

Leelee Knits
 Knitting and Crochet

No Sweat Crochet Headband



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Supplies/Materials:

Here is what you will need to make one crochet headband:

- Size H/8 (5 mm) crochet hook.
- One Skein (75 Yards) [Knit Picks Shine](#) Worsted Weight Yarn.
- Scissors.
- Tapestry Needle to weave in ends.

Size:

Adult

Note: Adult head circumference = 22 inches.

Abbreviations:

CH: Chain.

SC: Single Crochet.

DC: Double Crochet.

FPDC: Front Post Double Crochet – Yarn over; insert hook from front to back to front around post of specified stitch and draw up a loop; Yarn over and draw through 2 loops twice.

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Pattern:

CH 15 (or any odd number if you prefer a different width).

Row 1: DC in 4th ch from hook and in each remaining ch; CH 1, turn.

Row 2: SC in each dc to end of row; CH 3, turn.

Row 3: *Work FPDC around post of next dc two rows below, DC in next sc; repeat from * to end of row; CH 1, turn.

Row 4: SC in each stitch to end of row; CH 3, turn.

Row 5: *Work FPDC around post of next FPdc two rows below, DC in next sc; repeat from * to end of row; CH 1, turn.



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Repeat rows 4 and 5 until headband measures 16.5 inches long. Fold headband in half and seam ends together. Weave in all loose ends.

