



## Pattern Collection: Accessories



### Healing Vibes

Designed by Amy Gunderson

### SIZES

Adult Medium

### FINISHED MEASUREMENTS

Head Circumference: 20"

Length: 8"

### MATERIALS

Universal Yarn *Cotton Supreme DK*  
(100% cotton; 100g/230 yds)

- 711 Turquoise – 1 skein

**Needles:** US Size 4 (3.5 mm) 16" circular,  
set of dpns or size needed to obtain  
gauge

US Size 3 (3.25 mm) 16" circular

**Notions:** Tapestry needle, stitch marker

### GAUGE

24 sts x 32 rows = 4" in Healing Vibes  
patt using larger ndl

**Save time, check your gauge.**

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## PATTERN NOTES

This hat was designed for Halos of Hope, a non-profit organization that provides hats to cancer patients undergoing chemotherapy. Cotton Supreme is an approved Halos of Hope yarn because it is so soft and feels good on a bare head.

It is knit in the round from the bottom up. During Crown Shaping, when there are too few stitches to fit on the circular, switch to double pointed.

The hat shown fits snug like a beanie. For a slouchier hat, repeat rounds 1-10 of Healing Vibes pattern an additional 1-2 times. Each repeat of the pattern will add 1¼" to the finished length of the hat.

## STITCH GUIDE

### Twisted Ribbing

*(even number of sts)*

**Rnd 1:** \* K1 tbl, p1; rep from \* to end.  
Rep Rnd 1 for patt.

### Healing Vibes

*(multiple of 8 sts)*

**Rnd 1:** \* M1p, ssk, yo, ssk, p4; rep from \* to end.  
**Rnd 2:** \* P1, m1p, ssk, yo, ssk, p3; rep from \* to end.  
**Rnd 3:** \* P2, m1p, ssk, yo, ssk, p2; rep from \* to end.  
**Rnd 4:** \* P3, m1p, ssk, yo, ssk, p1; rep from \* to end.  
**Rnd 5:** \* P4, m1p, ssk, yo, ssk; rep from \* to end.  
**Rnd 6:** \* P4, k2tog, yo, k2tog, m1p; rep from \* to end.  
**Rnd 7:** \* P3, k2tog, yo, k2tog, m1p, p1; rep from \* to end.  
**Rnd 8:** \* P2, k2tog, yo, k2tog, m1p, p2; rep from \* to end.  
**Rnd 9:** \* P1, k2tog, yo, k2tog, m1p, p3; rep from \* to end.  
**Rnd 10:** \* K2tog, yo, k2tog, m1p, p4; rep from \* to end.  
Rep Rnds 1-10 for patt.

## HAT

With smaller ndl, cast on 90 sts. Pm and join to work in the rnd, being careful not to twist sts. Work in Twisted Ribbing for 8 rnds.

**Inc rnd:** \* K3, m1p, p3, m1p; rep from \* to end – 120 sts. Switch to larger circ ndl. Rep Rnds 1-10 of Healing Vibes patt, 4 times.

### Shape Crown

**Rnd 1:** \* Ssk, yo, ssk, p4; rep from \* to end – 105 sts rem.  
**Rnd 2:** \* Ssk, yo, ssk, p3, m1p; rep from \* to end.  
**Rnd 3:** \* Ssk, yo, ssk, p3; rep from \* to end – 90 sts rem.  
**Rnd 4:** \* Ssk, yo, ssk, p2, m1p; rep from \* to end.  
**Rnd 5:** \* Ssk, yo, ssk, p2; rep from \* to end – 75 sts rem.  
**Rnd 6:** \* Ssk, yo, ssk, p1, m1p; rep from \* to end.  
**Rnd 7:** \* Ssk, yo, ssk, p1; rep from \* to end – 60 sts rem.  
**Rnd 8:** \* Ssk, yo, ssk; rep from \* to end – 45 sts rem.  
**Rnd 9:** \* Ssk, k1; rep from \* to end – 30 sts rem.  
**Rnd 10:** \* Ssk; rep from \* to end – 15 sts rem.  
**Rnd 11:** \* Sssk; rep from \* to end – 5 sts rem.  
Break yarn leaving 6" tail. Pass tail through rem live sts, pull taut, fasten off.

## FINISHING

Weave in ends and block.

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## Abbreviations

<b>cont</b>	continue
<b>circ</b>	circular
<b>dec('d)</b>	decrease(d)
<b>dpn(s)</b>	double pointed needle(s)
<b>inc('d)</b>	increase(d)
<b>k</b>	knit
<b>k2tog</b>	knit 2 stitches together (1 st dec'd)
<b>m</b>	marker
<b>m1P</b>	insert left needle from back to front under horizontal strand of yarn lying between st just worked and next st, purl this st through the front loop (1 st inc'd)
<b>meas</b>	measures
<b>ndl</b>	needle
<b>patt</b>	pattern
<b>p</b>	purl
<b>rem</b>	remain(ing)
<b>rep</b>	repeat
<b>ssk</b>	slip next 2 sts individually knitwise, slip them back to left needle in this position, knit them together through the back loops (1 st dec'd)
<b>sssk</b>	slip next 3 sts individually knitwise, slip them back to left needle in this position, knit them together through the back loops (2 sts dec'd)
<b>st(s)</b>	stitch(es)
<b>tbl</b>	through the back loop(s)
<b>yo</b>	yarn over



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