



Erindale Tapestry Studio

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Crochet a Twisted Headband, Instructions



Welcome to this colorful and unique crochet project that will have your friends asking, “That’s crochet?” It looks remarkably like knitting! That's part of the fun of this pattern because the texture appears like the classic "moss stitch" while still being crochet, and the twist at the front is so cute. Build upon simple stitches like chain and single crochet with interesting variations to create a beautiful and warm accessory. This one-skein-wonder project works up quickly and will keep your ears warm with style.

What you will need for the project:

- Size H 8 (5mm) crochet hook
- Approximately 160 yards (3 oz.) of Aran weight yarn, here shown in wool from our sheep
- Tape measure (and/or the head of the wearer)
- Tapestry needle



This pattern is worked in the round, forming a tube shape that we then stitch together to create the headband.

We begin with a foundation chain of 23 stitches. The trick to making a foundation chain is to keep the stitches from becoming too tight. This will make picking up the stitches from the chain much easier, and it will avoid making the start of your piece too narrow.

Pro Tip: If you have trouble making loose stitches, use a larger crochet hook to make your foundation chain.



Next, draw the chain around to form a loop and fasted with a slip stitch. Take care not to twist the chain, as this will make picking up the stitches very awkward.

Do double check that you haven't twisted the chain, follow the Vs of the "top" of the chain all the way around to see that they lay nicely. In this picture, the are all currently facing the inside of the circle. That's ok, as they will draw outwards as I make the stitches in the first row. But if some of them were facing in and some of them facing out, I likely had a twist in my chain!

If you did twist your chain, just take out the slip stitch, reposition the chain, and put in a new slip stitch.

Adjusting Notes: For a wide headband, start with additional chain stitches. For a narrower headband, start with fewer. Just make certain that your foundation chain has an odd number of stitches.



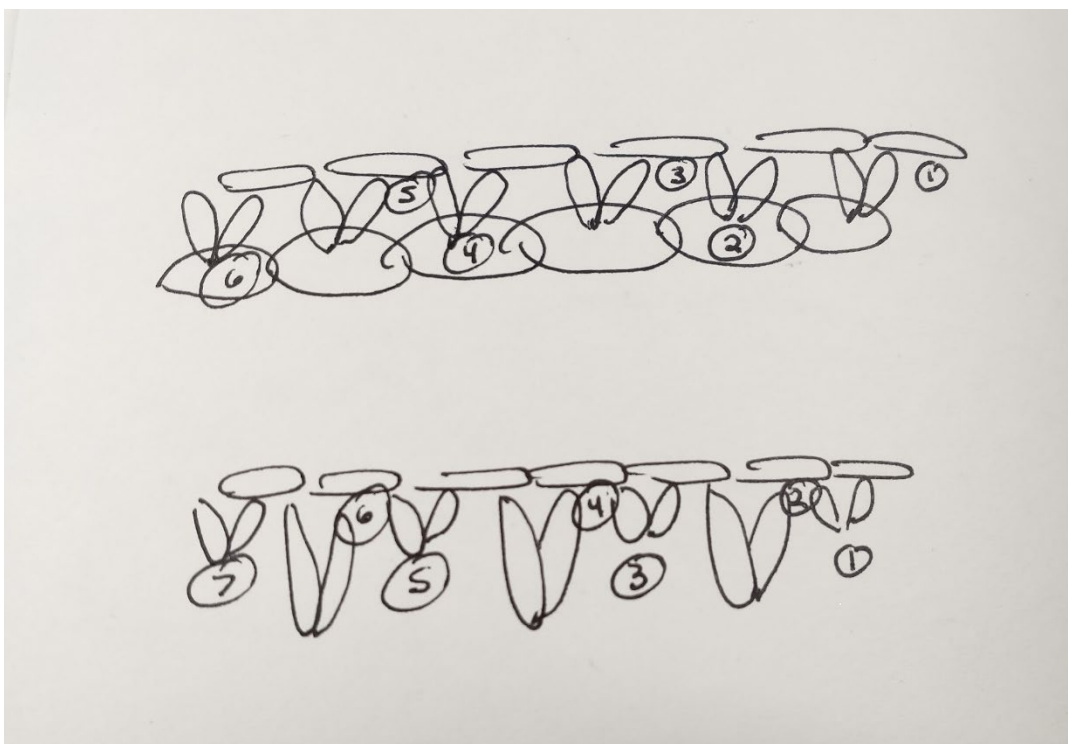
Row 1. Single crochet in each chain around (23 single crochets). The hook should enter the chain such that it's grabbing onto 2 strands, which makes it appear that you are going through the middle of the sideways V of the chain stitch. If you need to place a stitch into the slip stitch to achieve 23 single crochet stitches, that is fine.

From here on, the pattern is worked as a spiral. Once the spiral starts, you'll go round and round without the need to slip stitch or chain to the next level. Yay! This means that

there won't be any ridge or awkward point for changing rows.



In the second picture, I have worked the single crochet stitches all the way around and am ready to begin the spiral.



The pattern for the headband is worked as an alternation between long single crochets and regular single crochets. We have an odd number of stitches so that as the spiral stacks, the long ones go into regular stitches and regular stitches go into the long ones.

The only difference between a regular single crochet and a long single crochet is where the needle enters the stitch. A regular single crochet goes into the top of the stitch from the previous row, whereas a long single goes underneath the stitch (which is the top of the stitch of the row below the one you're working from), fully encasing the stitch. This creates a small bubbling effect that elongates the legs of the long single crochet.

The diagrams above are offered to help visualize where your hook enters for creating the two different stitches. The first shows picking up the pattern off the first row of regular singles with the foundation chain below. The second diagram shows how to continue the pattern once you have the pattern started. After one row of the first diagram, you'll only need to reference the second diagram for the rest of the project. The numbers show where the hook is inserted when looking at the side of the piece.



Row 2. Here I'm picking up the pattern from the original row of regular single crochets. I'm making a long single in this picture, showing how the hook goes through the foundation chain, rather than the top of the stitch, to form a long single.



The trick to a nice long single crochet is that once you yarn over, draw up the full height of the row, which is what makes the stitch long. Otherwise, the stitch will appear cramped and pull the fabric awkwardly.



Here I've completed the long single by yarning over and drawing through the 2 loops, much like a regular single crochet.



In the second picture, you can see the alternation of long and regular single crochet forming on top of Row 1. The top line of the textile remains straight, while the long single crochets appear to have longer legs, which is exactly what we're trying to achieve.



Row 3. Now I'm continuing the pattern on top of the pattern, in a spiral. There should still be 23 stitches around. The photo shows where the hook enters to make a long single, which is under a regular single. My next stitch will be a regular single in the top of a long single. You can think of it as "longs go around shorts" and "shorts go on top of longs."



Repeat this process around and around...and around. In fact, Row 3 will be our pattern until our tube has achieved the desired length!

In the second picture, you can see how the stacking of stitches appears as Row 3 progresses.



As we work round and round, visually what we see on this emerging textile is the long single crochets, as they enclose the regular single crochets inside. This creates a somewhat bumpy texture, but it also fills in some of the holes of crochet, creating a warmer piece for our ears as well.



What began as a circle will form into a tube. When we shape the headband, we'll flatten the tube. Making a tube creates a double-thick headband, which will also keep our ears warmer.



Continue with the Row 3 spiral until your piece measures 22 inches or it feels comfortable when drawn around your head. Head sizes can vary widely, so you might be surprised to find you're at the perfect spot early or need to go a bit farther. For a children's piece, likely the headband will not need to be as long.

When holding it around your head, it should feel snug but not too tight. Crochet is not as stretchy as knit textiles, so you don't want the headband to compress your ears so much that they ache after a while. But, neither do you want the piece to slip off and pretend to be a neck warmer. Try holding yours on your head, so that the two ends touch, periodically as you work to find a comfortable fit.

These ends will be stitched together in a creative way, but that is the basic concept of the join, so that testing the fit in this way will be as close to final accurate as possible.

When you are happy with the length, end your stitching at the right-hand side of the piece, as shown.



Because we flatten out the tube, this gives you a chance to decide which part of the outside you like the best! It does not need to line up with where the chain started, and because it's a spiral, you can flatten it out whichever way you like to put your favorite part on the outside.

For these two pieces, I used variegated yarns, so when I was ready to hand flatten (no need to use an iron or get heavy handed with it), I specifically chose areas of the variegation that I found most visually pleasing to have on the outside. My ears won't look at the colors on the inside.

When you are ready for the next step, leave the side you like the best facing you. This will appear, at first, to be on the inside when we draw the ends together. However, because the seam is inverted, it will again be on the outside once completed.



For joining the ends, leave an approximately 24-inch tail and bind off from your last stitch. Draw the two ends together, forming a circle but with the ends in parallel, rather than facing each other.

There should NOT be a twist in the headband, as you might in an infinity scarf. Remember that your favorite side should appear to be on the inside of the piece at this point.



Next is the secret to making that pretty, twisted look at the front of the piece! Still holding the ends in parallel, shape them into 2 C-like positions, nesting into one another. In the photo, you can see the left side is the top and lower middle, and the right side is the upper middle and bottom of the nested C shapes.

Take care to line up all the components of the ends so they are flush and the tips of the Cs really nest into the centers of the other C. This can take some finagling, but it's worth it.



Thread the end of your yarn onto a tapestry needle and stitch through all the layers. Draw snug, then come back up to the top and stitch through all the layers again. Repeat, taking care to snag from all the 8 layers each time. This is key to preventing part of the headband from not being attached together and gaping outwards when we flip it over.



Draw the stitches snugly and bind off, but don't cut the thread. We may need more to catch any wayward parts of the headband ends that accidentally didn't get snagged when we proceed with the next step.



Flip the headband around (feels like you're turning the seam inside-out), so that you are now looking at the "right side" of the textile. The special twist shape should now appear!



Woops, I missed a couple of end chains that I can now see. This is my chance to snag those with a few extra hidden stitches with my tail before binding off and burying the end.



Congratulations! Your twisted headband is complete! I hope you enjoyed making it and that you will also enjoy wearing it.

Now that you know how to make this pattern, feel free to experiment with different types of yarn and see how it works up.

Pro Tip: You will notice that thinner yarns produce much less texture than the Aran weight, and bulkier yarns will feel too thick when wearing. However, this pattern could work up nicely with similar weighted alpaca or blend yarns.



Twisted Headband, Just the Directions

Stitch Guide

CH = chain

SL = slip stitch

SC = single crochet

LSC = long single crochet

ST = stitch

The pattern is worked as a spiral that forms a tube. The tube is then flattened and the ends artfully stitched together to form the headband. For a wider headband, start with additional chain stitches. For a narrower one, start with fewer. Use an odd number of foundational chain stitches.

CH 23, SL to first CH to form a circle.

Rows 1: SC in each CH around (23 SC).

Row 2: *SC in 1st ST, LSC in second ST, repeat from * around (23 STS).

Rows 3: *LSC in SC, SC in LSC, repeat from * around (23 STS).

Repeat Row 3 until the piece measures 22 inches or comfortably fits your head. Bind off but leave a 2-foot tail.

Join: Lay the piece flat, with your favorite side facing up. Draw the ends together forming a loop (no twist), so the ends are parallel to each other. Form them into overlapping C shapes, so that the ends nest around and inside each other. Stitch securely through all the layers, all the way across. Bind off but don't cut the tail yet.

Invert the piece to bring the right side to the outside. Check for any wayward stitches at the join and stitch down if necessary. Bind off and bury the tail.