'In The Heat'
By Talitha Kuomi

2 skeins Hemp4knitting 'Allhemp6'
Size 13 needles
Cable needle
24 beads or findings (optional)

Gauge: 10 sts and 14 rows = 4"
                    in stockinette stitch

Stitch Guide
Cables
C8LP: Slip 4 sts to cable needle and hold in front of work, p4, p4 from cable needle.
C8LK: Slip 4 sts to cable needle and hold in front of work, k4, k4 from cable needle.
C8RP: Slip 4 sts to cable needle and hold at back of work, p4, p4 from cable needle.
C8RK: Slip 4 sts to cable needle and hold at back of work, k4, k4 from cable needle.

Optional Beaded Cables
Note: If you are beading this wrap, you should add a bead to each and every cable.
C8LP with a bead: Slip 4 sts to cable needle and hold in front of work, p1, place a bead on the next stitch, purl the beaded stitch, p2 more, p4 from cable needle.
C8LK with a bead: Slip 4 sts to cable needle and hold in front of work, k4, k1 from cable needle, place a bead on the next stitch, knit the beaded stitch, k2 more from cable needle.
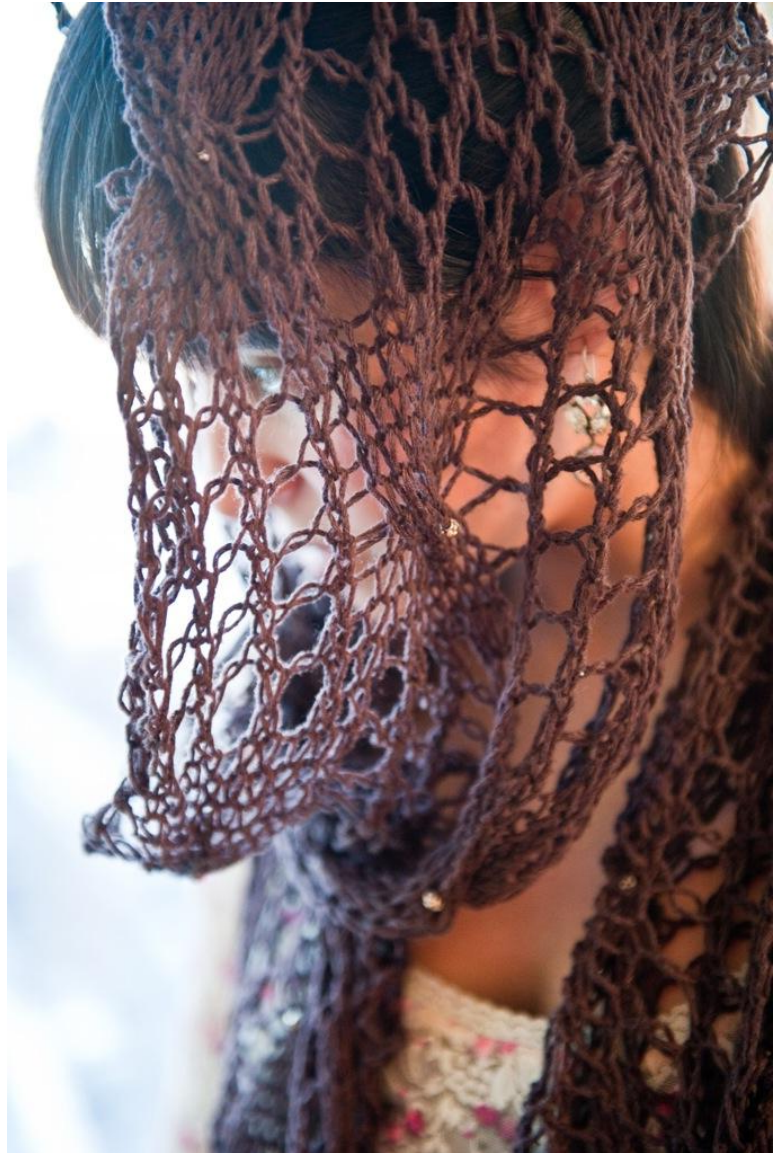C8RP with a bead: Slip 4 sts to cable needle and hold at back of work, p4, p1 from cable needle, place a bead on the next stitch, purl the beaded stitch, p2 more from cable needle.
C8RK with a bead: Slip 4 sts to cable needle and hold at back of work, k1, place a bead on the next stitch, knit the beaded stitch, k2 more, k4 from cable needle.

The Wrap
Before c asting on, roll the first 7 yds of yarn into a small ball or tied wrap of some kind. You will use this to knit a pocket later on.   Roll up 7.5 yds if you are using a long tail cast on.

Now starting these 7 yds from the end (7 ½ yds if you're using a long tail cast on), CO 28sts.

Rows 1, 3, 5, 7 and 9: K2tog, yo, k8,* (yo, k2tog); repeat from * to end.
Rows 2, 4, 6, 8 and 10: Purl to end.
Row 11: Same as Row 1.

Rows 12 and 14: (P2tog, yo) 5 times, p8, *(p2tog, yo); repeat from * to the last 2 sts, p2.
Rows 13 and 15: Knit to end.
Row 16: Same as Row 12.
Row 17: K10, C8LK, knit to end.
Rows 18 and 20: Same as Row 12.
Rows 19 and 21: Knit to end.
Row 22: Same as Row 12

Rows 23 and 25: K2tog, yo, k8, (k2tog, yo) to last 10 sts, k8, yo, k2tog.
Rows 24 and 26: Purl to end.
Row 27: Same as Row 23.

Row 28: P2, C8LP, purl to last 10 sts, C8LP, p2.
Rows 29 and 31: Same as Row 23.
Rows 30 and 32: Purl to end.
Row 33: Same as Row 23.

Repeat Rows 12-33, two more times (for a total of 3 times).
Repeat Rows 12-22 one more time.

Rows 34 and 36: K2tog, yo, k8, (k2tog, yo) to last 10 sts, k8, yo, k2tog.
Rows 35 and 37: Purl to end.
Row 38: Same as Row 34.
Row 39: P2, C8RP, purl to last 10 sts, C8LP, p2.
Row 40 and 42: Same as Row 34.
Row 41 and 43: Purl to end.
Row 44: Same as Row 34.

Rows 45 and 47: (P2tog, yo) 5 times, p8, *(p2tog, yo); repeat from * to the last 2 sts, p2.
Rows 46 and 48: Knit to end.
Row 49: Same as Row 45.
Row 50: K10, C8RK, knit to end.
Rows 51 and 53: Same as Row 45.
Rows 52 and 54: Knit to end.
Row 55: Same as Row 45.

Rows 56 and 58: K2tog, yo, k8, (k2tog, yo) to last 10 sts, k8, yo, k2tog.
Rows 57 and 59: Purl to end.
Row 60: Same as Row 56.
Row 61: P2, C8RP, purl to last 10 sts, C8RP, p2.
Rows 62 and 64: Same as Row 56.
Rows 63 and 65: Purl to end.
Row 66: Same as Row 56.
Repeat Rows 45-66, two more times (for a total of 3 times).

Repeat Rows 45-55, one more time.

Repeat rows 1-11, one final time.
Last row: (ws) Loosely bind off all stitches purlwise. Do not cut yarn.

Tiny 'Hidden' Pockets
Lay the wrap flat, right side up and with the cast on edge nearest to you. Pick up 12 sts at the cast on edge under the square of stockinette stitch to the far right. Using the 7 yds that you wound just before you cast on for the wrap, work the following rows.

Row 1: K12
Row 2: Purl to end.
Row 3: Same as Row 1.

Row 4: Purl to end.
Row 5: Same as Row 1.

Choose one of the following:
Row 6 for a beadless wrap: P2, C8LP, p2.
Row 6 for a beaded wrap: P2, C8LP with a bead, p2.

Row 7: Same as Row 1.
Row 8: Purl to end.
Row 9: Same as Row 1.
Row 10: Purl to end.
Row 11: Same as Row 1.
Row 12: Cast off 3, p2tog, bind off this stitch and one more, p2tog, bind off this stitch and 3 more. Cut yarn and tie off.

Turn the wrap so that the bind off edge is now closest to you. Pick up 12 sts under the square of stockinette stitch at the far left of this end of the wrap. Using the yarn that you didn't cut after binding off, work the following rows:

Row 1: K12
Row 2: Purl to end.
Row 3: Same as Row 1.
Row 4: Purl to end.
Row 5: Same as Row 1.

Choose one of the following:
Row 6 for a beadless wrap: P2, C8RP, p2.
Row 6 for a beaded wrap: P2, C8RP with a bead, p2.

Row 7: Same as Row 1.
Row 8: Purl to end.
Row 9: Same as Row 1.
Row 10: Purl to end.
Row 11: Same as Row 1.
Row 12: Cast off 3, p2tog, bind off this stitch and one more, p2tog, bind off this stitch and 3 more. Cut yarn and tie off.

Finishing
Sew down both side edges of each pocket. Weave in ends.
Block to 11" wide by about 76" long with 3" points at each end on the edge opposite each pocket. Enjoy!

Photography by Triple C Photography