

# Sweet & Simple Vanilla Mitts

Winter can be a tough time for those who struggle with cold because of arthritis, Raynaud's phenomenon, or who just have cold hands. Fight back with these fingerless mitts! Designed as daywear, these mitts are quick to whip up while the simple design can be used to showcase special yarns from your stash. They are lightweight, comfy, and feature a deep gusset for the thumb that won't bind. The cuff covers the pulse points at your wrist, and the upper edge will make the mitts hug your fingers above the knuckles. The knitted opening on the thumb is roomy, so the mitts can be worn over light gloves if needed. They are perfect for day wear and comfortable while sleeping; they fit easily into coat pockets, purses and love to hang out in the car. Whether you have arthritis, Raynaud's phenomenon, scleroderma, chilly fingers or just want to baby your hands, these mitts are what you need!



## Materials

**Yarn:** 160 yards fingering yarn. The pictured sample was knit using 80/20 superwash merino/cashmere yarn.

**Needles:** Two 16" cable needles, size 1 (2.25 mm), additional size 1 (2.25 mm) double points, or size needed for gauge. The pattern can be easily adapted to use only double-pointed needles or a large cable needle and the magic loop method.

**Notions:** 2 stitch markers, yarn needle, scrap yarn

## Gauge

32 stitches and 12 rows = 4 inches in stockinette stitch

## Finished Measurements

The mitts have a 7.5 inches circumference and are 6.25 inches long. The size of this mitt is easily adjusted by adding stitches or rows.

## Mitt Instructions:

### Ribbed Cuff

1. Cast on 56 stitches using your preferred method; I'm a fan of Old Norwegian CO as it creates a nice, slightly stretchy edge. Place 28 stitches onto each of two 16" cable needles. Join to knit in the round carefully, making sure to not twist the stitches. Mark the beginning of the round (BOR).
2. Work K1,P1 ribbing for 8 rounds.

### Wrist

K 12 rounds. If you are using the two 16" cable needles you can easily try the mitt on to see if the wrist is the desired length to the base of your thumb; if not, you can add or decrease rounds until you have the length you want. (56 stitches)

### Thumb Gusset

1. Set up round: K2, PM, M1R, K1, M1L, PM, K to BOR.
2. K 2 rounds
3. K2, SM, M1R, K to marker, M1L, SM, K to BOR.
4. K 2 rounds. Repeat steps 3 & 4 until there are 21 stitches between the markers (76 stitches)
5. Next round: K2, remove marker and place the 21 thumb stitches onto scrap yarn, remove 2nd marker, CO one stitch using the backward loop method, K to BOR. (56 stitches)

### Palm

Continue knitting rounds until you have completed 12 rounds. Try on the mitt again and add or decrease rounds if desired, keeping in mind that the final ribbing will add  $\frac{3}{4}$ " to the total length.

### Ribbed Knuckle-Hugging Top

Switch to K1, P1 ribbing and complete 5 rounds. BO somewhat loosely in pattern being careful to not BO too tightly for a comfortable fit. (Note: for a balanced mitt with more coverage you can add 2 more ribbing rounds = 8 rounds total.)

### Finish the Thumb

Using the 2.25 double point needles, pick up the 21 thumb stitches from the scrap yarn and place them back onto the needles. Attach yarn, pick up three stitches across the base of the thumb, and complete 5 rounds of K1, P1 ribbing. (24 stitches) BO somewhat loosely in pattern.

**Note:** the construction of the right and left mitt are identical; make two mitts following these directions. Weave in all ends and fix any gaps at the thumbs. Enjoy!

## Abbreviations

CO	Cast on
K	Knit
P	Purl
PM	Place marker
BOR	Beginning of round.
M1R	Place the strand between two stitches (the one just knitted and the one you are ready to knit) over the left needle from front to back. Knit into the front of the loop.
M1L	Place the strand between two stitches (the one just knitted and the one you are ready to knit) over the left needle from back to front. Knit into the back of the loop.
SM	Slip marker
BO	Bind off

## Resources

**Old Norwegian CO:** There is a nice tutorial by WEBS at

<https://www.youtube.com/watch?v=bZVZnt7F7MY>

**Backwards Loop CO:** There is a helpful online tutorial showing this cast on technique at: <http://www.knittinghelp.com/video/play/backward-loop-cast-on>

**M1R and M1L increases:** The Purl Bee has a tutorial posted at <http://www.purlbee.com/2013/08/13/make-one-right-m1r-make-one-left-m1l/> that has a video as well as picture-supported directions.



### About These Mitts

I knit and gift these mitts to family, friends, and other scleroderma patients, and Raynaud's sufferers that I meet. Feel free to copy and/or share this mitt pattern with reckless abandon. If you would like to knit and sell the mitts, much joy to you, but please give me credit for the pattern.

Scleroderma is a rare, progressive, disabling, and incurable disease that causes thickening and hardening in skin, blood vessels, and organs.

Learn more at [www.scleroderma.org](http://www.scleroderma.org)