FREE CROCHET PATTERN

Twisted Crochet Headband

A stretchy ribbed ear warmer with a twisted front · Child / Adult · US terms

SKILL LEVEL	SIZES	HOOK
Beginner	**Child, Adult**	**5.5 mm (US I-9)**
YARN	**STITCHES**	**TIME**
Worsted, 32 yd / 42 yd	**ch, hdc (BLO)**	**About 1.5 hours**

Materials

- Worsted (#4) soft wool or acrylic: 32 yd / 42 yd
- 5.5 mm (US I-9) hook, tapestry needle

Abbreviations (US terms)

ch	chain	**BLO**	back loop only
hdc	half double crochet	**st(s)**	stitch(es)

Numbers are Child / Adult (head 19.5 / 21.5 in). Measure the head and pick the closer size: the strip is about 2 in shorter than the head.

Strip

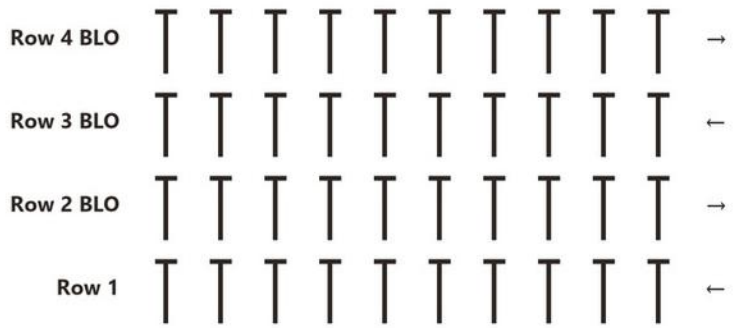
Foundation	Ch 58 / 64.	
Row 1	Hdc in the 3rd ch from the hook and in each ch across. Turn.	**(56 / 62)**
Rows 2 on	Ch 2 (doesn't count), hdc in the back loop only of each st across. Turn. Work 10 / 12 rows in total. Fasten off with a 16 in tail.	**(56 / 62)**

Twist and seam

Fold 1	Lay the strip flat, right side up. Fold it in half lengthwise (long edges together) at one end only, so that end is a narrow folded U.
Fold 2	Do the same at the other end, then hook the two folded ends into each other like two interlocking U shapes: one opens up, the other opens down.
Line up	Bring the 4 layers of short edges together (2 from each end) so all the raw edges line up.
Seam	Sew through all 4 layers with the long tail using a whipstitch. Turn the band right side out: the seam hides inside and the twist sits at the front.

Twisted Headband · Stitch Chart

Row 1 into the chain, then hdc in the back loop only. The ridges run around the head.



T = hdc · ch 2 at the row start doesn't count

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Twisted Headband · Strip (Adult)

Chain edge along the top, last row along the bottom. Fold both short ends and interlock them.



Child / Adult: chain 58 / 64, 10 / 12 rows · seam the 4 layers of short edges together

The band is about 2 in shorter than the head: the back-loop ribbing stretches to fit

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