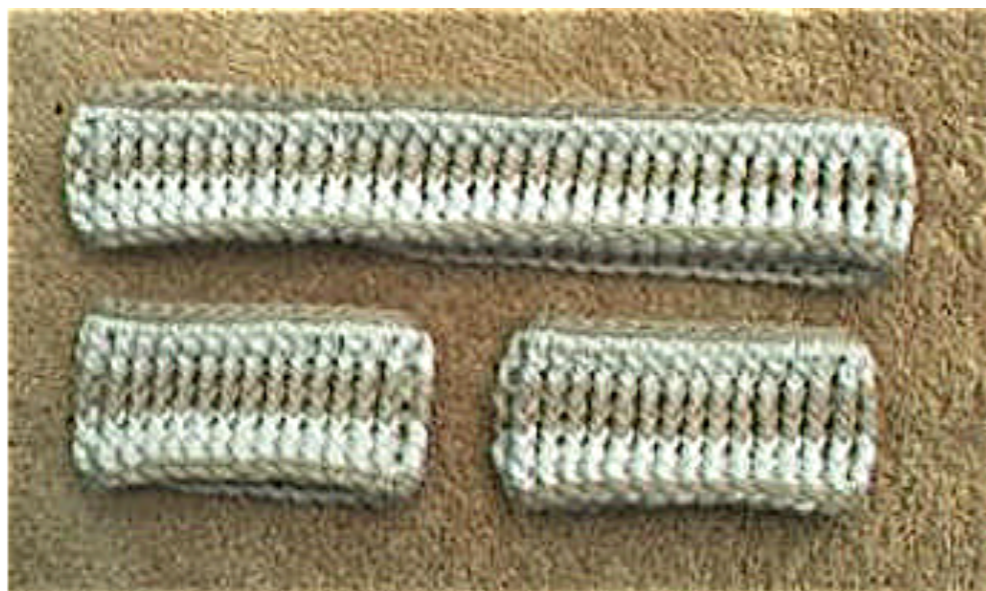


Sweat Band and Wrist Bands



SWEAT BAND AND WRIST BANDS

Designed by Priscilla Hewitt

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Materials:

About 3 ounces of a main color (MC) worsted weight cotton yarn and about 1 ounce of a contrasting color (CC)

Crochet hook size G

To work fpdc: Yo, insert hook from front to back to front around the post of the indicated st and pull up a loop. (yo and pull through 2 loops on hook) 2 times.

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Sweatband

With MC, ch 70; join with a sl st in the first ch to form a ring, being careful not to twist the chain.

Round 1: Ch 3 to count as the first dc, dc in each remaining ch around; join with a sl st in the top of the beginning ch 3. (70 dc)

Round 2: Inserting the hook at the right of the stitch from front to back to front, sl st around the post of the first dc (the ch 3) of round 1, ch 3 to count as the first fpdc, fpdc in each dc around; join with a sl st in the top of the beginning ch 3. Fasten off MC. (70 fpdc)

Round 3: Attach CC by inserting the hook at the right of the first stitch from front to back to front, sl st around the post of the first fpdc (the ch 3) of the previous round , ch 3 to count as the first fpdc, fpdc in each fpdc around; join with a sl st in the top of the beginning ch 3. (70 fpdc) Fasten off CC.

Round 4: Attach MC by inserting the hook at the right of the first stitch from front to back to front, sl st around the post of the first fpdc (the ch 3) of the previous round , ch 3 to count as the first fpdc, fpdc in each fpdc around; join with a sl st in the top of the beginning ch 3. (70 fpdc)

Round 5: Inserting the hook at the right of the stitch from front to back to front, sl st around the post of the first fpdc (the ch 3) of round 4, ch 3 to count as the first fpdc, fpdc in each fpdc around; join with a sl st in the top of the beginning ch 3. (70 fpdc) Fasten off MC.

Round 6: Attach CC with a sl st in the first fpdc, sl st in each remaining fpdc around; join with a sl st in the first sl st. Fasten off.

Edging: Attach CC with a sl st in the base of the first foundation ch, sl st in the base of each remaining foundation ch around; join with a sl st in the first sl st. Fasten off.

Wrist Bands

Make 2:

With MC, ch 30; join with a sl st in the first ch to form a ring, being careful not to twist the chain.

Round 1: Ch 3 to count as the first dc, dc in each remaining ch around; join with a sl st in the top of the beginning ch 3. (30 dc)

Round 2: Inserting the hook at the right of the stitch from front to back to front, sl st around the post of the first dc (the ch 3) of round 1, ch 3 to count as the first fpdc, fpdc in each dc around; join with a sl st in the top of the beginning ch 3. Fasten off MC. (30 fpdc)

Round 3: Attach CC by inserting the hook at the right of the first stitch from front to back to front, sl st around the post of the first fpdc (the ch 3) of the previous round , ch 3 to count as the first fpdc, fpdc in each fpdc around; join with a sl st in the top of the beginning ch 3. (30 fpdc) Fasten off CC.

Round 4: Inserting the hook at the right of the stitch from front to back to front, sl st around the post of the first dc (the ch 3) of round 3, ch 3 to count as the first fpdc, fpdc in each dc around; join with a sl st in the top of the beginning ch 3. Fasten off CC. (30 fpdc)

Round 5: Attach MC by inserting the hook at the right of the first stitch from front to back to front, sl st around the post of the first fpdc (the ch 3) of the previous round , ch 3 to count as

the first fpdc, fpdc in each fpdc around; join with a sl st in the top of the beginning ch 3. (70 fpdc)

Round 6: Inserting the hook at the right of the stitch from front to back to front, sl st around the post of the first fpdc (the ch 3) of round 5, ch 3 to count as the first fpdc, fpdc in each fpdc around; join with a sl st in the top of the beginning ch 3. (70 fpdc) Fasten off MC.

Round 7: Attach CC with a sl st in the first fpdc, sl st in each remaining fpdc around; join with a sl st in the first sl st. Fasten off.

Edging: Attach CC with a sl st in the base of the first foundation ch, sl st in the base of each remaining foundation ch around; join with a sl st in the first sl st. Fasten off.

