CARINO HEADBAND (KNIT)

Materials:
Needles: Size US 7, 16" circular needles
Hook: Size G (4mm), if flower is desired
Yarn: Any yarn from the Knots of Love’s approved list of yarns.
Tapestry needle

Abbreviations:
PM = place marker
K = knit    P = purl
st = stitch  sts = stitches

Special stitches:
Seed stitch = (K1, P1) across an odd number of stitches
Moss stitch = Rnd 1: (K2, P2) around on an even number of stitches
Rnd 2: K the Ks and P the Ps
Rnd 3: (P2, K2) around
Rnd 4: P the Ps and K the Ks

Instructions:
Cast on 81 sts. PM being careful not to twist the stitches.

Pattern:
Rnds 1–5: Seed stitch:
    Rnd 1: (K1, P1) around, ending with K1
    Rnd 2: (P1, K1) around, ending with P1
    Rnds 3 & 5: repeat rnd 1
    Rnd 4: repeat rnd 2

Rnd 6: Knit around to last 2 stitches. K2tog. (80 stitches)

Rnds 7–30: Moss stitch:
    Rnds 7 & 8: (K2, P2) around
    Rnds 9 & 10: (P2, K2) around
    Repeat Rnds 7–10 five (5) more times or to desired width.

Rnd 31: K around to last stitch. Increase by knitting in front and back of stitch. (81 stitches)

Rnds 32–36: Seed stitch (see Rnds 1–5)

Finishing: Bind off and weave in all ends.

FLOWER (crochet):
Chain 30  (for larger flower, chain 40)
In 4th ch from hook, dc.
Fasten off.
Starting with the first 3 petals, spiral the petals around in layers and stitch in place from the back.
Sew flower on band.

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