



Wool: Fingering / 4 ply (14 wpi) in two colours (*blue and white in pattern above*)

Gauge: 37 stitches and 41 rows = 4 inches in stranded colourwork pattern, after blocking

Needle size: US 1 - 2.25 mm

Actual finished size
(medium knitting tension)

Circumference: 22 inches
Width: 4 ¼ inches (including ribbed bands)

Instructions:

- Cast on 220 stitches with background colour and divide between 4 needles.
- Join (being careful to avoid twisting) and knit 12 rows of rib.
- Begin following pattern. NOTE: the pattern above is only HALF of the full circumference of the headband, so you'll need to knit each pattern row twice.
- When you have completed the pattern, knit 12 rows of rib with background colour and cast off.
- Fold under half of the ribbed band at each edge and sew to inside.
- Put it on and admire!

See pictures at <http://houseofspoon.blogspot.com>