

Yarnspirations™  
**BERNAT®**

**MAKE THIS**

**KNIT TWISTER HEADBAND**

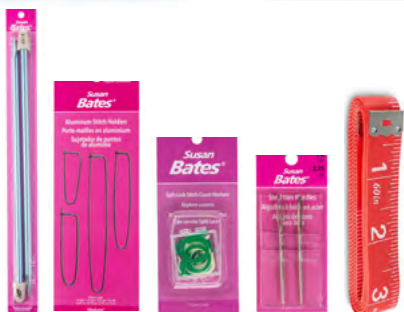


 KNIT | SKILL LEVEL: **BEGINNER**



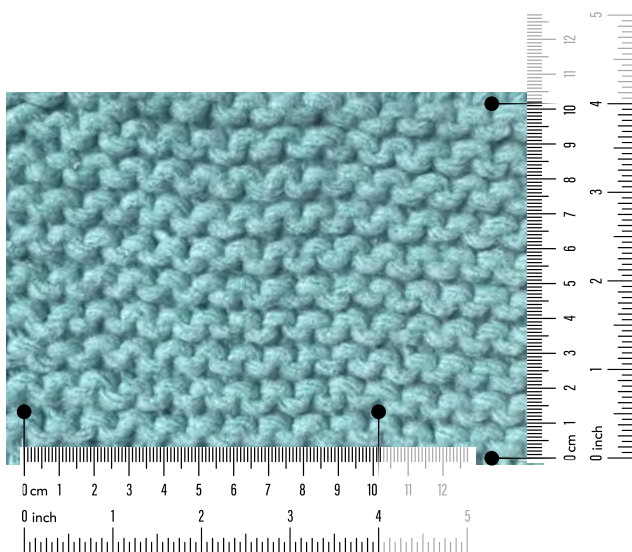
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**WHAT YOU'LL NEED**



**GAUGE**

10 stitches (sts) and 20 rows =  
4" [10 cm] in Garter Stitch (st).



**YARN** 

- **Bernat® Forever Fleece™**  
(9.9 oz/280 g; 194 yds/177 m)

**COLORS**

**Quantity**

- **Blue Teal (61026) or Rose Hip (61003)** 1 ball or 46 yds/42 m

*1 ball of Bernat® Forever Fleece™ will make 4 Headbands total.*

**TOOLS**

- Size U.S. 13 (9 mm) Susan Bates® Silvalume® knitting needles **or size needed to obtain gauge.**
- Susan Bates® stitch holders.
- Susan Bates® stitch markers.
- Susan Bates® yarn needle.
- Tape measure.

#### ABBREVIATIONS

<b>Approx</b> =	<b>RS</b> = Right side
Approximately	<b>St(s)</b> = Stitch(es)
<b>Beg</b> = Beginning	<b>Tog</b> = Together
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## INSTRUCTIONS

### USING THIS GUIDE

Click on the underlined words throughout the pattern to access our library of helpful tools.

## SIZE

One size to fit adult head.

## MEASUREMENT

Approximately (Approx) 4" [10 cm] wide.



Blue  
Teal

**ABBREVIATIONS**

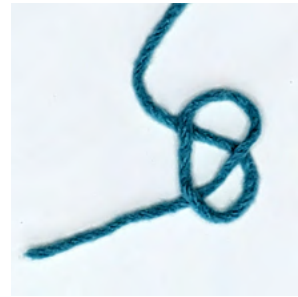
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**INSTRUCTIONS**

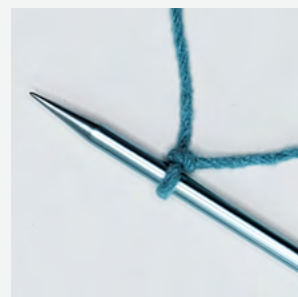
Cast on 11 stitches (sts).

**Slip Knot:**

*Make a loop with yarn and fold it on itself to make a pretzel shape.*

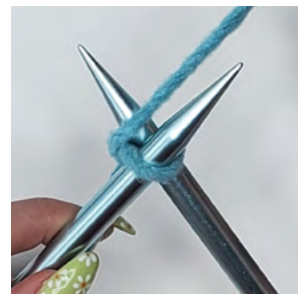


*Pull the working yarn through the pretzel to create loop. Insert needle into loop and pull yarn to tighten.*



**Cast On:**

*Start with **slip knot** on left-hand needle. Insert right-hand needle through loop as with **knit stitch** (yarn at back, from the bottom up).*



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**INSTRUCTIONS**

*Draw yarn through stitch on needle, then transfer loop from right-hand needle back onto left.*



2 stitches on needle.



Continue until there are 11 stitches **cast on.**



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**INSTRUCTIONS**

**Knit Stitch:**

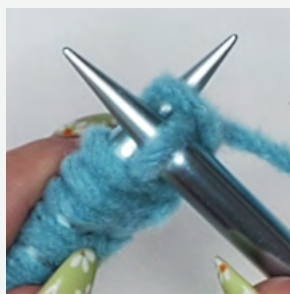
*With your working yarn at the back, insert your right-hand needle in the first loop, coming up from the bottom, behind the left-hand needle.*



*Wrap your working yarn around the right-hand needle, coming up from the left and over to the right.*



*Pull the working yarn through the loop on your left-hand needle.*



*Pull loop off left-hand needle - 1 stitch knit.*



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**INSTRUCTIONS**

**Garter Stitch**



Work in **Garter st** [**knit** (K) every row] until work from beginning (beg) measures 20" [51 cm], noting 1st row is Wrong Side (WS) and ending on a WS row.



**Cast off** knitwise, leaving a long tail for sewing.

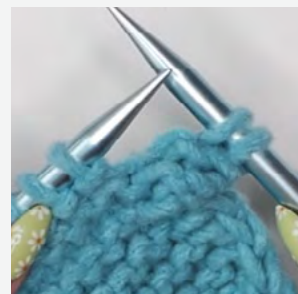
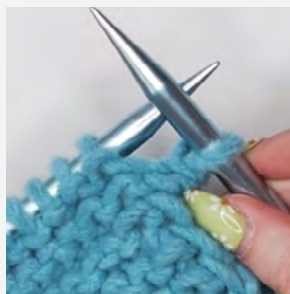
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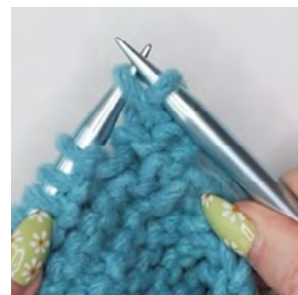
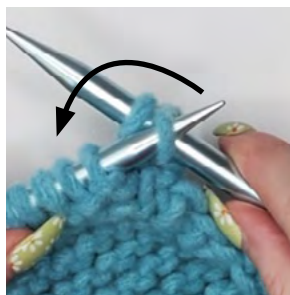
**INSTRUCTIONS**

**Cast Off Knit-wise:**

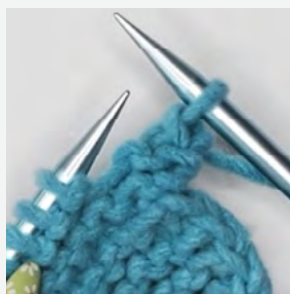
*Work 2 knit stitches as normal.*



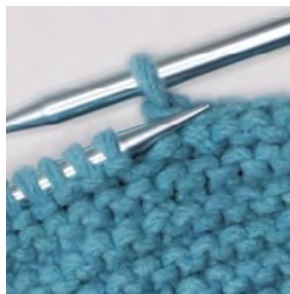
*Insert left-hand needle into 1st knit stitch on right-hand needle and pull it over the 2nd stitch and off the needle.*



*1 loop remaining on right-hand needle. Knit next stitch, then pull the loop just made over the new stitch.*



*Continue to last loop on right-hand needle.*





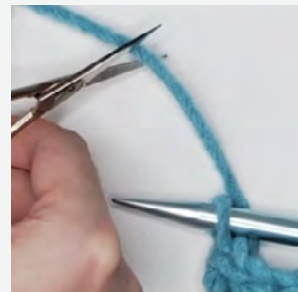
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**INSTRUCTIONS**

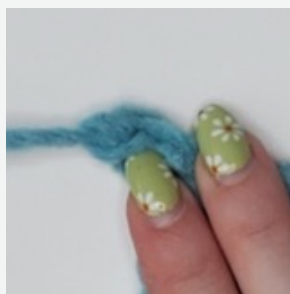
Trim working yarn with approx. 8" [20.5 cm] tail.



Pull tail all the way through final loop.



Pull tail tight to fasten.



**Finishing**

Lay Headband on flat surface with Right Side (RS) facing up. Bring up each short edge to meet in middle.



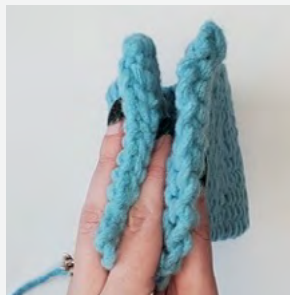
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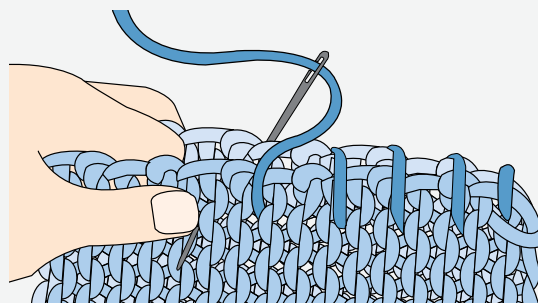
**INSTRUCTIONS**

Fold one short edge to form a “C” shape and the other short edge to form a backwards “C” shape, and interlock as shown in Diagram.



Fold Diagram

Sew ends tog through all thicknesses using whipstitch.



Whipstitch

Trim yarn tails and turn RS out.

*We love seeing your makes!  
Share your photos using  
#YARNSPO and tag us  
@yarnspirations on Instagram  
or find us on Facebook.*

