

## **FeelGood Beanie**

Designed by, Vickie Howell

*Help someone stay warm and FeelGood by knitting them this simple, ribbed beanie!*

### **Sizes**

Child's(Women's, Men's)  
Stretches to Fit: 20"(22", 23")

### **Gauge**

16sts x 26rows= 4" (10cm) in stockinette stitch

### **Abbreviations**

K = Knit  
P= Purl  
K2tog= Knit 2 stitches together.  
CO = Cast On  
BO = Bind Off  
St(s) = Stitch(es)  
dpns= double-pointed needles  
rep = repeat

### **In-the-Round Version (Intermediate)**

#### **Materials**

150-250 yds (depending on size) FeelGood Yarn, or similar Worsted Weight Yarn  
Scraps of Contrasting Color Worsted Weight Yarn (optional)  
US Size 7 (4.5 mm), 16" Circular Needle (*or size needed to obtain gauge*)  
US Size 7 (4.5 mm) dpns (*or size needed to obtain gauge*)  
Tapestry Needle

#### **Directions**

Using circular needle, CO 72(80, 84) sts. Join, taking care not to twist sts.  
Work in K2, p2 rib until piece measures 5 1/2"(6", 6 1/2").

*Optional: Add two, randomly placed stripes out of contrasting colors from your own yarn stash. One stripe symbolizes you the knitter and the other, the hat's recipient; a small reminder that they are not alone.*

*Decrease for Crown*

Change to dpns when necessary.

Round 1: \*K2tog, p2; rep from \* around --54(60,63) sts.

Round 2: \*K1, p2; rep from \* around.

Round 3: \*K1, p2tog; rep from \* around --36(40,42)sts.

Round 4: \*K1, p1; rep from \* around.

Round 5: Rep Round 4.

Round 6: \*K2tog; rep from \* around --18(20,21) sts.

Round 7: Rep Round 6, ending with k0(1,0)--9(10,10) sts.

### **Finishing**

Thread tapestry needle through remaining sts. Pull tight and secure. Weave in ends.

### **Straight Version (Beginner)**

#### **Materials**

150-250 yds (depending on size) FeelGood Yarn, or similar Worsted Weight Yarn

Scraps of Contrasting Color Worsted Weight Yarn (optional)

US Size 7 (4.5mm) Needles (*or size needed to obtain gauge*)

Tapestry Needle

#### **Directions**

Using straight needles, CO 72(80, 84) sts.

Work in K2, p2 rib until piece measures 5 1/2"(6", 6 1/2").

*Optional: Add two, randomly placed stripes out of contrasting colors from your own yarn stash. One stripe symbolizes you the knitter and the other, the hat's recipient; a small reminder that they are not alone.*

#### *Decrease for Crown*

Row 1: \*K2tog, p2; rep from \* around--54(60,63) sts.

Row 2: \*K1, p2; rep from \* around.

Row 3: \*K1, p2tog; rep from \* around--36(40,42)sts.

Row 4: \*K1, p1; rep from \* around.

Row 5: Rep Round 4.

Row 6: \*K2tog; rep from \* around--18(20,21) sts.

Row 7: Rep Round 6, ending with k0(1,0)--9(10,10) sts.

BO.

### **Finishing**

Fold hat in half lengthwise and sew seam. Weave in ends.