



MANOS DEL URUGUAY

FREE PATTERN

# Eve Headband

by Missus Columbo



*This pretty headband features a reversible cable design and is available in a straight or twisted version.  
Pictured here in SB3019 Dove (left) and SB3215 Saffron (right).*



MANOS DEL URUGUAY

## *Eve Headband in Manos del Uruguay Silk Blend*

### SIZE

One size: 15cm/6" wide (unstretched) by 50cm/19½" long

### MATERIALS

Manos del Uruguay SILK BLEND (70% extrafine merino, 30% silk), 135m/148 yds per 50g/1.75 oz skein

Shown in SB3019 Dove (straight version) and SB3215 Saffron (twisted version)

5mm/US 8 knitting needles

Cable needle

6 Stitch markers

1 Removable stitch marker or safety pin

Tapestry needle

For Twisted Version

5mm/US 8 crochet hook  
crochet hook and smooth waste yarn

Set of 5mm/US 8 DPNs

### TENSION

26.5 stitches and 30 rows in Main pattern (unstretched) = 10cm/4" after blocking

### PATTERN NOTES

This headband features reversible cables, where the cabled stitches are worked in 2x2 rib so they look the same on both RS and WS. You may prefer to place a removable stitch marker to mark the RS of the fabric to keep track of which side you are working on. There are icord edges and 1x1 rib along each edge. For the straight version, work in a standard cast-on and seam flat at the end. For the twisted version, work a provisional cast-on and seam using the tutorial on pages 4-5.

### ABBREVIATIONS

**C16F:** slip next 8 sts to cn and hold at front of work; (k2, p2) twice from LH ndl; (k2, p2) twice from cn

**cn:** cable needle

**cont:** continue

**G st:** Garter st (working flat – knit all rows)

**k:** knit

**LH:** left hand

**ndl(s):** needle(s)

**p:** purl

**pm:** place marker

**rep:** repeat

**RS:** right side

**sl:** slip

**slm:** slip marker

**st(s):** stitch(es)

**WS:** wrong side

**wyif:** with yarn in front

### SPECIAL TECHNIQUES

#### Crochet provisional cast-on

With waste yarn, make a slipknot and place on crochet hook.

\* Place hook on top of knitting ndl, wind yarn under ndl, then with the hook pull yarn through the stitch on hook; rep from \* until the required number of sts are on the ndl.

Work a short crochet chain and fasten off. Cont with working yarn for as usual.

To remove the waste yarn, start at the chain end, unpick the waste yarn and unravel the cast-on, placing sts on ndl as you go.

## STITCH GUIDE

### Main Pattern (20 sts)

Row 1 (RS): K1, sl 1 wyif, k1, slm, p1, [k1, p1] 3 times, slm, k2, slm, [k2, p2] 4 times, slm, k2, slm, p1, [k1, p1] 3 times, slm, k1, sl 1 wyif, k1.

Row 2 (WS): Sl 1 wyif, k1, sl 1 wyif, slm, k1, [p1, k1] 3 times, slm, k2, slm, [k2, p2] 4 times, slm, k2, slm, k1, [p1, k1] 3 times, slm, sl 1 wyif, k1, sl 1 wyif.

Rows 3-12: Repeat Rows 1-2 five times.

Row 13: K1, sl 1 wyif, k1, slm, p1, [k1, p1] 3 times, slm, k2, slm, C16F, slm, k2, slm, p1, [k1, p1] 3 times, slm, k1, sl 1 wyif, k1.

Row 14: Repeat Row 2.

Rows 15-16: Repeat Rows 1-2.

Rep these 16 rows for pattern.

### INSTRUCTIONS

Cast on 40 sts. For twist version, use the crochet provisional cast-on (see Special Techniques) or your preferred provisional cast-on method. For straight version, use long tail or your preferred standard cast-on method.

Set-Up Row 1 (RS): K3, pm, p1, [k1, p1] 3 times, pm, k2, pm, [k2, p2] 4 times, pm, k2, pm, p1, [k1, p1] 3 times, pm, k3.

Stitch count between markers is: 3 sts for icord edge / 7 sts for 1x1 rib / 2 sts for G st / 16 sts for cable / 2 sts for G st / 7 sts for 1x1 rib / 3 sts for icord edge.

Set-Up Row 2 (WS): Sl 1 wyif, k1, sl 1 wyif, slm, k1, [p1, k1] 3 times, slm, k2, slm, [p2, k2] 4 times, slm, k2, slm, k1, [p1, k1] 3 times, slm, sl 1 wyif, k1, sl 1 wyif.

**\*Tip\*** For the rib, once the pattern is set, work the sts as they present on the LH ndl – k the knit sts and p the purl sts.

Work Main pattern from chart or written instructions until work measures 50cm and ending after a Row 12 of pattern.

Repeat only Rows 1-2 of Main pattern once more.

### Straight Headband only:

Cast off in pattern then join seam of cast-off and cast-on edges using mattress stitch.

### Twisted Headband only:

Cast off using the twisted headband tutorial on pages 4-5, which includes a step-by-step guide to create the twist and cast off all sts.

### FINISHING (both versions)

Weave in ends. The headband does not require wet blocking, although it may be washed if required using a suitable wool detergent and following the care instructions on the ball band.

When washing, lay flat until fully dry to help maintain the shape and texture.



## TWISTED HEADBAND TUTORIAL

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### 1. Unpick the provisional cast-on

Turn the work so that the cast-on edge is facing you. The first row will be made up of "bumps" in the main colour and waste yarn.

With a DPN, pick up each of the 40 bumps in the main colour. Once you have picked up each of the stitches of the first row, gently unpick the waste yarn and discard while the 40 live stitches remain on the needle.

You will have 40 live stitches at either end of the work. Using DPNs, rearrange the stitches so that there are 20 stitches on each of four DPNs.



### 2. Fold

Fold the knitted strip vertically in half so that the folded end is at the bottom and the open row edges face upwards. At each end of the work the DPNs will now lie one on top of the other.

Hold the pair of DPNs with the working yarn in your left hand and the pair of DPNs at the cast-on edge in your right hand. Bring both pairs of needles towards each other. You are now holding the work in a standard knitting position.



### 3. Twist

Bring the front needle in your right hand between the front and back needle in your left hand. At the same time bring the back needle in your right hand behind the back needle in your left hand.



### 3a. Adjust

Adjust the position of the needles so they sit on top of each other. Hold all the needles in your left hand. The needle with the working yarn should be at the front.

**\*Tip\*** Once all four needles are arranged on top of each other you may want to put a needle protector or elastic band on the left tip of the DPNs to hold them together.



### 4. Cast Off

Insert crochet hook through the first stitch of each needle from front to back. Draw the working yarn through all four stitches, forming a single loop on the crochet hook.

Insert the crochet hook into the first stitch on each needle once again. This time pull a loop through all four stitches and the loop on the crochet hook (1 st cast off).

Continue in this manner, working through each set of stitches on the four needles until all stitches are cast off.

**\*Tip\*** If you don't like using a crochet hook you can work each set of stitches on the four needles as k4tog (knit 4 together), or use your favourite sewn cast-off method. The main thing to remember is you are picking up one stitch from each of four needles from front to back and treating it as a single stitch to be cast off.

