



ULDEN HEADBAND

Ulden Headband (Woolen Headband) is a soft and light headband knitted flat in ribbing with a selvedge from end to end. The headband is especially useful during fall time. Notice the headband will get 10% loser after use and you may consider knitting it a bit shorter than the length suggested in the pattern.

Full length: 46-48 cm

Width: 11 cm

Needle size: 6 mm / U.S. 4 / U.K. 10

Gauge: 20 stitches and 20 rows = 10 cm in ribbing

Suggested yarn: 40 g Carpe Diem by Lang Yarns (50 g = 130 m) held together with 10 g Kid Color by Lang Yarns (25 g = ca. 230 m)

or 30 g Snefnug by CaMaRose (50 g = 110 m) knitted together with 10 g Midnatssol by CaMaRose (25 g = 200 m)

or 30 g Puno by Gepard Garn (50 g = 110 m) knitted together with med 10 g Månestråle by CaMaRose (25 g = 200 m)

Abbreviations

st(s) = stitch(es)

p = purl

r = row

* _ * = repeat from * to *

Techniques

Slip 1 stitch knit wise (sl1wyb): slip stitch knit wise with yarn in back (to create selvedge)

Inc leaning right, knit (m1r): Insert tip of right needle knitwise into front leg of the strand and knit as usual. Increase is leaning to the right.

Knit 2 together (k2tog): insert the needle into 2 sts and knit them together.

Purl 2 together (p2tog): insert the needle into 2 sts and purl them together.

Links to guiding videos

video 1: Cast on sts <https://www.youtube.com/watch?v=SXA3gBNiSiM&t=196s>

video 2: M1r <https://www.youtube.com/watch?v=lsJndA4LzR8>

video 3: Sl1wyb to create selvedge <https://www.youtube.com/watch?v=Xrm4oUFZo8g>

video 4: K2tog <https://www.youtube.com/watch?v=Lx8BySRLIAE>

video 5: P2tog <https://www.youtube.com/watch?v=Y3g6UoxnLmQ>

video 6: Three needles bind off <https://www.youtube.com/watch?v=GUBhkMeB2xQ>

video 7: Weave in ends <https://www.youtube.com/watch?v=v-p4qsiyuI8>

PATTERN

Cast on 21 sts on needle size 6 mm ([video 1](#)).

Switch between working **row 1** and **2**:

Row 1: Sl1wyb, *K1, P1* until you reach last st, K1.

Row 2: Sl1wyb, *P1, K1* until you reach last st, K1.

Repeat **row 1** and **2** until your work reaches approx 18-19 cm.

Flaps

Work row 1 (*K1, P1*). Every row begins with slipping the first st with yarn behind. Work 9 sts and m1r ([video 2](#)). You now have 11 sts on your needle. Let the 11 sts rest and work the first 11 sts following your chosen pattern. Remember to sl1wyb in the beginning of each row – and K1 at the end of each row. Work until the flap reach 10 cm. Let sts rest and break yarn. Now work the 11 sts from before. Sl1wyb, work the 11 sts following your chosen pattern. K1 at the end of the row. Work in established pattern until the flap is 10 cm ([video 3](#)).

The cross

Now cross the two flaps and gather the 22 sts on one needle. Sl1wyb, work your chosen pattern – and work the 11. and 12. st *either* K2tog, if the 11. st is purled, *or* P2tog, if the 11. st is knitted to end up with 21 sts ([video 4](#)) ([video 5](#)). Repeat row 1 and 2 until your work measures approx 18-19 cm.

Cast off

Choose one of the following ways to cast off: 1) cast off and sew tog the edges, or 2) three needles cast off.

Three needles cast off ([video 6](#))

Pick up the 21 sts on a new needle on the opposite end of the headband. You now have two needles with each 21 sts. Make sure to pick up sts the side that will be facing outwards when the headband is finished.

Arrange the two pieces with their wrong sides facing out. Hold needles parallel and slip a third (working) needle into 1. st on each of the two needles. Wrap yarn around working needle as if to knit, and k2tog. Allow 1. st from each of the parallel needles to fall from the needles. There will be 2 sts on the working needle. Pass the 1. st on the working needle over the 2. st and off the needle, as you normally would casting off.

Repeat until only 1 st remains on the working needle. Break yarn and pull the tail through the last st to fasten.

Weave in ends ([video 7](#)).

Thank you for buying the Ulden Headband pattern. It is one of my many knitting projects. If you want to see more of my work, you can follow me on Instagram: @knitlidl. I would love to see your headband so please share your version of Ulden Headband on Instagram with the hashtag #uldenheadband #knitlidl. Happy knitting – and remember to always find time to “knitlidl” (knit a bit)!



Camilla Grady ©COPYRIGHT 2023

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