



# Bangles

by Isela Phelps



## Materials

### CABLED Bangle

**Yarn:** 40 yards of Chunky Weight wool yarn. Louet Gems Chunky was used in sample in Champagne. 103yds/100g

### TEXTURED Bangle

**Yarn:** 40 yards of Bulky Weight cotton yarn. Blue Sky Alpaca Dyed Cotton was used in sample in Espresso. 150yds/137mts; 100g.

**Loom:** Yellow Long Loom

**Notions:** Knitting Tool, Tapestry Needle

**Other:** Wood Bangle: Dimensions: 1 ¼" wide, 8" inside diameter, 10" around outside diameter.

**Gauge:** 8sts and 9 rows =2 inch in stockinette stitch

**Size**

**Fits 5-7 inch wrist**

**Pattern Notes:**

- Knitted as flat panels.
- Knit stitch used throughout not e-wrap.

## DIRECTIONS

### CABLED BANGLE

Notes: c4f: see side note

Cast on 14 stitches and knit flat panel

Row 1: p5, k4, p5

Row 2: p5, k4, p5

Row 3: p5, c4f, p5

Row 4: p5, k4, p5

Repeat Row 1- Row 4: 13 more times.

Bind off with Basic Bind Off

Finishing

Join Bind Off edge with Cast on edge.

Place bangle inside the panel and seam the two long sides together. I found it easier to move the seam to the edge of the bangle and sew. After the two sides were stitched together, I moved the seam to the inside center of the bangle.

### Cable Stitch Pattern

#### c4f

The cable takes place on 4 pegs. Pegs are numbered 1 to 4 from right to left.

1. Take working yarn behind pegs 1 and 2. Knit pegs 3 and 4. Place loops from pegs 3 and 4 on CN.

2. Take working yarn to the front of peg 1. Knit pegs 1 and 2. Move these loops as follows: Loop from peg 2 to peg 4; loop from peg 1 to peg 3.

3. Take the loops off the CN and place them on pegs 1 and 2.

4. Go to each of the loops on the four pegs and gently pull out any yarn slack doing so tightens the cable.

### Abbreviations

CO = Cast on  
BO = Bind off  
p = purl  
k = knit  
c4f = cable 4 front



## TEXTURED BANGLE

Cast on 10 stitches and work a flat panel

Row 1: k1, k2, p2, k2, p2, k1

Row 2: k1, p2, k2, p2, k2, k1

Row 3: k1, p2, k2, p2, k2, k1

Row 4: k1, k2, p2, k2, p2, k1

Repeat Row 1-Row 4: 10 more times.

Bind off with Basic Bind Off

Finishing

Join Bind Off edge with Cast on edge.

Place bangle inside the panel and seam the two long sides together. I found it easier to move the seam to the edge of the bangle and sew. After the two sides were stitched together, I moved the seam to the inside center of the bangle. (see previous bangle instructions for seaming picture)