



*Milly's*  
KNIT DESIGNS

TWIST



Sample knit in Malabrigo Caracol in Diana.

This chic and trendy head warmer is perfect for those cool winter days and nights out. Knit in super bulky yarn the wrap is so cozy and just the right amount of warmth.

#### materials

Designed for super bulky yarn, Uses 70-90 yd / 64-82 m.

#### Samples

A: knit in Cascade Yarns Lana Grande (100% Peruvian Highland Wool, 87.5 yd / 80 m) in Cadium Green, Azure, and Raspberry Radiance. Used 75 yd / 68.5 m.

B: knit in Malabrigo Yarns Caracol (100% Superwash Merino Wool, 90 yd / 87 m) in Anniversario and Diana. Used 80 yd / 73 m

#### needles

US 13 / 9.0 mm straight needles  
US M/N / 9.0 mm crochet Hook

#### tools

tapestry needle, cable needle, scrap yarn

#### finished dimensions:

Circumference: 21" / 53.5 cm or custom fit

Width: 6" / 15 cm

Note: the headwrap is designed to fit with 0-2" / 0-5cm negative ease

#### abbreviations

BO	bind off
CO	cast on
CN	cable needle
K(k)	knit
LHN	left hand needle
P(p)	purl
sl	slip
st(s)	stitch(es)
WS	Wrong side

#### stitch guide

C12F: Sl6 sts to CN, hold to front of work; k 6 sts from LHN, k 6 sts from CN

#### additional info

difficulty level: beginner



# TWIST continued

## pattern

### set-up

Using scrap yarn, provisionally CO 14 stitches.

### main pattern

Row 1: Knit.

Row 2: K1, p12, k1.

Repeat rows 1 and 2 until piece measures 8" / 20 cm from CO edge ending on a WS row.

Cable Row: K1, C12F, k1.

Repeat rows 2 and 1 until headwrap (unstretched and unblocked) measures approximately 2" / 5 cm short of your desired circumference (to account for blocking).

*Note: To achieve the right fit, I recommend pausing when you are close to the right size and checking the fit by pulling the headwrap gently around your head. Keep in mind you want to have 0-2" / 0-5 cm of negative ease in the finished piece.*

### finishing

Keep live stitches on your needle, cut yarn leaving approximately 2 yd / 2 m to use for grafting ends together.

Soak your headwrap in lukewarm water with your favorite wool wash or essential oil for 10-15 minutes. Gently squeeze or press wrap to let out excess water. Do not wring.

Place your headwrap on a towel and roll up to help remove any additional water. Your headwrap should now feel damp. Lay flat to dry.

Blocking helps to open your sts and allows them to relax. If possible, consider using pins or blocking wires for straight, blocked edges for your finished piece.

Once dry and leaving your live sts on your needle, we will now remove your provisional CO to create your live stitches allowing you to kitchener and create a seamless seam to finish your head warmer.

In order to remove a provisional CO, un-do the last chain stitch and pull on the tail. This unravels the provisional CO until your live sts are exposed.

I prefer to place each st on my needle and then pull out the provisional CO one stitch at a time. Insert your needle from back to front into the next held st and then tug on your scrap yarn to pull out the crochet st. Continue in this matter until you have "unzipped" all your sts and they are on your needle.

Now you are ready to graft or kitchener your ends together.



Samples knit in Cascade Yarns Lana Grande

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