

Knit Me

Mug Hug, Mug Rug, and
Matching Headband



WHAT YOU'LL NEED

- 100g of worsted weight yarn
- 4mm straight or circular needles, or size needed to meet gauge
- 3 buttons, 1" in diameter
- *Optional:* cable needle
- 3-5 pieces of scrap yarn or stitch holders

Gauge: 21 sts x 40 rows in seed st = 4x4" square

NOTES

- The gauge swatch for this project has a double function as a matching coaster! Adjust your needle size up or down as needed until your swatch creates a 4" square.
- The headband is worked in one piece, with an optional provisional cast on. After casting on and working an initial six rows, the stitches are divided into three separate strips and worked separately. Once the three strips are knit to the appropriate length, the entire piece is blocked. Then, the three strips are braided loosely, and all the stitches are placed back on a single needle and worked in one piece for another six rows before casting off.
- For best results, the strips should be measured while laying on a flat surface, slightly stretched.
- Because the strips are worked separately, unused stitches can either be placed on stitch holders or scrap yarn, or if using circular needles with a long cord, the unused stitches can stay on the needles.
- The mugband is worked flat as one piece. The body is worked for 0.5" and then extra stitches are added on either side to create the button flaps. The mugband fits on either a travel or standard coffee mug.

GLOSSARY

Backwards Loop Cast On (BLCO): used to cast on stitches in addition to the stitches already being worked. See the tutorial here: <https://youtu.be/ojOU7Bco4dM>

Cross 3 Left (C3L):

With a cable needle:

Slip 3 sts to cable needle, and hold the needle to the front of the work. Knit the next 3 sts off lefthand needle onto righthand needle; knit the 3 sts from the cable needle onto the righthand needle.

Without a cable needle:

Slip 3 sts off the LH needle (we will call these sts 1-3). Slip next 3 sts (sts 4-6) on LH needle to RH needle, behind sts 1-3; slip sts 1-3 back to LH needle; slip sts 4-6 back onto LH needle; k all six sts.

Knit Front and Back (kfb): knit into the stitch as usual, then without slipping the stitch off the needle, knit into the back loop of the same stitch, and slip both new stitches to the right needle. This increases the stitch count by 1.

Seed Stitch: a pattern created by alternating *k1, p1*, then working stitches the opposite as they appear on every subsequent row.



SWATCH / MUG RUG

Size: 4x4"

CO 21 sts and work in seed st for 40 rows as follows:

R1-40: [k1, p1] to last st, k1.

BO loosely in pattern.

HEADBAND

Size are written as: 1(**2**)

Finished size: 19"(**20"**) circumference.

SETUP:

Seamless option: Use your favourite provisional cast on for 21 sts, then purl 1 row.

Regular cast on option: Cast on 21 sts.

Work 6 rows in seed stitch:

R1-6: *k1, p1* to last st, k1.

Next row: *kfb, k2* to end (28 sts)

You will now work three "strips" separately; if desired, place the unused sts on scrap yarn or stitch holder.

NOTE

Here is my favourite provisional cast on:

<https://www.youtube.com/watch?v=gDTzEKQQuIE>



HEADBAND

First strip:

Row 1: [k1,p1]x4 times, k1. Turn work.

Continue working these 9 sts in seed stitch until strip measures 17"(**18"**) from where the strip starts (not from cast-on edge), ending with a RS row. Cut yarn, leaving several inches of tail. Place these 9 sts on scrap yarn.



Centre strip:

Lay the work flat in front of you, with the RS facing and cast on edge closest to you; the first strip will be to the right of the reserved 15 sts. Starting from the leftmost stitch, leave the first 9 sts on scrap yarn or stitch holder, and slip next 10 sts back onto the needle. These 10 sts will form the centre strip of the headband. Join yarn and knit these 10 sts. Turn work and continue centre strip as follows:

Row 1 (WS): k2, p6, k2

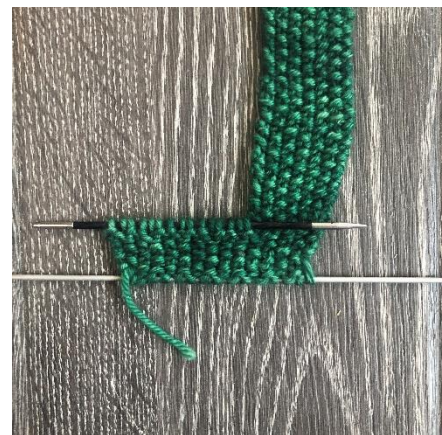
Row 2: k all sts

Rows 3-6: work as R1-2

Row 7: k2, p6, k2

Row 8: k2, C3L, k2

Repeat these 8 rows until strip measures 16.5"(**17.5"**). Work Rows 1-7 once more. Cut yarn, leaving several inches of tail. Place these sts on scrap yarn (not the same scrap yarn as the first strip!).



HEADBAND cont'd

Third strip:

Returning to remaining unused 9 sts, work as for with the first strip; when strip is 17" (18"), cut yarn, leaving several inches of tail, and place sts on scrap yarn.

Note: *If you're concerned about the central strip curling due to the stockinette stitch, now is a good time to block your headband!*

Forming the braid:

With RS facing, loosely braid the three strips, ideally ending with the centre strip returned to the central position.

Be careful while braiding to keep the RS of each strip facing up. Once your braid is formed, place all sts back on a single needle.

Joining the headband:

Next row: *k2, k2tog* to last st, k1 (21 sts)

Work 6 rows in seed st:

Rows 1-6: *k1, p1* to last st, k1

If you cast on normally, BO all sts. Seam the two edges together with WS facing, being careful not to twist the braid.

If you used the provisional cast on, put the stitches back on the needle hold the two ends together with WS facing, being careful not to twist the braid. Kitchener stitch to finish.

If desired, you can attach the button here to hide the join.



MUGBAND

Setup:

CO on 44 sts. Work in seed st for 6 rows:

Row 1: *k1, p1* to end

Row 2: *p1, k1* to end

Rows 3-6: work as R1-2



Button flap setup:

BLCO 5 sts; k1, p1, k1, p1, k1, [p2, k4, p2, k1, p1, k1, p1] 3x, p2, k4, p2,
BLCO 5 sts

Row 1,3,5,9 (WS): k1, p1, k1, p1, k1, [k2, p4, k2, p1, k1, p1, k1] 3x, k2, p4,
k2, k1, p1, k1, p1, k1

Row 2,4,8,10 (RS): k1, p1, k1, p1, k1, [p2, k4, p2, k1, p1, k1, p1] 3x, p2, k4,
p2, k1, p1, k1, p1, k1

Row 6: k1, p1, k1, p1, k1, [p2, C2L, p2, k1, p1, k1, p1] 3x, p2, C2L, p2, k1,
BO 3, k1

Row 7: k1, p1, BLCO 3, [k2, p4, k2, p1, k1, p1, k1] 3x, k2, p4, k2, k1, p1, k1,
p1, k1

Row 11,13,15,19: k1, p1, k1, p1, k1, [k2, p1, k1, p1, k1, k2, p4] 3x, k2, p1,
k1, p1, k1, k2, k1, p1, k1, p1, k1

Row 12,14,18,20: k1, p1, k1, p1, k1, [p2, k1, p1, k1, p1, p2, k4] 3x, p2, k1,
p1, k1, p1, p2, k1, p1, k1, p1, k1

Row 16: k1, p1, k1, p1, k1, [p2, k1, p1, k1, p1, p2, C2L] 3x, p2, k1, p1, k1,
p1, p2, k1, BO 3 sts, k1

Row 17: k1, p1, BLCO 3 sts, [k2, p1, k1, p1, k1, k2, p4] 3x, k2, p1, k1, p1,
k1, k2, k1, p1, k1, p1, k1

Row 21: BO 5 sts, [k2, p1, k1, p1, k1, k2, p4] 3x, k1, p1, k1, p1, k1, k2, k1,
p1, k1, p1, k1

Row 22: BO 5 sts, *k1, p1* to end

Work in seed st for 5 rows. BO all sts loosely in pattern.