Wheat-ear Cabled Headband/Ear-warmer

Materials:
Worsted-weight Yarn*
Size 7 or 8 Needles
Tapestry Needle

*I used less than one 50-g ball of Elsebeth Lavold's "Classic Al", which is 50/50 baby alpaca and wool, but any worsted-weight yarn will do just fine.

Gauge: No big deal. Tailor it to the finished dimensions you want.

Finished Dimensions: 4 inches wide by (about) 21 inches long.

Instructions:

Cast on 29 stitches using the long-tail cast on.

Row 1: K5, P8, K3, P8, K5
Row 2*: K2, P1, K1, P1—C4B, C4F—P1, K1, P1—C4B, C4F—P1, K1, P1, K2
Row 3: K5, P8, K3, P8, K5
Row 4: K2, P1, K1, P1—K8—P1, K1, P1—K8—P1, K1, P1, K2

C4B: Slip 4 stitches to a cable needle hold in **back** of your work. Knit the next 4 stitches from the left needle, knit the 4 stitches from the cable needle.

C4F: Slip 4 stitches to a cable needle hold in **front** of your work. Knit the next 4 stitches from the left needle, knit the 4 stitches from the cable needle.

*Row 2 is the cabled row. Note that this row includes a border that includes a moss-stitch variation, the 'wheat ear' itself, a moss-stitch 'gap', another wheat ear, and the other border. The wheat ear pattern is available in many stitch dictionaries. I used *Beginner's Guide: Knit Stitches & Easy Projects* from Leisure Arts (and available at WalMart, Michael's, etc.).

Here it is in (my half-assed) chart form. A box with a – means purl; a blank box means knit. The heavy lines don't mean anything; they were an Excel translation quirk.

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2			–		–	/ C4B/				/C4F/				–		–	/ C4B/				/C4F/				–		–			
						–	–	–	–	–	–	–	–				–	–	–	–	–	–	–	–						1

Repeat Rows 1-4 until the headband is as long as you want it. I made mine about two inches shorter than the circumference of my head. It fits perfectly and is the only headband I have where I don't feel my eyes starting to protrude after wearing it for a couple of hours.

Knit one row (to balance the row you 'knitted' with the cast on). If you didn't use the long-tail cast on, ~~shame on you~~ you can skip this step.

Bind off and leave a long tail (about 3 times the width of the headband). Use the tail to sew the headband together along the short ends. Weave in what's left of the tail.

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