

Materials

Light worsted weight yarn
US Size 5 Knitting Needles



- Use a soft cotton, corn or bamboo yarn for absorbency
- To fit headband to your head, measure around head, then knit headband 1" shorter.

**Face Cloth:**

Cast on 51 stitches.

Row 1: Knit

Row 2: K1, P4, *K1, P4*, repeat from * to * to last stitch, K1.

Row 3: Knit.

Row 4: K1, P4, *K1, P4*, repeat from * to * to last stitch, K1.

Row 5: Knit.

Row 6: Knit

Repeat rows 1-6 ten (10) more times, or until the piece measures square (approx. 8½" x 8½").
Bind off and weave in ends. Block.

Headband:

Cast on 16 stitches.

Row 1: Knit

Row 2: K1, P4, *K1, P4*, repeat from * to * to last stitch, K1.

Row 3: Knit.

Row 4: K1, P4, *K1, P4*, repeat from * to * to last stitch, K1.

Row 5: Knit.

Row 6: Knit

Repeat rows 1-6 until the piece measures 19", or desired length to fit head.
Bind off and weave in ends. Block to 3" x19". Sew end seams together after blocking.