

favecrafts presents



Falling in Autumn Headband- Steeked

Steeking can be intimidating the first time you do it. Trying a smaller piece is a great way to start - and ending up with something you can use is the best. This is also the perfect gauge swatch for the Falling into Autumn Cardigan.

Size: One Size with adjustable ties - fits a tween to adult head

Gauge:

4.5 sts and 6 rows to 1" on St St flat before blocking

5 sts and 5.5 rows to 1" on colorwork in the round before blocking

Materials:

Grey Band with Green and Gold Leaves

- 1 skein each Berroco “Lanas” (100% Wool, 219yds/200m, 3.5oz/100g)
 - MC: 95101 pale grey
 - CC1: 95143 green
 - CC2: 95109 gold
- 16”/81cm Size US 5/mm circular knitting needle
- 16”/81cm US 7/4.5mm circular knitting needle
- Yarn needle or large embroidery needle

Taupe Band with Purple Leaves

- 1 skein each Berroco “Vintage” (52% Acrylic, 40% Wool, 8% Nylon 218yds/200m, 3.5oz/100g)
 - MC: 5105 Taupe
 - CC1: 51171 Purple
- 16”/81cm Size US 5/mm circular knitting needle
- 16”/81cm US 7/4.5mm circular knitting needle
- Yarn needle or large embroidery needle
- .75” button

Taupe Band with Green and Brown Leaves

- 1 skein each Manos del Uruguay “Maxima” (100% Extra Fine Merino Wool, 219yds/200m, 3.5oz/100g)
 - MC: M2241 Sand
 - CC1: M2320 Olive
 - CC2: M2293 Leo
- 16”/81cm Size US 5/mm circular knitting needle
- 16”/81cm US 7/4.5mm circular knitting needle
- Yarn needle or large embroidery needle

Choosing Yarn: Yarn matters when it comes to steeking. The stickier the wool, the easier it is to steak. But sometimes sticky wool does not feel great against the skin. We will show 4 steeking techniques - two of which will work with Superwash wools. However, superwash wools will stretch more than virgin wool. Be sure to take this into consideration when knitting the length of the sides. Your gauge swatch will inform on this

Choosing Color: When working stranded colorwork, you want a contrast in color and value of the yarn. The best way to see if you have enough contrast in value is take a pic of your yarns in black and white. When the yarns look the same color, they motif will not show up as well. This small piece is also a great way to see how you like the colors for your sweater.

Abbreviations/Terms/

Techniques:

Bo = Bind off

BOR = Beginning of Round

CDD = Center double decrease - slip first two stitches together knitwise, knit next stitch and pass two slipped stitches together over stitch just workd. (dec 2 sts)

Co = Cast on

Cc = Contrast color

K = Knit

K2tog = Knit two sts together as if they were one

Lh = Left hand

Mc = Main color

Rem = Remain

Rep(s) = Repeat(ed)(ing)(s)

Rh = Right hand

Rs = Right side

Sl = Slip

SSK = Working on with next two sts on left needle: slip first stitch knitwise and second stitch purlwise to right hand needle, enter front of sts with lh needle and work the sts tog.

St(s) = Stitch(es)

Ws = Wrong side

Steeking Area:

The steeking area is where you will cut. Here are some best practices.

1. The steeking area has 7 stitches. When working with two colors, begin and end with a cc color - keeping the mc sts always stacked in a column. This will make identifying the middle stitch easier when we go to stabilize and cut the steek area.
2. Do not weave in as you go.
3. Do not change colors in the middle of the steeking area.

Directions: With MC and smaller needle, co 61 using the Icelandic Cast On (or a stretchy cast on), do NOT join.

- Row 1: (K1, p1), rep to last st, k1.
- Row 2: (P1, k1) rep to last st, p1.
- Row 3: (K1, p1) rep to last st, k1, co 7 sts (68 sts)
- Rnd 4: Change to larger needles, join and k to end.

BOR is at the beginning of the steeking area.

Work chart:

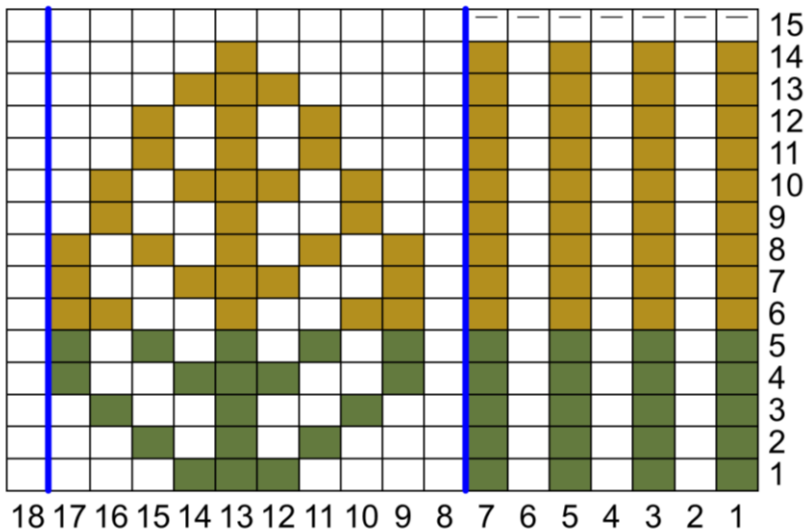
Blue lines indicate the chart rep.

Work the Rep 6 times per Rnd.

Work each Row of Chart once.

Yarn	Stitches	Borders
MC	k	Chart Repeat
CC1	bo	
CC2		

Headband 2



After the last Rnd of the chart, you are now working flat and only with MC. 61 sts.

Change to smaller needles:

- Row 1 (ws): (P1, k1) rep to last st, p1.
- Row 2: (K1, p1), rep to last st, k1.
- Row 3: (P1, k1) rep to last st, p1.
- Bo using Icelandic bo (or a stretchy bind off).

At this point you are ready to steek. I do not recommend blocking first because it is a little challenging to block the small circle. I do not block until the headband is complete. And it just needs a very gentle blocking - soak it for about 20 minutes, gently wring out water. Lay flat to dry.

Read the steeking methods on the next page and choose one

Four Ways to Steek

1. Just cut

When you use a very sticky wool (Lanas), you can just cut straight up the middle stitch of the steek area and tack the steeked edges down with a blanket stitch.

Materials needed: super sharp, short scissors.



2. Needle Felt then Cut

If just cutting gives you a stomachache, and you are using a sticky non-superwash wool, you can lightly needle felt the steek area before cutting.

Materials needed: Needle felting needles - preferably a multi-needle tool, felting matt, and super sharp, short scissors.



2. Back Stitch

If you have a wool yarn, but want just a little more peace of mind, use the back stitch method. Identify the center stitch of the steeking area and if necessary, highlight the middle of the center stitch with a high contrast thread running up the middle. This will help identify the stitch on either side of the center stitch. Using a lighter weight (I used fingering weight) and similar content as the working yarn.

1. Tie the yarn onto the edge.
2. From the bottom up, insert needle into the middle of the bar in the second stitch and pull through.
3. Insert the needle into the middle of the bar into the stitch closest to the edge where you tied your yarn. You are going back.
4. Continue to come up into the bar of the stitch two stitches up and down into the bar one stitch back. Be sure you are piercing the bar between the stitches. Tie yarn to other end.
5. Cut the center stitch.

Materials needed: A lighter weight, superwash yarn in a contrasting color, sharp darning needle with eye big enough to take yarn. Contrasting color thread to mark center stitch, and super sharp, short scissors.



3. Crochet Method

The crochet method creates the most stable edges. This is ideal if you are using a superwash yarn or non-wool yarn. Run a contrast color thread up the middle of the center stitch. To the left of the center stitch, crochet slip stitch the left leg of the center stitch with the right leg of the stitch next to it. To the right of the center stitch, crochet slip stitch the right leg of the center stitch with the left leg of the stitch to the left. Be sure to anchor the yarn in the edge at the beginning and end. When you work this method, be sure to have the column of stitches you will cut ABOVE where you are working the crochet method - this ensures that the crochet chain will curl away from the cutting area.

Materials needed: Same weight non-superwash yarn in a contrasting color, crochet hook the same size as knitting needle, or one size smaller. Contrasting color thread to mark center stitch, and super sharp, short scissors.



Choose your method and prepare the steeking area. Cut the steek.

Sides Shaping:

With RS facing, using larger needle and mc, pick up and knit 17 sts - approximately at a rate of 3 out of 4 sts.

Row 1 WS: P.

Row 2 RS: K.

Row 3: P.

Row 4: K1, ssk, k to last 3 sts, k2tog, k1. (Dec 2 sts.)

Rep Rows 1 -4 2x.

Rep Rows 3 & 4 until 5 sts rem. Stop here for Button Band and Connected Band. Move to the appropriate directions below.

For I-Cord Ties:

Rep Row 3.

Final dec: K1, CDD, k1. (3 sts)

Optional ends - worked after completing side shaping:

Icord: (3 sts)

Sl 3 sts back to Rh needle and work Icord for 12 inches. Rep for second side.

To bind off Icord, CDD. Cut yarn and tie off.

Button Band: (5 sts)

Rh side:

Row 1 WS: K.

Row 2 RS: K.

Rows 3 - 6: Rep Rows 1 & 2 x or until band measures about 1.25".

Row 7 WS: K.

Row 8 RS: Buttonhole row: K1, k2tog, yo, k2.

Rows 9 - 11: K.

Bo firmly. To make the bo prettier, k2tog the last two sts and bo as usual.

Lh side:

Rows 1 - 9: K.

Bo firmly.

Button placement: Fit the headband to your head to determine placement of button.

Connected Band: (5 sts)

Work garter tab for 6 ridges (approximately 1") on each side, or desired length, and graft together.

Covering/Sewing down the Steek Edges:

After picking up stitches you may decide to secure the steek sides by using a blanket stitch or cover them with a ribbon.

No material in this pattern, partial or whole, may be reproduced or transmitted by any means without express written permission of designer. Every effort has been made to ensure that this pattern is accurate and complete. However, I cannot be responsible for differences of individual knitters, human or typographical errors. Please direct any questions or comments to: conroyungerecht@gmail.com