

# Helen's Knots-of-Love Cap

## Straight Needles



### Materials:

1 Skein Caron Simply Soft  
14" Straight Knitting Needles - size 8  
Yarn needle

Finished Size: One size fits most adults.  
Cast on 77 sts.

**Row 1:** K2, (P3, K2) across.

**Row 2 (Right side):** P2, (K3, P2) across.

**Row 3:** K2, (P3, K2) across.

**Row 4:** P2, \*Slip 1 as if to knit, K2, PSSO, P2; Repeat from \* across.

**Row 5:** K2, \*P1, YO, P1, K2; Repeat from \* across.

**Rows 6 – 37** Repeat Rows 2 – 5, 8 times. (Approx. 6" from cast on edge)

**Row 38:** Repeat Row 2

**Row 39:** Repeat Row 3

**Row 40:** P2 tog, \* Slip 1 as if to knit, K2, PSSO, P2 tog; Repeat from \* across.

**Row 41:** K1 (P1, YO, P1, K1) across.

**Row 42:** P1, (K3, P1) across.

**Row 43:** K1, (P3, K1) across.

**Row 44:** P1, \* Slip 1 as if to knit, K2 tog, PSSO, P1; Repeat from \* across.

**Row 45:** K1, P2 tog across.

**Row 46:** K2 tog across, K1.

Cut yarn, leaving a long end for sewing. Thread yarn needle and weave through remaining sts to form a ring; pull tightly and secure end. With right sides together, sew seam from top to bottom. Weave in loose ends. Turn up last 4 “cables” to form cuff, if desired.

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# Helen's Knots-of-Love Cap

## Circular Needles

### Materials:

1 Skein Caron Simply Soft  
Size 8 (16") circular needle  
Size 8 (7") double point needles (dnp)  
Yarn needle



Cast on 75 stitches. Place marker to identify beginning of round.

Row 1 - 3: (K3, P2) around

Row 4: \*Slip 1 as if to knit, K2, PSSO, P2; repeat from \*around.

Row 5: \*K1, YO, K1, P2; repeat from \* around.

Rows 6 - 37: Repeat Rows 2-5, 8 times.

Row 38 and Row 39: Repeat Row 1

Begin decrease sequence. When work becomes too small, switch to dnp.

Row 40: \*Slip 1 as if to knit, K2, PSSO, P2 tog; repeat from \* around.

Row 41: \*K1, YO, K1, P1; repeat from \* around.

Row 42 and Row 43: \*K3, P1; repeat from \* around.

Row 44: \*Slip 1 as if to knit, K2 tog, PSSO, P1; repeat from \* around.

Row 45 and Row 46: K2 tog. around.

Cut yarn, leaving a long end for sewing. Thread tapestry needle and insert yarn through remaining stitches. Pull tightly to form ring, knot, and weave in end. Secure all loose ends.

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