

Twiddle Mitts, Knit version



From the Heart is getting a lot of requests for items for Memory Care patients. These Twiddle Mitts can be a lot of fun to make. If you like to make Dialysis Mitts, this pattern is exactly the same, with rows of novelty yarn added for our Memory Care friends to enjoy.

Items required

Imagination, a sense of humor, and a willingness to improvise

yarn - worsted, sock, chunky - whatever is in your stash or calls to you in the scrap bins

novelty yarn - fun fur, eyelash, boa, pompom, textured yarn of any kind

odds and ends - leftovers swatches, granny squares, motifs

Needles - compatible with main yarn. Sample used size 10 with worsted weight yarn.

General Notes

Bright colors are very popular, the wilder the better. Variegated is fine.

Please no beads or buttons, as these can present a choking hazard

Attach all portions sewn on very securely. They will be tugged on a lot! Secure yarn tails and ends of stitches firmly for the same reason.

Try to limit the contrast sections to 3-5, to avoid overwhelming the recipient

The mitt is about 12-14 inches long and 9-11 inches wide, running from knuckles to elbow.

Adjust stitch count and needle size if using a lighter or chunkier yarn than worsted.

Leave a long initial tail for sewing together

Cast on 40 or 44 stitches (for worsted; increase in multiples of 4 for finer yarn)

Row 1: knit 1, work purl 2, knit 2 across, knit last stitch

Row 2: purl 1, work knit 2, purl 2 across, purl last stitch

Every 4th to 8th row, work in a novelty yarn. Any thin yarn, like Fun fur, eyelash, or boa, can be held double with the main yarn. Thicker novelty yarns might be better worked alone, so cut the main yarn and change to the new yarn if needed. Use your judgment as to how many rows for the novelty yarn - 2 or 3, maybe just 1 if you have only a small amount. Then switch back to the main yarn. Or add in a new color in a similar weight. (Told you you'd need a willingness to improvise!) Work in tails securely as you go.

Repeat until piece is 12-14 inches long, bind off in rib, leaving a long tail for sewing or leave attached for a slip stitch seam. Fold the piece in half, sew or slipstitch the sides, beginning from one end to about 5 inches from the beginning, fasten off and secure. Starting from the other end, sew 2-3 inches, leaving an opening for the thumb. No need for a thumb gusset.

If you would rather work in the round, on circular or double pointed needles, it would be fine to skip leaving a thumb opening. The result would be a Twiddle Sleeve.

If you wish, single or half double crochet around the top and bottom with a novelty yarn.

You might have fun with bobbles or other textured patterns

OR work several rows in the main color, then add a sewn on pocket with a small treat inside, like a comfort heart.

OR sew on some pompoms, curlicues or other shapes (just be sure to sew them on securely, able to withstand being tugged)

OR work the entire piece in your main yarn and add contrast rows with surface crochet or embroidering

OR work the entire piece in garter stitch, casting on enough stitches for 12-14 inches, working contrast yarns in as desired, until the piece is about 9-11 inches wide. Sew the cast on edge to the bound off edge, leaving room for the thumb as above.

OR take a UFO that is about 9 by 11-14 inches, deck it with rows of novelty yarn, sew side seams and pick up stitches along the top and bottom for a cuff.

Have fun!

Here are a few others that might give you some ideas...not all made quite the same way. Feel free to experiment! If it fits on your arm comfortably, looks appealing, is fun to touch, and all parts are secure, someone will love it!



Nancy Wright