

## Meditation Mittens

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*It's soothing to draw very special, minimally processed yarn across the back of every stitch, weaving two strands back and forth for perfect balance. But be mindful here to remain calm throughout the project—changes in tension make a difference in mitten size! If you find this out the hard way, as I did, you can always knit a second pair and plan a new Left mitten to be a good match for the size of the old Right, and vice versa.*

### **Materials**

Approximately 60 (90) yards of A Piece of Vermont's 'Real Vermonter' 2-ply fingering in Colour A, and 50 (80) yards in Colour B (the colours can be the same if you prefer, but you do need two strands.)

Two lengths of waste yarn, each sufficient to knit 8 (10) stitches. Tip: a soft superwash yarn will make waste yarn removal much easier and facilitate the reuse of one length for both mittens.

2 buttons or other embellishments (optional)

3 mm flat needles (or size to obtain gauge)

2.5mm double pointed needles (or size to obtain gauge)

A small crochet hook to aid in picking up thumb stitches, if desired

### **Gauge**

Salt and Pepper Stitch: 23 stitches over 3", 23 rows over 3"

### **Abbreviations**

**sts** means stitches; **st** means stitch

**dpn** means double pointed needle

**K3 tog** means knit three stitches together as though they were one

**Kfb** means knit into front of the next stitch, and then – before slipping it onto the right needle – knitting into the back of the same stitch; slip both resulting stitches onto the right needle

**K1-A** means knit one stitch with Colour A

**K1-B** means knit one stitch with Colour B

### **Sizing Notes**

This pattern is for mittens to fit an adult woman and an adult man: the instructions for a man are in brackets. Small (the woman's size) is 8.25" wide across the palm and large (the man's) is 10.5" wide, allowing .5-.75" ease. If you need a slightly different width, try a tighter or looser tension or adjust the needle size a little—but only a very little, because the thumb is more snug and you don't want great air holes in winter. Top decreases begin where the mitten brushes the top of the pinkie finger, and for both sizes the mitten ends 2" beyond that, though the thumb gets an extra two rounds in size large.

### **Directions**

Cast on 48 (56) sts in Colour A to work flat (the gap you'll get makes it easier to check your watch.)

Rows 1-7            Slip 1 st as if to purl, \*P1, K1; repeat from \* to last st, K1.

Change to 2.5mm dpns and divide stitches evenly across 3-4 needles, leaving 1 needle free to knit onto. Join at the end of the first row and slip on a marker at the beginning of the round.

- Rows 8-13 \*K1, P1; repeat from \* to end.
- Row 14 \*Kfb, work 5 (6) sts in ribbing pattern; repeat from \* to end – 56 (64) sts
- 2-colour pattern begins; knit with Colour A held in front of Colour B to maintain colour on the right side.
- Rows 1, 3, 5, 7 \*K1-B, K1-A; repeat from \* to end
- Rows 2, 4, 6 \*K1-A, K1-B; repeat from \* to end
- Row 8 This row should begin with Colour A. For Left Mitten, K14 (18) in pattern; for Right Mitten, K20 (24) in pattern. For both mittens, \*knit into next stitch with both colours, still holding Colour A in front of Colour B. Knit into the next stitch the same way again, with both colours. K8 in pattern; repeat from \* once more. Knit into the next two sts with both colours, as before. Work to the end of the row in pattern – 62 (70) sts
- Rows 9-13 Work in 2-colour pattern as set.
- Row 14 This row should begin with Colour A. For Left Mitten, K20 (24) in pattern; for Right Mitten, K34 in pattern. For both mittens: knit into next stitch with both colours, holding Colour A in front of Colour B. Knit into the next stitch the same way again, with both colours. Work 4 (8) more sts in pattern. Knit with both colours into the next two sts as before. Work in pattern to the end of the row – 66 (74) sts
- Rows 15-25 Work in 2-colour pattern as set.
- Row 26 For Left Mitten, K22 sts in pattern; for Right Mitten, K36 in pattern. For both mittens: using Thumb waste yarn, K8 (10). Slip these 8 (10) sts back onto left needle and knit again in Colours A and B in pattern as set. K to end.
- Rows 27-28 Work in pattern as set.
- Row 29 For Left Mitten, K16 (18) in pattern; for Right Mitten, K31 (37) in pattern. For both mittens: \*K3 tog in colour of middle st, K5 in pattern; repeat from \* twice more – 60 (68) sts

Continue in pattern for approximately 6.5” (7”), or 51 (55) rows from beginning of two-colour pattern. To ensure a perfect fit, open up the thumb stitches as directed below, slip them onto holders, and try on the mitten. Decreases should begin once the top of the completed work grazes the top of your smallest finger.

### Top Decrease

- Row 1 \*K3tog in colour of middle stitch, K12 in pattern; repeat to end – 52 (60) sts
- Rows 2-3 Work in pattern as set
- Row 4 \*K3tog in colour of middle stitch, K23 (27) in pattern; repeat to end – 48 (56) sts
- Rows 5-6 Work in pattern as set
- Row 7 \*K3tog in colour of middle stitch, K5 in pattern; repeat 5 (6) more times – 36 (42) sts
- Rows 8-9 Work in pattern as set
- Row 10 \*K3tog in colour of middle stitch, K3 in pattern; repeat 5 (6) more times – 24 (28) sts
- Rows 11-12 Work in pattern as set
- Row 13 \*K3tog in colour of middle stitch, K3 (4) in pattern; repeat 3 more times – 16 (20) sts

Measure out an 8” tail and cut both yarns. Thread both through all remaining stitches, pull tight, and tack down inside the mitten. You can improve the roundness at the top by threading the tails around in circles that increase in size from the centre.

### Thumb

Pull out waste yarn. Slip 8 (10) exposed stitches from bottom onto a dpn plus 1 st from one end, according to the chart below. Pretend the 8 (10) loops from the top are stitches and slip them onto another dpn in the pattern’s colour sequence according to the chart.

Starting from the triple line in the chart, knit any stitches already on a dpn, then thread the relevant colour of yarn through 3 (4) sts at the side of the opening according to the colours specified in the chart. A small crochet hook helps to pull the loops through so you can slip them onto another dpn.

Work across the next sts, and pick up 3 (4) sts from the remaining side, per the chart – 24 (30) sts.

*Stitches marked in bold are to be picked up in the specified colour from a horizontal loop, as in a ‘make 1’ increase; the triple line marks the beginning of the round. The same double stitch that marked the outside edge of each mitten will mark the outside centre of each thumb. In size large, you will be picking up both horizontal loops located at the beginning of the round for the M1 sts, and there will be an additional double stitch at the inside centre.*

Size Small – Left Mitten – Top Loops									
<b>B</b>	A	B	A	B	A	B	A	B	
A									A
A									A
A									A
<b>B</b>	A	B	A	B	A	B	A	B	
Size Small – Left Mitten – Bottom Stitches									

Size Small – Right Mitten – Top Loops									
B	A	B	A	B	A	B	A	B	<b>B</b>
A									A
A									A
A									A
B	A	B	A	B	A	B	A	B	<b>B</b>
Size Small – Right Mitten – Bottom Stitches									

Size Large – Left Mitten – Top Loops											
B	A	B	A	B	A	B	A	B	A	B	
A										<b>B</b>	
B										A	
A										B	
A										A	
<b>B</b>	A	B	A	B	A	B	A	B	A	B	
Size Small – Left Mitten – Bottom Stitches											

Size Large – Right Mitten – Top Loops											
B	A	B	A	B	A	B	A	B	A	B	
<b>B</b>										A	
A										B	
B										A	
A										A	
B	A	B	A	B	A	B	A	B	A	<b>B</b>	
Size Large – Right Mitten – Bottom Stitches											

Rearrange sts so that two stitches from either end of the bottom needle are transferred to the side needles. The double stitch at the outside of the thumb will sit flatter and it will be easier to test thumb length halfway through the sts on the top needle. Use a slightly looser tension here for size small, for comfort.

Row 1 \*K1-A, K1-B; repeat from \* 11 (14) more times.

Row 2 \*K1-B, K1-A; repeat from \* 11 (14) more times.

Work 13 more rows in pattern as set.

Row 16 \*K3tog in colour of middle stitch, K5 in pattern; repeat 2 more times – 18 (24) sts

Row 17 Work in pattern as set.

Row 18 \*K3tog in colour of middle stitch, K3 in pattern; repeat 2 more times – 12 (18) sts

Row 19 Work in pattern as set.

Row 20 \*K3tog in colour of middle stitch, K1 in pattern; repeat 2 more times – 6 (12) sts

Row 21 (L only) Work in pattern as set.

Row 22 (L only) \*K3tog in colour of middle stitch, K1 in pattern; repeat 2 more times – 6 sts

Measure out an 8” tail and cut both yarns. Thread both through all remaining stitches, pull tight, and tack down. As with the top of the mitten, thread the tails around in circles that increase in size from the centre for a rounder top.

### **Finishing Notes**

I had wonderful results wet-blocking my mittens in Soak (<http://www.soakwash.com>) After slipping them into a bowl of Soak water and letting them sit for 5 minutes, then rolling them in a towel to blot, they were a lot softer and a tiny bit looser than before, and it was easy to round out the tops and stretch out the thumb as needed. When they are dry, you can add a button or other embellishment to the top of the gap on the outside cuff. Or you can just put them on and go outside!