

HELEN'S KNOTS OF LOVE CAP



For Circular Needles

Materials:

Needles: Size 8 (16") circular needle and
Size 8 (7") double point needles (dpn)
Yarn: 200-225 yards Premier Cotton Sprout.
Yarn needle

Finished Size: One size fits most adults.

Instructions for Knitting with circular needles:

Cast on 75 stitches. Place marker to identify beginning of round.

Row 1 - 3: (K3, P2) around

Row 4: *Slip 1 as if to knit, K2, PSSO, P2; repeat from * around.

Row 5: *K1, YO, K1, P2; repeat from * around.

Rows 6 - 37: Repeat Rows 2-5, 8 times.

Row 38 and Row 39: Repeat Row 1

Begin decrease sequence. When work becomes too small, switch to dpn.

Row 40: *Slip 1 as if to knit, K2, PSSO, P2 tog; repeat from * around.

Row 41: *K1, YO, K1, P1; repeat from * around.

Row 42 and Row 43: *K3, P1; repeat from * around.

Row 44: *Slip 1 as if to knit, K2 tog, PSSO, P1; repeat from * around.

Row 45 and Row 46: K2 tog. around.

Finishing:

Cut yarn, leaving a long end for sewing. Thread a tapestry needle and insert yarn through the remaining stitches. Pull tightly to form ring, knot, and weave in end. Secure all loose ends.



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HELEN'S KNOTS OF LOVE CAP



For Straight Needles

Materials:

Needles: 14" Straight Knitting Needles – size 8

Yarn: 200-225 yards Premier Cotton Sprout.

Yarn needle

Finished Size: One size fits most adults.

Instructions for knitting with straight needles:

Cast on 77 sts.

Row 1: K2, (P3, K2) across.

Row 2 (Right side): P2, (K3, P2) across.

Row 3: K2, (P3, K2) across.

Row 4: P2, *Slip 1 as if to knit, K2, PSSO, P2; Repeat from * across.

Row 5: K2, *P1, YO, P1, K2; Repeat from * across.

Rows 6 – 37 Repeat Rows 2 – 5, 8 times. (Approx. 6" from cast on edge)

Row 38: Repeat Row 2

Row 39: Repeat Row 3

Row 40: P2 tog, * Slip 1 as if to knit, K2, PSSO, P2 tog; Repeat from * across.

Row 41: K1 (P1, YO, P1, K1) across.

Row 42: P1, (K3, P1) across.

Row 43: K1, (P3, K1) across.

Row 44: P1, * Slip 1 as if to knit, K2 tog, PSSO, P1; Repeat from * across.

Row 45: K1, P2 tog across.

Row 46: K2 tog across, K1.

Finishing:

Cut yarn, leaving a long end for sewing. Thread yarn needle and weave through remaining sts to form a ring; pull tightly and secure end. With right sides together, sew the seam from top to bottom. Weave in loose ends. Turn up last 4 "cables" to form cuff, if desired.



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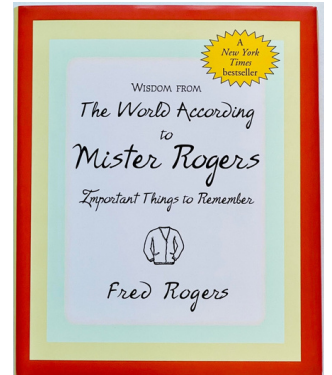
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