

tw4b

tw4f

tw3b

tw3f