



KNITTING PURE & SIMPLE

KNIT RED CABLE MITTS

Size- one size fits most women and some men.
Finished measurements- unstretched the palm measures 6½ inches around and will fit up to an 8 inch around hand comfortably.
Length- 8 inches long.

Materials- medium worsted weight yarn approx. 160 yds. Yarn shown is Be Sweet Whipped Cream yarn by Be Sweet yarns.
Size 7 and 5 set of 4 double point needles or sizes required to get the gauge.
Stitch marker, scrap yarn, darning needle.

Gauge- using the larger double point needles in circular stockinette stitch, 18 sts equal 4 inches.

Abbreviations-

knit.

p- purl.

st(s)- stitch(es)

k 2 tog- knit 2 sts together as one.

rep- repeat the directions between the *.

m 1- with your left needle, from the front lift strand running between the 2 sts, then k into the back of it.

Stitches used-

Stockinette st- k every round.

2 x 2 rib- every round: k 2, p 2 to end of round.

Cable twist- leaving the first st on the left needle where it is, knit into second st on left needle but leave it on, then knit into first stitch and take both sts off.

Left mitt-

Using the smaller double point needles, cast 32 sts onto 3 needles- 18 sts on the first needle, 7 sts on the other 2 needles. Join into a round,



being careful not to twist. Beginning with p 2, work 3 rounds of 2 x 2 rib.

Next round (cable twist round)- change to larger needles and p 2, *work cable twist on next 2 sts, p 2*, rep 3 more times, k to end of round.

Next round- p 2, *k 2, p 2*, rep 3 times, k to end of round.

Rep the last round twice more.

Repeat the cable twist round.

Following the above directions, you will be working the 18 sts in the cable rib, working the twist round every 4th round and keeping the remaining 14 sts in stockinette st until work measures 2½ inches from cast on edge.

Begin gusset -

Round 1- m 1, work in pattern to last st of round, m 1, k 1.

Rounds 2 and 3- k 1, work next 18 sts in pattern, k to end of round.

Round 4- m 1, k 1, work in pattern to last st of round, m 1, k 1.

Continue to increase at the beginning and end of every 3rd round, keeping the increased sts at the beginning of each round in knit, for 4 more times. There will be 44 sts.

Divide for thumb opening-

Work in pattern to within 4 sts of end of round, slip the next 8 sts onto a length of yarn to hold for the thumb opening (the last 4 from this needle and the first 4 from the next needle).

Cast onto the right tip of needle 2 sts, place a marker, cast on 2 sts. The marker is the beginning of the round. There will be 40 sts.

Continue to work as established, keeping the 18 sts in cable twist pattern for 2 more inches, ending after working the twist row.

Change to smaller needles and beginning with p 2, work 3 rounds of 2 x 2 rib (keeping the 18 sts in pattern).

Bind off, knitting 2 together on the cable twist sections.

Thumb edging-

Slip the 8 thumb sts onto 2 of the smaller double point needles. Using another double point needle, join yarn and pick up 8 sts across the cast on sts. Work 4 rounds of 2 x 2 rib. Bind off in rib pattern.

Right mitt-

Using the smaller double point needles, cast on 32 sts- 7 sts on the first needle, 7 sts on the second needle, and 18 sts on the third needle.

Join into a round, being careful not to twist. Beginning with k 2, work 3 rounds of 2 x 2 rib.

Next round (cable twist round)- change to larger needles and k 14, p 2, *work cable twist on next 2 sts, p 2*, rep 3 times.

Next round- k 14, p 2, *k 2, p 2*, rep 3 times.

Rep the last round twice more, then repeat the cable twist round.

Following the above directions, you will be working the 18 sts in the cable twist rib, working the twist round every 4th round and keeping the other 14 sts in stockinette st until work measures 2½ inches from the cast on edge.

Begin gusset-

Round 1- k 1, m 1, work in pattern to end of round, m 1.

Rounds 2 and 3- k 15, work next 18 sts in cable twist pattern, k remaining sts.

Round 4- k 1, m 1, k on first 2 needles, work cable rib on last needle, ending with m 1.

Continue to increase at the beginning and end of every 3rd round, keeping the increased sts at the end of each round in knit, for 4 more times. There will be 44 sts.

Divide for the thumb opening the same as the left mitt.

Work top of mitt and thumb edging same as left mitt, beginning with “there will be 40 sts”.

Stitch Red is a national heart disease awareness campaign supported by the Needlearts industry. Learn more at <http://www.stitchred.com/>

