

*Wild.Fibers*

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## FIXATION HEADBAND IN THREE STYLES

1 skein Cascade Fixation/Size 6 needles

Gauge = 7 stitches per inch in garter stitch.

Cast on 8 stitches using your favorite method or using provisional method.

Knit 20 rows.

Increase:

K1, kfb, knit to last two stitches, kfb, K 1

Knit next two rows.

K1, kfb, knit to last two stitches, kfb, K1

Knit next two rows.

K1, kfb, knit to last two stitches, kfb, K1(14 sts)

Work one of the following stitch patterns for 62 rows or approx. 7 1/2" from beginning of pattern.

Pattern A: Garter Stitch [knit every row]

Pattern B: Seed Stitch:

Row 1:K1, P1 to end of row

Row 2:P1, K1 to end of row 2

Repeat these two rows.

Pattern C: Granite Relief Stitch:

Row 1: knit

Row 2: K2tog across row

Row 3: knit into the front and back of each st. across row

Row 4: purl row

Repeat these four rows.

Decrease:

K1, k2tog, knit to last three stitches, k2tog, k1.

Knit next two rows.

K1, k2tog, knit to last three stitches, k2tog, k1.

Knit next two rows.

K1, K2tog, knit to last three stitches, k2tog, k1.

Knit 20 rows.

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## FIXATION WOVEN CABLE HEADBAND

1 skein Cascade Fixation/Size 6 needles/small cable needle

Gauge = 7 stitches per inch in garter stitch.

Cast on 10 stitches using your favorite method or provisional cast on method.

C4F (Cable 4 Front) = slip next 2 sts onto cable needle and hold at front of work,

Knit next 2 sts from left-hand needle, then knit sts from cable needle.

C4B(Cable 4 Back)=slip next 2 sts onto cable needle and hold at back of work,

Knit next 2 sts from left-hand needle, then knit sts from cable needle.

Cast on 10 stitches using your favorite method or provisional cast on method.

Knit 20 rows

**Increase:**

Row 1: K1, knit in the front & back of the next 2 sts (kfb), knit to last 3 sts, kfb 2 times, end k1.

Row 2: Knit one row.

Repeat rows 1 & 2 one more time. (18 sts)

Row 3: K1, kfb 3 times, knit to last 4 sts, kfb 3 times, end k1.

Row 4: Knit one row.

Repeat rows 3 & 4 one more time. (30 sts)

**Begin pattern:**

Row 1: K2,\*C4F rep from \* to end.

Row 2: Purl to end.

Row 3: \*C4B, rep from \* to last 2 sts, k2

Row 4: Purl to end.

Repeat these four rows for 62 rows (7 1/2 inches).

Repeat rows 1-3 another time.

Knit one more row.

**Decrease:**

Row 1: K1, k2tog 3 times, knit to last 5 sts, k2tog 3 times, k1.

Row 2: Knit one row.

Repeat rows 1 & 2 one more time. (22 sts)

Row 3: K1, k2tog 2 times, knit to last 7 sts, k2tog 2 times, k1.

Row 4: Knit one row.

Repeat rows 3 & 4 one more time. (10 sts)Knit 20 rows

Bind off and sew seam or undo provisional cast on and use three needle method.

Pattern design by Karen Agen *Blue Flower Knits* www.blueflowerknits.com