

STADSE FRATSEN



Wrist warmers made with the traditional Swedish knitting technique twined knitting.

One pattern with suggestions for three variants.

Carla Meijsen - The Dutch Knitters

Wrist warmers are both decorative and practical, and are fun projects to knit. A nice snug fit will help to keep your wrist warmers in place.

Materials

Heidruns Garne Grane Z-spunnet
(100% wolo - 500 meter/100 gram)
35 gram white – red scrap yarn
<http://korps.e-line.nu>

Needles

Double-pointed, 1.75 mm
Darning needle

Gauge

48 stitches and 48 rows on needles 1.75 mm
is a 10 cm square

Sizes

S (M - L)

Measurements

Length 11 cm
Circumference 17 (18 - 19) cm

Notes

The techniques required for knitting these wrist warmers are explained on page 4 to 6. More detailed explanation of twined knitting can be found in the book *So Warm! - Twined Knitting*, written by Carla Meijssen. *So Warm!* can be ordered on the website The Dutch Knitters: www.thedutchknitters.nl

Cast-on

Cast on 80 (85 - 90) stitches using the Twined Cast-on (see page 4 or *So Warm!* page 25) with one red cast-on thread and two white working threads. Threads should be around 15 cm long.

Wrist warmer

Knit according to the Wrist Warmer Left chart. After completing round 41, cast off with two red threads using the Twined Cast-off (see page 6 or *So Warm!* page 59).

Knit a second wrist warmer identical to the first.

Finishing

Weave in ends.

Variation I

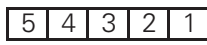
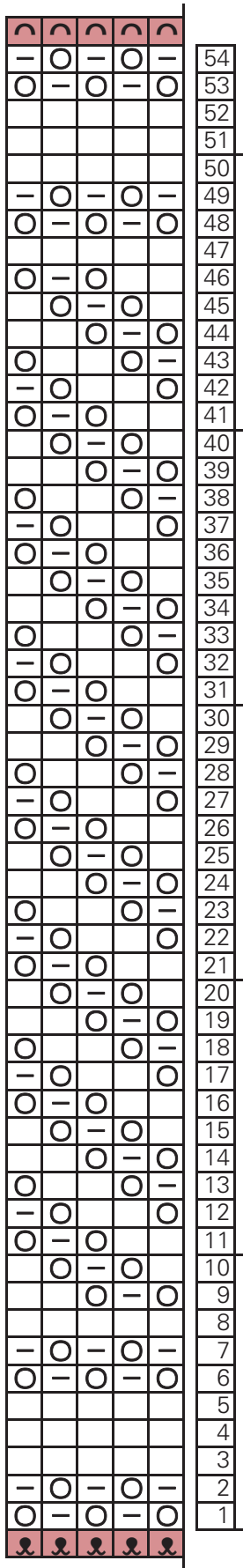
If using two threads of different color, the effect is quite different.

Variation II

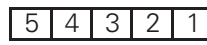
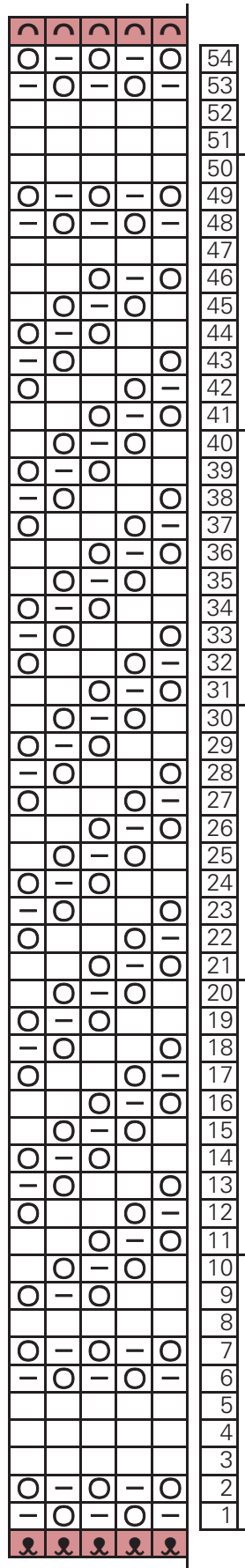
If the wrist warmers are knitted using thicker thread, for example Ullcentrum Z-ply (300 meters / 100 grams), the wrist warmers will be thicker and somewhat coarser. Cast on 55 (60 - 65) stitches and knit the wrist warmers to a height of 10 (10.5 to 11) cm.

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Wrist Warmer left



Wrist Warmer right

- Key
- Knit
 - Purl
 - Crook Stitch
 - ☺ Cast-off
 - ☹ Cast-on



Double Twined Cast-on

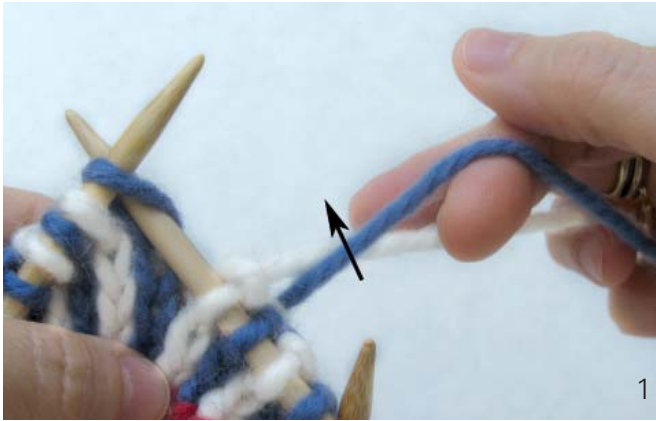
In this example the cast-on thread is red, and the working threads are blue and white. The first cast-on stitch is blue.

- Make a slip knot using the cast-on and working threads, and place it on the needle. Hold the needle with the tip pointing away from you, with the (red) cast-on thread on the left and the (blue and white) working threads on the right.
- Run the cast-on thread over your left thumb and the blue working thread over the index finger of your right hand (photo 1) – this finger will be used to throw the working threads around the needle tip.
- Loop the cast-on thread around the needle by passing the needle tip under the loop and picking up the rearmost thread from behind – this gives the loop an extra twist (photos 2-4).
- Throw the blue working thread around the needle tip, and create one cast-on stitch by passing this loop through the left-thumb loop. Pull carefully to tighten the threads (photo 5).
- Twist the working threads clockwise and create the next cast-on stitch using the white working thread (photo 6). Pull carefully to tighten the threads.
- Continue in this manner until you have cast on the desired number of stitches. Once the cast-on is complete, cut the cast-on thread and continue knitting using the two working threads. Finished result: Photo 6



Untie the slip knot once the cast-on is complete, and do not include it when counting the cast-on stitches!





Twined Stockinette

When knitting twined stockinette, both threads are twisted (or 'twined') around each other on the reverse side of the knitting after every stitch. When knitting multiple knit stitches in a row, both threads float along the back of the work (photo 1).



Crook Stitch

Crook stitches can be included as a decorative element when knitting with one or two colours. One or two rounds of crook stitches after the cast-on or before the cast-off is an effective means of preventing curling at the edges. A horizontal line of O-stitches can be created by staggering the second row by one stitch. Crook stitches form the basis for raised motifs in twined knitting, by arranging them into patterns of uneven numbers (knit - purl - knit). The threads are not twisted when knitting crook stitches. The example shows crook stitches knit using two colours. The example shows crook stitches knit using two colours.



- Hold the white thread in front of the work, and the blue thread at the back (photo 2).
- Knit the blue stitch using the blue thread at the back of the work (photo 3).
- Purl the white stitch using the white thread hanging in front (photo 4).

Finished result with white in front and blue behind: photo 5



Stadse Fratsen

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Twined Cast-off

In this example the working threads are blue and white, and the first cast-off stitch is blue. This method can also be used for casting off in one colour.

To ensure that the vertical stripes continue neatly over the edge, knit each stitch using the wrong colour.

- Knit the blue stitch using the white thread, twist the threads clockwise and knit the white stitch using the blue thread (photo 1). Pass the white stitch over the blue stitch on the right needle (photo 2) – one stitch cast off.
- Twist the threads clockwise and knit the blue stitch using the white thread. Pass the blue stitch over the white stitch on the right needle.

Continue in this manner until all stitches have been cast off.

Cut the threads leaving a 15 cm tail, and pull the thread attached to the last knitted stitch through the stitch loop.

Finished result: Photo 3

Keep an eye on the tension when casting off, making sure it is neither too tight nor too loose.



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