

SEED STITCH HEADBAND

1 ball SMC Lumio yarn

US 13 needles

Men's length: Approx. 20" circumference

Women's length: Approx. 18" circumference

Width: Approx. 3.5"

Keep in mind that this yarn will stretch a bit, so I made this about 1" smaller than the circumference of my head.



Cast On 8 stitches:

Row 1: K1, P1 to end of row

Row 2: P1, K1 to end of row

Repeat Rows 1 and 2 until you reach the desired length.

Sew the ends together - leave a long tail.

Ruche up the seam: Take the tail of your yarn and run it up the seam of your headband. Zig zag the yarn slightly using a running stitch to create traction for the ruching. Do this up the length of the seam.

Pull the ruched stitches somewhat tight and then secure the tail.

Your fabric should end up being slightly pinched or pleated - this will make it form a little better around your head.