FREE KNITTING TUTORIAL

Cable Knitting

How to knit cables (C6F and C6B), read a cable chart, plus a cabled headband · US terms

SKILL LEVEL	PRACTICE	YARN
Advanced beginner	**Cabled headband, 2 sizes**	**Worsted (#4) wool**
NEEDLES	**STITCHES**	**TIME**
US 7 (4.5 mm) + cable needle	**k, p, C6F, C6B**	**About 4 hours**

Materials

- Worsted (#4) wool: 95 / 115 yd
- US 7 (4.5 mm) needles, a cable needle, tapestry needle

Abbreviations (US terms)

k / p knit / purl

C6F slip 3 to cable needle, hold in front, k3, k3 from cable needle

C6B slip 3 to cable needle, hold at back, k3, k3 from cable n

RS / WS right / wrong side

Gauge: 26 sts and 28 rows = 4 in (10 cm) over the cable pattern, a typical value: cables pull the fabric in.

Headband, Child

Cast on	Cast on 22 sts, leaving a 20 in (51 cm) tail for the seam.	**(22)**
Row 1 (RS)	K2, p2, k6, p2, k6, p2, k2.	**(22)**
Row 2 and every WS row	P2, k2, p6, k2, p6, k2, p2 (knit the knits and purl the purls as they face you).	**(22)**
Row 3 (cable row)	K2, p2, C6B, p2, C6F, p2, k2.	**(22)**
Rows 5 and 7	As row 1.	**(22)**
Row 8	As row 2. Rows 1–8 make 1 repeat.	**(22)**
Repeat	Work rows 1–8 14 times in all (112 rows, about 16.0 in or 41 cm).	**(22)**
Bind off	Bind off in pattern. Leave a 12 in (30 cm) tail.	**(0)**
Seam	Fold into a ring, right side out, and join the cast-on and bind-off edges with mattress stitch. Weave in the ends.	

Headband, Adult

Cast on	Cast on 22 sts, leaving a 20 in (51 cm) tail for the seam.	**(22)**
Row 1 (RS)	K2, p2, k6, p2, k6, p2, k2.	**(22)**
Row 2 and every WS row	P2, k2, p6, k2, p6, k2, p2 (knit the knits and purl the purls as they face you).	**(22)**
Row 3 (cable row)	K2, p2, C6B, p2, C6F, p2, k2.	**(22)**
Rows 5 and 7	As row 1.	**(22)**

Row 8	As row 2. Rows 1–8 make 1 repeat.	**(22)**
Repeat	Work rows 1–8 17 times in all (136 rows, about 19.4 in or 49 cm).	**(22)**
Bind off	Bind off in pattern. Leave a 12 in (30 cm) tail.	**(0)**
Seam	Fold into a ring, right side out, and join the cast-on and bind-off edges with mattress stitch. Weave in the ends.	

What's exact, what's calculated

Exact	Every row in our knitting engine; 1 cable row per 8, mirrored; whole repeats.
Calculated	Rows and yarn from the gauge.
Assumed	The gauge.

How to Knit a Cable (C6F / C6B)

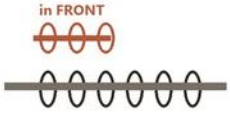
6 stitches, 2 groups of 3 swap places · only on the cable row

1 · Slip 3 to a cable needle



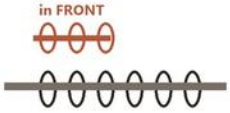
Slip the next 3 sts purlwise onto a cable needle.

2 · Hold it



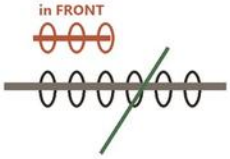
Hold the cable needle in FRONT for C6F (left-leaning), at the BACK for C6B (right-leaning).

3 · Knit the next 3



Knit the next 3 sts from the left needle, behind or in front of the cable needle.

4 · Knit the 3 held sts

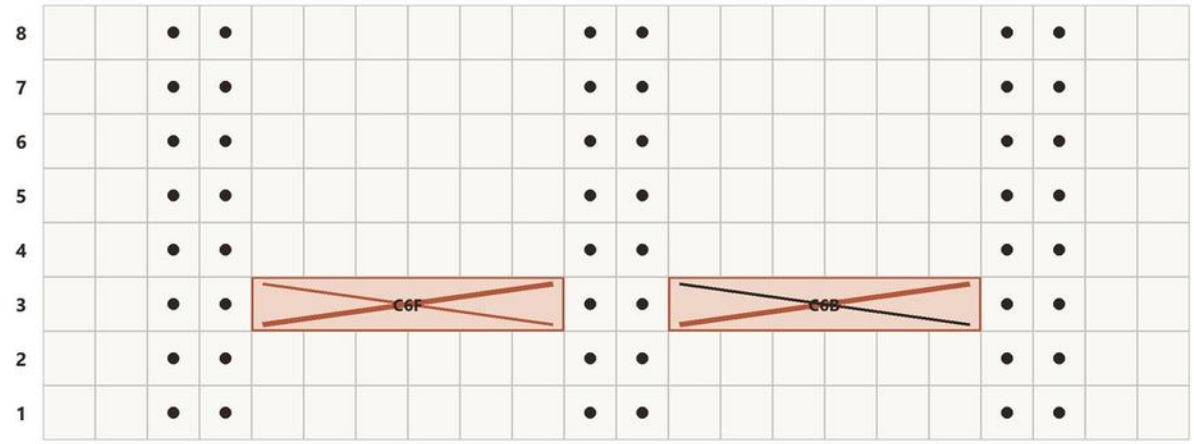


Knit the 3 sts from the cable needle. The columns have crossed.

cozymakery.com

Cabled Headband · Chart (1 repeat)

22 sts × 8 rows · read RS rows right to left · blank = knit, dot = purl on the RS



Row 3: C6B on the right-hand cable, C6F on the left-hand one, so the 2 ropes twist in opposite directions.

Cabled Headband · Sizes

Worsted (#4) wool · US 7 (4.5 mm) needles + a cable needle · gauge 26 sts × 28 rows = 4 in over the pattern

Size	Head	Cast on	Rows	Repeats	Band length	Worsted
Child	18 in (46 cm)	22	112	14	16.0 in (41 cm)	95 yd
Adult	20.5 in (52 cm)	22	136	17	19.4 in (49 cm)	115 yd

The band is 1.5 in (4 cm) smaller than the head so it stays put. Try it on before binding off and add or remove whole repeats.

cozymakery.com