

Tied Up and Twisted

This set is an edgy twist on some knitted staples. The yarn-overs knit down the center of the pulse warmers allow you to button them anywhere along their length. So you can snake these up and down and around your wrists, even little kid wrists, and keep those pulse-points insulated.

The hair-band is a larger version of the pulse-warmers, which allows you to wear it in a variety of ways. Use these pictures as “serving suggestions.” There’s plenty of room for creativity!



Finished Measurements:

Pulse-warmers: 17 inches long, 1.5 inches wide

Hairband: 27 inches long, 2 inches wide

Materials:

- 40g (about half a skein) Wooly Hands handspun in “disco nights,” or other bulky yarn
- US size 10 straight needles, or size needed to obtain gauge
- 3 buttons
- tapestry needle for seaming and weaving in ends

Gauge: 20 sts/16 rows = 4" in stockinette stitch



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Pattern Notes:

Blocking these pieces is completely optional. I blocked mine, which gave them a more uniform and defined shape, but skinny, curling stockinette is a good look as well. If you use a bulky yarn of uniform thickness, I recommend blocking. A uniform gauge will expose the gentle ripple created by the increases and decreases, and that will need blocking in order to look neat. Expect pieces to lengthen by an inch or two when blocking.

This is a one-size-fits-nearly-everyone pattern, but if you have particularly strong forearms, or if you'd like more crisscrosses than are shown here, just make the pulse-warmers longer and try them on as you go until you reach the desired length.

Pulse-Warmer: (make two)

CO 6

Row 1: K all sts

Row 2 (and all even rows): P all sts

Row 3: K3, yo, k3

Row 5: K3, k2tog, k2

Repeat rows 2-5 14 more times, or until piece measures approx. 15 inches.

Work 5 rows in stockinette stitch.

BO all sts.



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Hair-band:

CO 8

Row 1: K all sts

Row 2 (and all even rows): P all sts

Row 3: K4, yo, k4

Row 5: K4, k2tog, k3

Repeat rows 2-5 27 more times, or until pieces
measures approx. 25 inches.

Work 5 rows in stockinette stitch.

BO all sts.

**Finishing:**

Weave in ends, and block if desired. Sew one button onto the stockinette end of each piece.

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