Knitting ARTS & CRAFTS KITS at your library

Learn Knitting - Simple Knit Headband pattern

Supplies provided:
Yarn: 1.5 oz medium weight acrylic yarn
Knitting Needles: one set size 7 straight knitting needles
Yarn Needle
Additional supplies that you will need: scissors, tape measure or ruler

Definitions:
Casting on (CO): How you make the first row of stitches when knitting.
Binding (or casting) off: How you remove the final row of stitches from the needle when knitting.
Knit stitch (K): Appears as a V shape on the front of the work by forming a loop on the back.
Purl stitch (P): Forms a loop on the front of the work and will appear as a V shape on the back.

Garter stitch: This is the field of stitches produced if you knit all rows on both the front and back side of your work.

Seed stitch: Created by working alternating knit and purl stitches and then reversing the pattern on the back of the work. Creates a fabric with an even, bumpy texture.

Rib stitch: The rib stitch consists of columns of alternating knit and purl stitches. Can be worked in 1x1 or 2x2 patterns. Creates a stretchy fabric that will be narrower than the cast on.

Materials included in this pack will be enough to make a 3 1/2” wide ear-warmer style headband that is 20” in circumference, large enough for an adult. You may choose to make a narrow headband by casting on fewer stitches.

This basic pattern calls for casting on 16 stitches and knitting all rows until the project is long enough to fit comfortably around the wearers head. The knitting is then bound off and the two ends are joined using a yarn needle with a mattress stitch seam.
Instructions for Knit Cast-on:

↓ Begin by making a slip-knot in the end of your yarn. Make a loop in the yarn, by crossing the ball end over the tail end, leaving about a 6 inch tail. With your thumb and index finger reach through the loop and pull yarn from ball end through. Insert a knitting needle into the slip-knot loop and pull the yarn ends to tighten it. The yarn as it is coming off of the ball is referred to as the working end.

← Hold the needle with the slip knot in your left hand and the other needle with your right hand.

Insert the tip of the right needle into the slip knot and cross it under the left needle. →

← Bring the working yarn around the right needle tip with your right hand, creating a loop around the right hand needle and pull it gently as shown. →

← Bring the right needle under the left and through to the front, pulling the newly created loop through and creating a stitch on the right hand needle. →

↓ Transfer the new stitch from the right hand needle to the left needle by inserting the left needle under and through the stitch. Remove the right needle so the loop is transferred to the left needle. Pull the yarn to secure. Repeat casting on stitches until you have 16 on your needle, or fewer if you would like to make a narrow headband.
Instructions for Creating the Knit Stitch:

After casting on enough stitches for your project, the only stitch you will need is the basic knit stitch. If you choose, you may also use the purl stitch to create various patterns in your work.

**Knit Stitch (K):** Keep the working yarn to the back when making knit stitches.

1. Hold the needle with the cast on stitches in your left hand and the empty needle in your right hand.
2. Insert the tip of the right needle into the first stitch and cross it under the left needle as shown.
3. Bring the working yarn around the right needle tip with your right hand, creating a loop around the right hand needle and pull it gently as shown.
4. Bring the right needle under the left and through to the front, pulling the newly created loop through and creating a stitch on the right hand needle.
5. Slide the stitch off of the left hand needle and gently tug the working end to create your new stitch.
6. Repeat this across the row of cast on stitches to create your first row of knit stitches on the right hand needle.
7. Turn the right hand needle and move it to your left hand. Repeat working the knit stitch back across your work.

Continue knitting across and turning your work and knitting across to create a headband knitted in garter stitch.
Instructions for Creating the Purl Stitch:

Use the following instructions if you would like to learn how to create the purl stitch which will allow you to use the seed stitch pattern or ribbed pattern when completing your headband.

**Purl Stitch (P):** Please note that the working yarn will be in the front while making purl stitches.

1. **Hold the needle with your knitting on it in your left hand and the empty needle in your right hand.**
2. **Insert the tip of the right needle into the first stitch and cross it in front of the left needle as shown.**
3. **Bring the working yarn around the right needle tip with your right hand, creating a loop around the right hand needle and pull it gently as shown.**
4. **Bring the right needle under the left and through to the back, pulling the newly created loop through and creating a stitch on the right hand needle. Slide the stitch off of the left hand needle and gently tug the working end to create your new stitch.**

**Stockinette Stitch:** If you continue to work the purl stitch across all of your stitches of the row, and then turn and knit all of the stitches on the next row you will create the field of stitches known as stockinette.

This field stitch is not recommended when making this headband due to the roll created on the sides of the work as seen here.
Instructions for Following a Knitting Pattern and Creating Seed Stitch and Rib Stitch:

Written instructions for knitting will usually feature some common abbreviations and shorthand. Patterns should include information on needle size, yarn type used, and gauge or stitches per inch. For this beginners pattern we will keep it very simple, but show you some of the notations you will see in a knitting pattern.

### Basic Knit Headband Pattern in Garter Stitch:

**CO 16 sts** (Cast on 16 stitches)

**Row 1: Knit** (Knit 16 stitches across your cast on stitches)

**Rep Row 1** Repeat until piece measures 20 inches or desired length

### Basic Knit Headband Pattern in Seed Stitch:

**CO 16 sts** (Cast on 16 stitches)

**Row 1: K1, P1** (Alternate knit and purl stitches across the first row of knitting)

**Row 2: P1, K1** (Begin with purl stitch and alternate across the second row)

**Rep Row 1 and 2** Repeat until piece measures 20 inches or desired length

**As you work this pattern you alternate knit and purl stitches, on the reverse you should be knitting into each purled stitch and purling into each knitted stitch.**

**Yarn behind when knitting**

**Yarn in front when purling**

### Basic Knit Headband Pattern in 1x1 Rib Stitch:

**CO 16 sts** (Cast on 16 stitches)

**Row 1: K1, P1** (Alternate knit and purl stitches across the first row of knitting)

**Rep Row 1** Repeat until piece measures 20 inches or desired length

**As you work this pattern you alternate knit and purl stitches, on the reverse you should be knitting into each knitted stitch and purling into each purled stitch.**

Rib stitch creates a stretchy fabric with columns of stitches that contract towards each other. Even when you cast on the same amount of stitches, expect the finished piece to be narrower than the cast on.

**Rib stitch creates a stretchy fabric with columns of stitches that contract towards each other.**
Instructions for Basic Bind-off:

When you are ready to remove your knitting from the needles you will need to bind-off your stitches so that your work will not unravel.

1. **Begin by knitting two stitches onto the right hand needle.**
   - Insert the tip of the left needle in front and under the first stitch.

2. **Use the tip of the left hand needle to lift the first stitch up and over the second stitch and completely off of the right hand needle.**

3. **Knit one stitch so that you will again have two stitches on the right hand needle.**
   - Again use the left hand needle to slip the first stitch over the second and off of the right hand needle.

4. **Continue this process until you have only one stitch remaining on your right hand needle.**
   - Enlarge the loop of that stitch by pulling more yarn from the working end.

5. **Cut the yarn from the yarn ball leaving a few inches of excess, put the end through the loop and pull tight to form a knot at the corner of your work.**
Instructions for joining ends with Mattress Stitch and weaving in yarn ends:

To create a headband we will join the two ends of our knitting together using a simple mattress stitch. All loose ends of yarn will be woven into the knitting to secure them.

→ Thread a piece of yarn through the eye of the yarn needle. If you have a long tail of yarn left on your knitting, you may use that to sew together your edges.

← Line up the two ends of your knitting and push the yarn needle through a loop on either side leaving a tail of yarn. →

← Continue joining a loop from either side, working the needle from right to left, until you reach the end. →

← Knot the end of the yarn by running the needle through a loop in your knitting and then pulling the yarn end through the loop and tightening. Be sure to knot the other end of the yarn too, if you are using a separate piece of yarn for joining. →

← Weave in all loose ends of yarn by threading the end of the yarn on the yarn needle and then running the needle under a few stitches. Then carefully trim the excess yarn with scissors. →

← With experience, the mattress stitch can make a nearly invisible joining on the front of your work. For this project, the joining will be at the back of the piece when worn, so don’t worry if it is not perfect! →
Learn Knitting

Things to consider when you are getting started in knitting:

**Traditional straight needles**: Sold in pairs or sets of assorted sizes, sturdy and work well for many knitting projects. Knitting in the round is accomplished with sets of double pointed needles.

**Circular needles**: Two knitting needles joined by a length of cord that can be used for flat knitting or knitting in the round projects. These have become very popular due the flexibility of using the same set of needles for different types of projects.

**English vs. Continental style of knitting**: These instructions follow the English style, but you will find instructions for both in the books and videos below. There is not one right way to knit, you will just have to find the right way for you!

You can get more help with knitting from the online tutorials at Creativebug, available to you for free as a TSCPL patron. You will need to log in with your library card at this link:

https://tscpl.org/creativebug

Once you are logged in, search the word “knitting” to find many videos on knitting topics. If you need help with casting-on or binding-off, search the phrase “cast on” or “bind off” to find some very helpful videos from Debbie Stoller.

https://www.creativebug.com/classseries/single/knitting-cast-ons

https://www.creativebug.com/classseries/single/binding-off-your-knitting

Resources

For more information and projects on knitting, browse the library’s

**Arts & Crafts Neighborhood** Call #746.41, #746.43

746.41 BLI  *The Knitter’s Book of Knowledge* by Debbie Bliss
746.41 STA  *Startup Library, Knitting* (DVD) by Susan Anderson
746.41 TOM  *How to Knit* by Debbie Tomkies
746.43 SUM  *Anyone Can Knit* by Libby Summers
746.43 TAY  *Guys Knit* by Nathan Taylor
746.43 WAL  *First Time Knits* by Louise Walker