

Twiddle Cuffs for use in Memory Care

Materials:

Worsted to Aran weight yarn (one skein can make several) in bright color or variegated

Contrast yarn: eyelash, boa, Fun fur, ribbon, pom pom, Scrubby, whatever you have on hand. Could also use ribbon

Yarn needle to seam, weave in ends

Sewing supplies if you plan to embellish

US Size 10 needles or a H/I crochet hook



Knit Version

Cast on 34 to 38 stitches

Rib for 6 rows. Either knit one purl one, or knit 2 purl 2 - you decide

Contrast section 1 (about $\frac{3}{4}$ to $\frac{1}{2}$ inch) knit one row

then chose an option

- add a strand or 2 of contrast yarn and work in stocking knit for 2 -4 rows.
- work a row of eyelets (Knit one, *yarn over, knit 2 together* end knit one, across, purl across on the wrong side.) Once complete, weave a ribbon, i-cord, pompom yarn or crochet chain through the eyelets loosely, stitching, or knotting ends together firmly
- change colors and work a 4-row stripe

Main Section. (About 3 $\frac{1}{2}$ to 5 inches)

Something different from the Contrast section. Chose an option from there, or

- work a favorite textured pattern - bobbles, loop stitch, whatever you like
- work 1 inch in main yarn, work 2 inches carrying Fun Fur or novelty yarn, 1 inch in main yarn
- work 3-5 inches in stocking knit and add sew on a small pocket, heart or other shape, or a set of fringes, pompoms, or tassels
- work a small intarsia design
- work several small stripes in various colors and textures or try something you like to do

Contrast section 2 (about $\frac{3}{4}$ to $\frac{1}{2}$ inch) Could be the same or different from section 1

Repeat Rib section, bind off in rib.

Fold in half with ribbing at ends, sew seam.

Crochet Version

Ribbing: options

- chain 5, half double in second chain and across; chain 1 to turn, half double across in back loop only. Work until piece is 10-12 inches wide, then turn work $\frac{1}{4}$ turn, work a row of single or half double across the end
- Chain long enough to go easily around widest part of your hand... about 30-35. Work first row in double crochet, next 2 rows in front post/back post ribbing. Work one row of single or half double across

Contrast section 1 (about $\frac{3}{4}$ to $\frac{1}{2}$ inch) chose an option

- add a strand or 2 of contrast yarn and work in half double or single for 2 -4 rows.
- work a row of eyelets: Chain 4, skip one stitch, *double crochet in next, chain one*. repeat across, end with double crochet in final stitch.) Once complete, weave a ribbon, i-cord, pompom yarn or crochet chain through the eyelets loosely, stitching, or knotting ends together firmly
- change colors and work a 2- 4 row stripe

Main Section. (About 3 $\frac{1}{2}$ to 5 inches)

Something different from the Contrast section. Chose an option from there, or

- work a favorite textured pattern - bobbles, loop stitch, whatever you like
- work 1 inch in main yarn, work 2 inches carrying Fun Fur or novelty yarn, 1 inch in main yarn
- work 3-5 inches in half double or double crochet and add sew on a small pocket, heart or other shape, or a set of fringes, pompoms, or tassels
- work a small intarsia design
- work several small stripes in various colors and textures or try something you like to do

Contrast section 2 (about $\frac{3}{4}$ to $\frac{1}{2}$ inch)

Could be the same or different from section 1

Repeat Rib section, bind off in rib.

Fold in half with ribbing at ends, sew seam.

Be sure that anything you embellish the cuff with is VERY WELL SEWN ON.

Avoid using buttons as they are a choking hazard.