



IT'S JUST A PHASE

*Double-knit Moon Phase Headband
Designed by Astraknits*



*November 2022
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It's Just A Phase Headband

As a lifelong student of astrology, I have always had an affinity for the night sky. Whether it's performing a moon ceremony or tracing the cycles, the moon is a shining light in my life. The moon phases inspired this double-knit headband, where you can choose many different yarn combinations to bring the moon's magic to your forehead.

Size: Adult Medium (fits medium adult heads with stretch)

Yarn: Alexandra the Art of Yarn - Dark Side of the Moon. 80% Wool / 20% Silk. Fingering weight, approx 175 yards, 50g each color.

MC - Purple Rain, 1 skein

CC - Midnight Eclipse, 1 skein

Needles: US size 3 (3.25mm) 24" circular or size needed to obtain gauge.

Gauge: 24 sts over 4" or 6 sts/in in St st.

Directions

Special Instructions:

Cable cast-on for double knitting (in two colors): Make a slip knot with both yarn tails (one of each color) and place it on LHN. Insert RHN between the two stitches, wrap both yarns around, and pull through. Then, loop both onto LHN by inserting LHN into loops pointing in the same way as the RHN. Continue to Cable CO with yarns are held together as a single strand.

See video for cable cast-on for double knitting:

<https://youtu.be/dQQ3lizbjkk>

Double knit technique: K1 in MC, P1 in CC for MC/white squares on the chart. K1 in CC, P1 in MC for CC/purple squares on the chart. If you are carrying both yarns in your left hand as in continental knitting, hold the MC to the left.

See video for double knitting into the cast-on:

<https://youtu.be/3PnVC3a4auM>

See video for double knitting, changing colors to work a chart square: <https://youtu.be/TzlmsI49eNM>

Moon phase Headband is knit in the round with double knitting, producing two right sides to the work.

Following the Cable cast-on for double knitting instructions cast on 96 double sts (192 individual loops) with both colors held together. Be careful not to twist sts. Join yarn to work in the round and place a round marker. See video for joining in the round:

<https://youtu.be/9Cfd0VUcpww>

Double-knit four rounds plain before starting the chart. Then, work the color chart using the double knitting technique.

After working first 3 rounds of chart, I recommend placing markers every 10 sts in the next round to help with following the chart over rounds 5-16. Then on round 17 you can remove the markers.

Once you've completed the chart, double-knit four more plain rounds. Finally, use the Cable bind-off for Double Knitting to bind off.

See the video for cable bind off for double knitting here:
https://youtu.be/_uhvSauUVWQ

Cut yarn and Pull through the remaining sts. Weave in ends.

"We are all
like the
bright moon;
we still have
our darker
side." Khalil
Gibran



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Pattern by Genevieve Krzeminski

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Abbreviations

St st: Stockinette stitch - Knit right side, purl wrong side

CO: Cast On

st(s): Stitch(es)

1x1 Ribbing: *K1, P1*, repeat

LHN: Left-hand needle

pm: Place marker

RHN: Right-hand needle

sm: Slip marker

P2tog: Purl 2 together

rm: Remove marker

K2tog: Knit 2 together

Sl: Slip (as if to purl)

dpns: Double-pointed needles

Rep: Repeat

MC: main color

RS: Right side

CC: contrasting color

WS: wrong side

