FREE KNITTING PATTERN

Easy Seed Stitch Scarf

A reversible knit scarf for beginners · child and adult · US terms

SKILL LEVEL	SIZES	NEEDLES
Beginner	**6 × 48 in, 8 × 70 in**	**US 8 (5 mm)**
YARN	**STITCHES**	**TIME**
Worsted (#4)	**Knit, purl**	**About 10–14 hours (adult)**

Materials

- Worsted (#4) yarn, soft wool or wool blend: child 375 yd, adult 725 yd
- US 8 (5 mm) straight needles, tapestry needle, scissors

Abbreviations

k	knit	**RS**	right side
p	purl	**WS**	wrong side
st(s)	stitch(es)	***...***	repeat

Gauge: 18 sts × 32 rows = 4 in in seed stitch (see 'What's assumed').

Child scarf (6 × 48 in)

Cast on	Cast on 27 sts with a long-tail cast on.	**(27)**
Rows 1–384	*K1, p1*; repeat to the last st, k1. Every row is the same: you knit the purl bumps and purl the knit Vs.	**(27)**
Bind off	Bind off loosely in pattern (knit the knits, purl the purls). Weave in the ends.	**(0)**
Fringe (optional)	Cut 24 pieces of yarn 12 in long. Fold 2 together and knot them through each end, 6 tassels per end. Trim straight.	

Adult scarf (8.2 × 70 in)

Cast on	Cast on 37 sts with a long-tail cast on.	**(37)**
Rows 1–560	*K1, p1*; repeat to the last st, k1. Every row is the same: you knit the purl bumps and purl the knit Vs.	**(37)**
Bind off	Bind off loosely in pattern (knit the knits, purl the purls). Weave in the ends.	**(0)**
Fringe (optional)	Cut 24 pieces of yarn 12 in long. Fold 2 together and knot them through each end, 6 tassels per end. Trim straight.	

Checkpoints (adult)

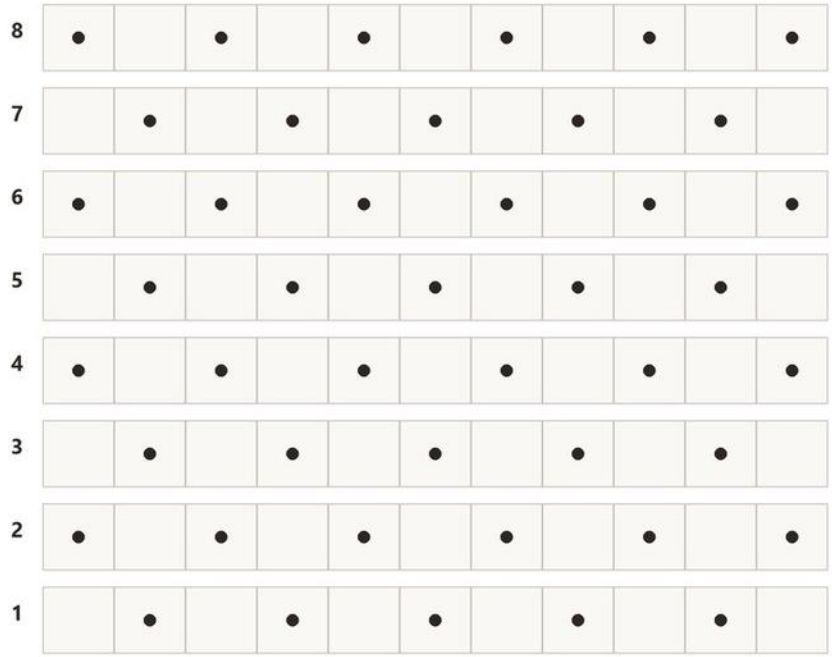
Row 1	37 sts on the needle	**(0.1 in)**
Row 2	37 sts on the needle	**(0.2 in)**
Row 10	37 sts on the needle	**(1.2 in)**
Row 140	37 sts on the needle	**(17.5 in)**
Row 280	37 sts on the needle	**(35.0 in)**
Row 420	37 sts on the needle	**(52.5 in)**
Row 560	37 sts on the needle	**(70.0 in)**

What's exact, what's calculated

Exact	Every row of both sizes was worked stitch by stitch in the engine: the stitch count stays the same on every row.
Exact	The right side alternates knit V and purl bump in every row and every column, so it really is seed stitch, and both sides look the same.
Exact	The odd cast-on means every row is *k1, p1* ending k1: there is no RS/WS difference to track.
Calculated	Width, length, stitch and row counts come from the gauge below.
Calculated	Yarn: about 2.6 cm of yarn per stitch at this gauge + 10% for seed stitch, rounded up.
Assumed	Gauge 18 sts × 32 rows = 4 in is the usual worsted label gauge on US 8 needles. Our Alize gauge file has no seed stitch record. Knit a swatch, and change needle size if yours differs.

Seed Stitch · Knitting Chart

11 sts × 8 rows shown, as seen from the right side (empty box = knit, dot = purl)



Odd number of stitches: every row is *k1, p1*, end k1.

You always purl the knit Vs and knit the purl bumps you see.

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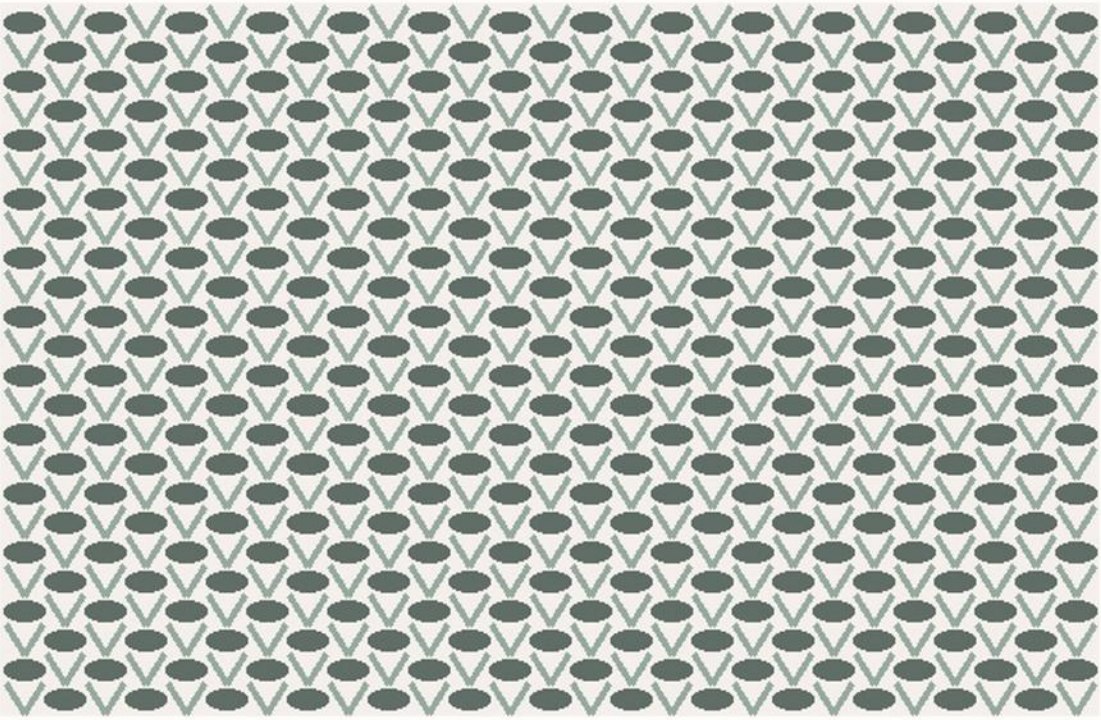
Seed Stitch · How It Looks

Simulated right side: knit Vs and purl bumps swap every stitch and every row



27 sts (child width) × 24 rows from the engine. Both sides look like this.

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Seed Stitch Scarf · Sizes

Worsted (#4) yarn, US 8 (5 mm) needles · 18 sts × 32 rows = 4 in

Size	Finished	Cast on	Rows	Yarn
Child	6 × 48 in	27 sts	384 rows	375 yd
Adult	8.2 × 70 in	37 sts	560 rows	725 yd

Add about 40 yd for the optional fringe.

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