

Starts & Ends with Three (with Microhorns Added) Bangle Bracelet
Pictorial Walkthrough – not a complete pattern
Designed by Teresa Shelton © 2021

Supply List:

A = cream luster seed bead (25g)

B = opaque purple seed bead (5g)

C = opaque lavender seed bead (3g)

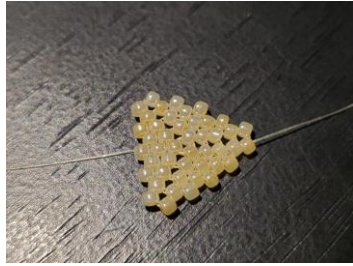
Needle

Thread (nylon thread recommended)

Scissors or thread burner



This bangle bracelet design is stitched as a continuous rope instead of individual components. It's a modified version of my "Starts and Ends with Three" bangle design which is a continuous rope of folded flat triangles. This pattern adds 2 small microhorns to each side of each triangle for added visual interest.



Start with a comfortable length of thread. You will add thread many times as the rope progresses.

Leave an 8 inch (20cm) tail, bead 5 rounds of a flat peyote triangle. The design shifts to 3D starting in the 6th round.



Round 6: (side increases/wings): Do normal herringbone increase on the corners. In the first and last peyote openings on each side, add 2-bead herringbone increases (aka side increases) with 1A & 1A peyote in between. Repeat on all 3 sides. Step up.

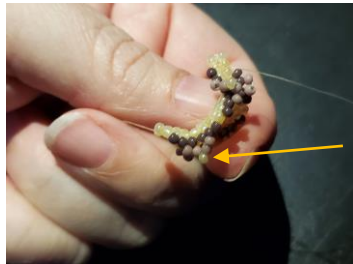


Round 7, side 1: (continue growing wings – climb & descend the mountain)
Do normal herringbone increase on the corners. Add 1B bead with peyote then a 2-bead increase with 2C beads on top of the 2Bs from round 6 and 1 more B bead (the added B beads make the wings grow wider). Peyote 1 A bead and climb & descend the next mountain (1B,2C increase, 1B).



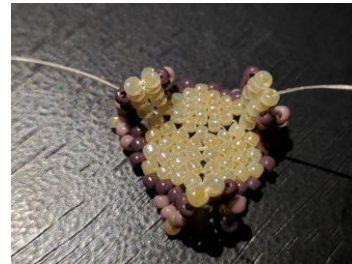
Round 7, cont: (continue growing wings – climb the mountain)

Repeat on all 3 sides. Step up.



Round 8, side 1: (make mountain peaks– also climb & descend the mountain again)

Do normal herringbone increase on the corners. Add 1B & 1C with peyote then a 1A mountain peak (aka a “point” bead) on top of the 2Bs from round 7 then peyote 1C & 1B bead (the added B & C beads make the wings grow wider). Climb & descend the mountain again (1B,1C,1A, 1C, 1B) .



Round 8, cont: (make mountain peaks– also climb & descend the mountain again)

Repeat on all 3 sides. Step up.



Round 9, side 1: (fill round – no more climbing)
This round is a set-up round to help turn the wings into horns in round 10)

Do normal herringbone increase on the corners. Add 1A, 1B, & 1C with peyote - pass thru the mountain peak/point bead then peyote 1C & 1B bead. Peyote 1 A bead and repeat on the second wing (1B, 1C, Pass thru the point, 1C, 1B, 1A).



Round 9, cont: (fill round – no more climbing)

Repeat on all 3 sides. Step up.

Tip: At this stage, it helps to force the herringbone corners to stand up like spires by making the wings point downwards.



Round 10, side 1: (decrease – turn wings into horns)

Do normal herringbone increase on the corners.
Add 1A, 1A, & 1B with peyote - stitch the 2Cs together (no beads between the 2Cs and pull tight to make them sit together).

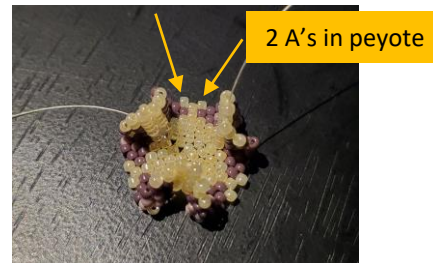
TIP: It helps to pinch the horn tips as you stitch the 2Cs together to help get good tension.



2 A's in peyote

Round 10, side 1 cont: (decrease – turn wings into horns)

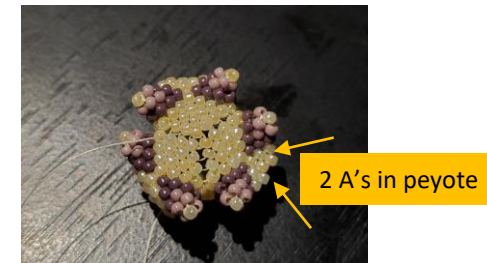
Peyote 1B, 1A, 1A and do the same decrease on the 2nd wingtip to make it into a horn: stitch the 2Cs together then peyote 1B, 1A, 1A to finish this side.



2 A's in peyote

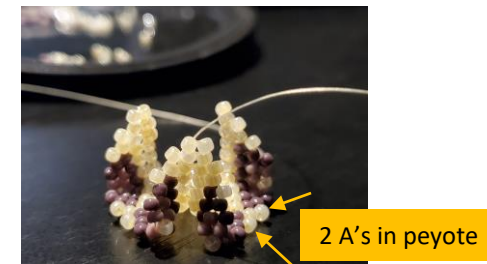
Round 10, cont: (decrease – turn wings into horns)

Repeat on all 3 sides. Step up.



2 A's in peyote

Bottom view of Round 10



2 A's in peyote

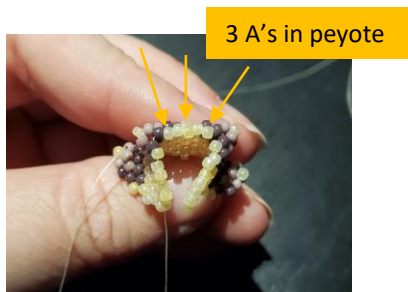
Side view of Round 10



Round 11, side 1: (continue decreasing into horns)

Do normal herringbone increase on the corners.
Add 3As [1A, 1A, 1A] with peyote - stitch the 2Bs together (no beads between the 2Bs and pull tight to make them sit together).

TIP: It helps to pinch the horn tips as you stitch the 2Bs together to help get good tension.



3 A's in peyote

Round 11, side 1 cont: (continue decreasing into horns)

Peyote 3As [1A, 1A, 1A] and do the same decrease on the 2nd wingtip to make it into a horn: stitch the 2Bs together, then peyote 3As [1A, 1A, 1A] to finish this side.

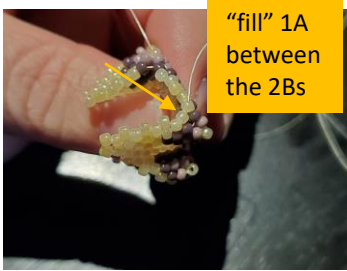


3 A's in peyote

Round 11, cont: (continue decreasing into horns)

Bottom view of Round 11

Repeat on all 3 sides. Step up.



Round 12, side 1: (fill round – no more decreases)

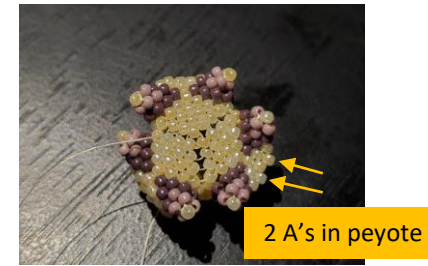
Do normal herringbone increase on the corners.
Add 3As [1A, 1A, 1A] with peyote. Peyote another 1A - this 1A will nest between the 2Bs (fill).



Round 12, side 1 cont: (fill round – no more decreases)

Add 2As [1A, 1A] with peyote. Peyote another 1A to nest between the 2Bs on the 2nd horn. Peyote 3As [1A, 1A, 1A] for a total of 10As with peyote to finish the side.

Repeat on all 3 sides. Step up.

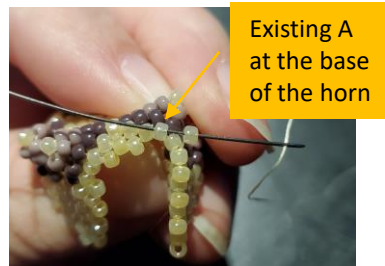


Bottom view of Round 12



Round 13, point: (Point round – last round of adding beads – rounding off the base of the horn to prepare for folding the whole triangle in the next step)

Do NOT do normal herringbone increase on the corners. Instead add only 1A (point)!



Round 13, side 1: (Point round – last round of adding beads)

Add a total of 11As with peyote: Peyote 3As [1A, 1A, 1A], then tuck 1A into the existing A from round 12 (nested between the 2Bs at the base of the horn), peyote 3 more As [1A, 1A, 1A], then tuck another 1A into the existing A from round 12 (nested between the 2Bs at the base of the 2nd horn). Peyote the last 3As [1A, 1A, 1A] to finish this side.



Round 13, side cont: (Point round – last round of adding beads)

Repeat on all 3 sides.

Each side should now have a nice curve of straight peyote. It looks sort of like a hood with kitty ears *meow*



Step up so you're exiting the corner "point" bead



Side view of Round 13

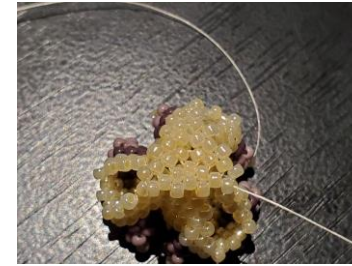


Stitch the 3 point beads from round 13 together into a ring.



I usually make two passes with my thread through the 3-bead loop.

TIP: it also helps to do a modified "embroiderer's knot": twist/rotate the needle tip around the thread to add some extra "grab" on the thread.



Top View

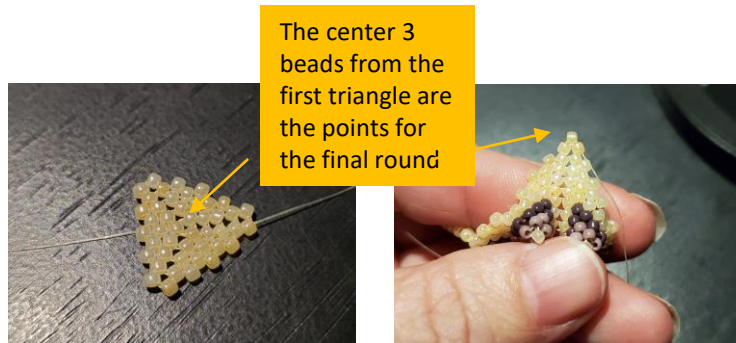


Side View

Start stitching the 2nd flat peyote triangle directly from the 3-bead ring as a *continuous rope* (Starts and Ends with Three).

Repeat this process as necessary to get the desired length of rope for a bangle. On the **FINAL** component, do **NOT** do Round 13 (Point Round).

Sizing tips: For most people, 12 components fits XS/S, 13 components fits M/L and 14 components fits XL. You can make this style of bangle to loosely fit your wrist size and there should be enough room to "roll" it over your knuckles and fist



Join the rope ends to make a bangle

In the FINAL point round of the FINAL component, you "borrow" the point beads from the 3 beads at the center of the very first triangle.



Join the rope ends to make a bangle (cont.)

Without adding any beads, stitch through one of the first three beads at the center of the very FIRST triangle you made.



Pull tight



Stitch through the other half of the herringbone increase to add the borrowed point bead on tip of the herringbone corner.

Keeping tight tension, peyote a total of 11 A's (same as round 13).



Stitch through the second bead at the center of the very first triangle you made.

Stitch through the other half of the herringbone increase to add the borrowed point bead on tip of the herringbone corner.

Keeping tight tension, peyote a total of 11 A's on the second side.



Stitch through the third bead at the center of the very first triangle you made.

Stitch through the other half of the herringbone increase to add the borrowed point bead on tip of the herringbone corner.

Keeping tight tension, peyote a total of 11 A's on the final side.



Weave in both tails. I like to weave my working thread into the first component and weave the original tail thread into the final component for added strength of the final connection.