

Crocheted Dialysis Mitts

A while back, one of the dialysis units we serve asked for mittens, as many of their patients' hands get cold during treatment. I wondered if mittens would be the best choice, as having fingers free to hold a book, or use phones, would be important. Mary Ball, Jacqueline Muoio, Joan Beck and I played around with dimensions until we came up with this simple pattern. It is a fingerless (or texting) mitt, but long enough to keep fingers warm or fold back to allow fingers to be free. The piece is a ribbed rectangle stretching from below the wrist to fingertip, wide enough to encircle the knuckles when lightly stretched.

Materials:

Soft, stretchy yarn, sport weight or very light worsted (one skein would make a few pair)
 Size H hook
 Tapestry Needle for weaving in ends

Pattern:

Chain 40, work half double in second stitch from end across. (I like to work in the back bump, but that isn't necessary.) Leave a long (20 inch) tail, it's perfect to sew up at the end.

Chain one to turn, work half double in the back loop only in every stitch. (turning chain does not count as a stitch)

Work 18 rows. Keep loop on hook, fold piece in half. Slip stitch or sew sides about half-way down, finish off firmly.

Leave about a quarter of the stitches free for thumb opening. From starting corner, using the long tail, slip stitch or sew up about a quarter of the stitches, fasten off firmly. Joan added a couple of rounds working in the end stitches at the wrist end, Jacqueline did a cute row of shells. Both made a nice finishing edge, but if your edges look neat, it is not entirely needed.

Size adjustments would be taken at the length and number of rows - this fit my hand, which is medium. It would be nice in baby or sock weight yarn, using maybe a G or F hook and starting with more chains, or a light soft #4 worsted, and an I or J hook. I would not suggest Simply Soft, which I find is not as stretchy or light.

Nancy Wright

