

CARINO HEADBAND (KNIT)



Materials:

Needles: Size US 7, 16" circular needles

Hook: Size G (4mm), if flower is desired

Yarn: Any yarn from the Knots of Love's [approved list of yarns](#).

Tapestry needle

Abbreviations:

PM = place marker

K = knit **P** = purl

st = stitch **sts** = stitches

Special stitches:

Seed stitch = (K1, P1) across an odd number of stitches

Moss stitch = **Rnd 1:** (K2, P2) around on an even number of stitches

Rnd 2: K the Ks and P the Ps

Rnd 3: (P2, K2) around

Rnd 4: P the Ps and K the Ks

Instructions:

Cast on 81 sts. PM being careful not to twist the stitches.

Pattern:

Rnds 1-5: Seed stitch:

Rnd 1: (K1, P1) around, ending with K1

Rnd 2: (P1, K1) around, ending with P1

Rnds 3 & 5: repeat rnd 1

Rnd 4: repeat rnd 2

Rnd 6: Knit around to last 2 stitches. K2tog. (80 stitches)

Rnds 7-30: Moss stitch:

Rnds 7 & 8: (K2, P2) around

Rnds 9 & 10: (P2, K2) around

Repeat Rnds 7-10 five (5) more times or to desired width.

Rnd 31: K around to last stitch. Increase by knitting in front and back of stitch. (81 stitches)

Rnds 32-36: Seed stitch (see Rnds 1-5)

Finishing: Bind off and weave in all ends.



FLOWER (crochet):

Chain 30 (for larger flower, chain 40)

In 4th ch from hook, dc.
ch 3, sl st, [ch 3, dc, ch 3, sl st] twice,
in each ch across (sl st, ch 3, dc, ch 3).

Fasten off.

Starting with the first 3 petals,
spiral the petals around in layers
and stitch in place from the back.

Sew flower on band.

[Click here to shop starter kits, mystery bags, and more](#)

[Click here to shop new patterns](#)

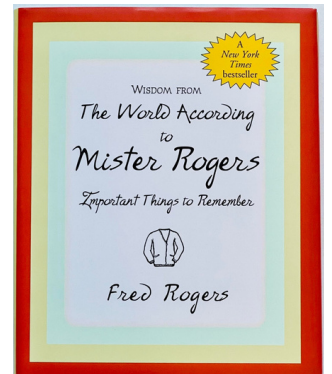
Not for resale or for commercial use of any kind.

All rights and claims reserved by Knots of Love. Knots of Love is a registered trademark of Knots of Love, Inc. Knots of Love, Inc® is a 501(c)3 Nonprofit Public Charity (EIN 35-2345369).

100% of the proceeds from sales in our shop make a difference by helping Knots of Love provide free handmade hats to people going through chemo and blankets to babies in ICU incubators.



[Click here to shop all patterns](#)



[Buy a cool yarn cutter pendant](#)

[Buy a Mr Rogers book](#)

[Click here to buy our value-packed mystery bag](#)



[Click here to shop knit and crochet starter kits](#)