Care Workers Adjustable Headband for Masks Knitting Pattern in DK yarn

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**Materials**

20g dk yarn with a tension of 22sts and 30 rows to 10cm square over stocking stitch, 2 large buttons, 1 x pr 4mm needles. One size fits all.

**Abbreviations**

K-knit, P-purl, STS-stitches, Sl1-Slip one stitch, YF- yarn forward, K2TOG-Knit 2 stitches together.

**HEADBAND**

Cast on 15sts and k3 rows

*Next row – (buttonhole row) k7, yf, k2tog, k6

Next 15 rows – k to end*

Repeat from * to * until work measures approx 54cm long (21”) or desired length. Cast off.

**BUTTON BAND**

Cast on 9sts and work 15 rows in garter stitch. Cast off.

**Make Up**

Darn in ends. Sew one button centrally to the cast off area, just below the actual cast off row of the headband. Sew the other button onto the button band. When headband has been adjusted to fit it, push the button band button through the adjacent buttonhole so that the buttons are equally spaced out and will allow the straps of the carers mask to hang onto each side. I have used large buttons which are a really tight fit through the buttonhole so that after the headband has been washed and worn a few times, the buttons are not going to pop out easily.

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