

Gardener Sweatbands/Headbands for Him & Her
By Ratcha Chambers at www.to-knit-knitting-stitches.com

What do you do when you love gardening in a hot sun but hate wearing a hat? You put on a sweatband! It took me awhile before I could convince my hubby to at least give my sweatband a try (He has his own hanky for gardening). So, I made him a cotton band with leafs on it, but the yarn color is too pink for him. So, I adjusted the length and gave it to my daughter. She said she would like to have a headband when she helps her daddy with the gardening. So, I made the second sweatband with green cotton in a brioche rib which I thought would suite the hubby well. Later, I was told the sweatband works really well. It absorbs sweat really good and “very comfortable”. No more dripping and wiping. Happy ending, yeah!

Here are the two sweatband patterns I'd love share with you.



Pattern #1 Lovely Leaf Sweatband/headband Pattern For Her

Description: A cute headband with leaf pattern knitted on straight needles. I used 100% cotton for maximum moisture absorption.

Measurement: Approximately 3 inches wide X 20 inches long (at rest)

Gauge: 4.5-5 sts per inch depending on your tension.

Materials

1. 1 ball of worsted weigh cotton yarn
2. A pair of knitting needle #8 (5mm)
3. Tapestry needle
4. A row counter

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Created in KnitVisualizer (www.knitfoundry.com)

Notes:

Pattern:

Cast on 15 sts. Knit 1 row. Then Follow the leaf pattern below.

Row 1 (RS): sl 1 wyif, k4, k2tog, (k1,p1,k1) in the next st, ssk, k5

Row 2 (WS): sl, k4, p5, k5

Row 3: sl 1 wyif, k3, k2tog, k1, yo, k1, yo, k1, ssk, k4

Row 4: sl 1 wyif, k3, p7, k4

Row 5: sl 1 wyif, k2, k2tog, k2, yo, k1, yo, k2, ssk, k3

Row 6: sl 1 wyif, k2, p9, k3

Row 7: sl 1 wyif, k1, k2tog, k3, yo, k1, yo, k3, ssk, k2

Row 8: sl 1 wyif, k1, ssk, k2

Row 9: sl 1 wyif, k1, ssk, k2, yo, k3, yo, k2, k2tog, k2

Row 10: sl 1 wyif, k1, p11, k2

Row 11: sl 1 wyif, k1, yo, ssk, k2, yo, sl1 k2tog pssso, yo, k2, k2tog, yo, k2

Row 12: sl 1 wyif, k2, p9, k3

Row 13: sl 1 wyif, k2, yo, ssk, k5, k2tog, yo, k3

Row 14: sl 1 wyif, k3, p7, k4

Row 15: sl 1 wyif, k3, yo, ssk, k3, k2tog, yo, k4

Row 16: sl 1 wyif, k4, p5, k5

Row 17: sl 1 wyif, k4, yo, ssk, k1, k2tog, yo, k5

Row 18: sl 1 wyif, k5, p3, k6

Row 19: sl 1 wyif, k5, yo, dbl dec, yo, k6

Row 20: sl 1 wyif, k14

Repeat row 1–20 four more times (total of 5 leaves). Knit 2 more rows then bind off (don't forget to slip the first stitch on every row). Seam ends together using tapestry needle.

Note: Knit a few more rows if your head is a bit bigger.

Legend:

▽	slip wyif RS: Slip stitch as if to purl, with yarn in front WS: Slip stitch as if to purl, with yarn in front
□	knit RS: knit stitch WS: purl stitch
/	k2tog RS: Knit two stitches together as one stitch WS: Purl 2 stitches together
■	No Stitch RS: Placeholder – No stitch made. WS: none defined
▽	(k1 p1 k1) in 1 st RS: knit, purl and knit again all in the same st to make 3 sts from 1 WS: purl, knit, and purl again all in the same stitch to make 3 sts from 1
/	ssk RS: Slip one stitch as if to knit, Slip another stitch as if to knit. Insert left-hand needle into front of these 2 stitches and knit them together WS: Purl two stitches together in back loops, inserting needle from the left, behind and into the backs of the 2nd & 1st stitches in that order
●	purl RS: purl stitch WS: knit stitch
○	yo RS: Yarn Over WS: Yarn Over
∧	sl1 k2tog pssso RS: slip 1, k2tog, pass slip stitch over k2tog WS: none defined
∧	Central Double Dec RS: Slip first and second stitches together as if to knit. Knit 1 stitch. Pass two slipped stitches over the knit stitch. WS: Slip first and second stitches together as if to purl through the back loop. Purl 1 stitch. Pass two slipped stitches over the purl stitch.

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Pattern # 2 - Sweatband For Him In Brioche Rib Stitch

Description: A sweatband/headband knitted in brioche rib using straight needle. The band is knitted until desired length then joined together at the ends to form a band.

Measurement: 20 inches by 2.5 inches at rest

Gauge: 4.5 - 5 sts per inches over stockinette st on US #8 (5mm) needle.

Materials:

1. 1 ball of worsted weight cotton yarn
2. Knitting needle #US 8 (5mm)
3. Tapestry needle

Direction

Cast on 15 sts. Knit 1 row. Then follow brioche rib pattern below;

Row 1: Slip 1 wyif, *K1, K1B; repeat from * to the last st, k1.

Repeat row 1 until you reach the length you need. Then bind off all sts. Cut yarn leaving

about 12 inches -tail for joining. Seams both ends together using a tapestry needle.

Knitting Abbreviations

Slip 1 wyif = With yarn in the front of work, slip one st off left needle as to purl.

K1B = Knit 1 Below (knit into a stitch directly below the st on the needle.)

If you need help with K1B (Knit 1 Below), you can watch this video;

<http://youtu.be/aNcr9PQWAVs>