



LES BONNETS NÊ  
tricot et jeux de mots

# HEADBAND ON THE RUN



## Material

You can use a hairy yarn mixed with a fingering yarn to get this hairy result I had with this blue headband or you can just knit with one aran/worsted yarn.

You can use single point knitting needles or circular needles size 8 (5mm).

## Gauge

20 stitches x 24 rows = 10 cm

## Sizes

Small - Medium/large

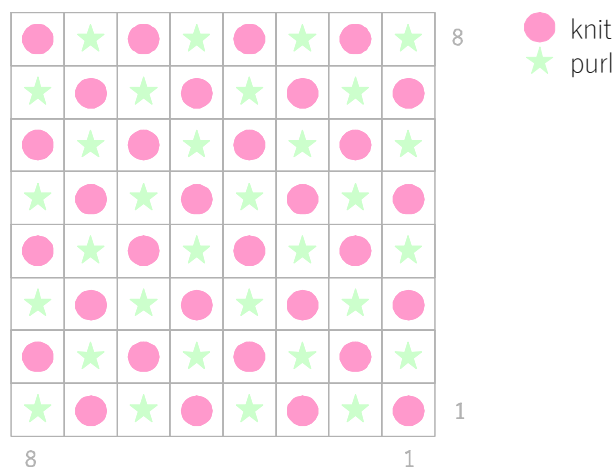
## Stitch used

Seed stitch :

↯ 1st row : \*knit 1, purl 1 ; repeat from \* to end.

↯ 2nd row: \*purl 1, knit 1 ; repeat from \* to end.peat row 3

Always repeat these 2 rows.



# Let's knit !

Cast on 30 stitches and knit in seed stitch.  
At 45 - 50 cm bind off all the stitches.

Then knit the loop : cast-on 6 stitches and knit in double seed stitch. When the loop is 7 cm long, bind-off.



## Finishing

Sew the headband and weave in all ends.



With a little piece of yarn, fold the headband as done on the picture. Then weave in all ends.



And finally, sew the loop and it's done !



Do not hesitate to share your knits on Instagram #headbandontherun #lesbonnetsnê  
To follow the creation and launching of new patterns, follow @knitisintheair on Instagram.

All my patterns' names are plays on words. Some I can't translate in English but this one is ok and even better for English speakers and Paul McCartney lovers !

The album Band on The Run is the third album of Paul McCartney and the Wings released in 1973.

Forgive my English and knit well !

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