Cable Headband

Here's what you need:

- Acrylic yarn
- Size 8 (5mm) knitting needles
- Cable needle or double pointed needle
- Yarn needle for seaming and weaving in ends

- Abbreviations:
- K: Knit
- P: Purl
- C8F: Cable eight stitches in front (you actually hold 4 stiches on the cable needle in the front)

Directions

Row 1: K2, P1, K1, P2, K8, P2, K1, P1, K2

Row 2: K3, P1, K2, P8, K2, P1, K3

Row 3: K2, P1, K1, P2, K8, P2, K1, P1, K2

Row 4: K3, P1, K2, P8, K2, P1, K3

Row 5: K2, P1, K1, P2, K8, P2, K1, P1, K2

Row 6: K3, P1, K2, P8, K2, P1, K3

Row 7: K2, P1, K1, P2, C8F, P2, K1, P1, K2.

Knit pattern until you reach "C8F"
Slip 4 stitches onto your cable needle and hold it in front of your work (this is part of the C8F)

Knit 4 stitches from knitting needle (C8F)

Knit stitches from your cable needle to complete C8F

Complete Row 7. This is what the cable twist will look like

Repeat rows 2-7 until desired length, for me it was when the whole piece measured 15 ½ inches long. It's best to make it a bit tight, since the headband will stretch.

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Bind off, sew seams together, weave in ends and then you're done!