CASCADE YARNS
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DK404

Fixation

Cabled Tennis Trio

Designed by Bonnie Barker

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Skill Level:
Easy/Intermediate

Sizes:
Wristbands: 3” wide x 7½” around
Headband: 3” wide x 19” around

Materials:
Cascade Yarns® Fixation
98.3% Cotton / 1.7% Spandex
50 g (1.75 oz) / 100 yds (91.4 m)
2 of skeins color #6380 (Smokey Plum)
Crochet Hook Size G/6 (4.00 mm)
Yarn Needle

Gauge:
23 sts x 12 rows = 4” (10 cm) in Pattern Stitch

Note: *When working with Fixation, try to maintain a normal tension on this elastic yarn. Do not pull yarn tight, or the garment will have the desired elasticity when completed.*

Abbreviations:

Bpdc	= Back post double crochet
Ch	= Chain stitch
Ch sp	= Chain space
Dc	= Double crochet
Fpdc	= Front post double crochet
Fptr	= Front post treble crochet
Hdc	= Half double crochet
Sc	= Single crochet
Sk	= Skip
Sp	= Space
Sl st	= Slip stitch
St(s)	= Stitch(es)
Tr	= Treble crochet

Special Stitches:
Wheat Cable: *follow Rows 2 - 5 of pattern below*.

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Instructional Video for Pattern Stitch:

Right-handed: **https://youtu.be/R4xycMbG384**

Left-handed: **https://youtu.be/82aJOEuAHHI**

Begin Pattern:

Wristbands (Make 2)

Ch 18

Row 1: Dc in 3rd ch from hook and in each ch across. Turn. (16 dc, turning ch does not count as st)

Row 2: Ch 2, sk the 1st st, [fpdc in next 3 sts, hdc in next st] 4 times, working last hdc in turning ch.

Row 3: Ch 2, sk the 1st st, [bpdc in next 3 sts, hdc in next st] 4 times, working last hdc in turning ch.

Row 4: Ch 2, sk 4 sts, hdc in next st, fptr in next 3 sts, working behind last 4 sts, fptr in 3 skipped sts (do not work 1st skipped st), hdc in next st, sk 3 sts, hdc in next st, fptr in next 3 sts, working in front of last 4 sts, fptr in 3 skipped sts, hdc in turning ch. Turn.

Row 5: Ch 2, *[bpdc in next 3 sts, hdc in between last st and next st (center of cable), bpdc in next 3 sts];** sk next hdc, hdc in next hdc. Repeat from * to ** once more. Hdc in turning ch.

Rows 6 - 21: Repeat Rows 2 – 5, 4 times more.
Rows 22 & 23: Repeat Rows 2 & 3 once more.

Joining ends:

With right sides facing, sl st across, joining both the foundation ch and both loops of Row 23 together.
Finish off; hide loose ends.

Headband:

Rows 1 - 5: Repeat Rows 1 - 5 of Wristband.
Row 6 - 57: Repeat [Rows 2 - 5] 13 more times.
Row 58: Repeat Row 2 once more.
Headband should be approx. 19" long.
Row 59: With right sides facing, sl st across, joining both the foundation ch and both loops of Row 58 together.
Fasten off; hide loose ends.

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