

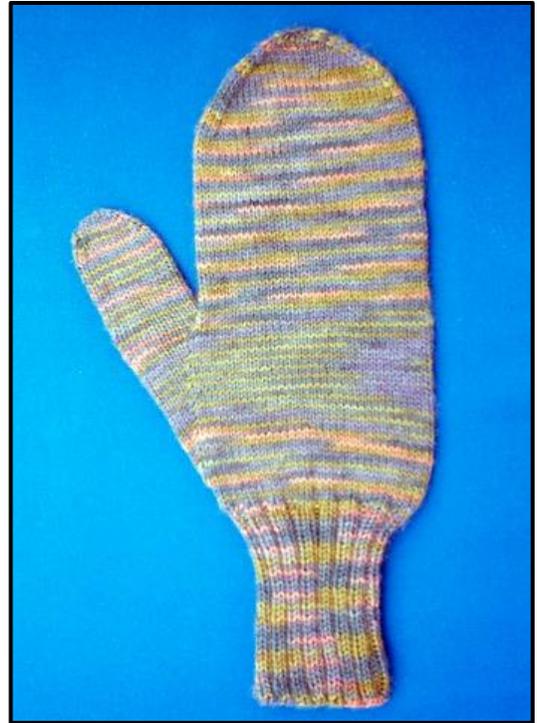
MITTEN KAL – Fingering Weight

By Terry Liann Morris – SailingKnitter

Knitting mittens uses some of the same skills as knitting socks. You start with a loose cast on, work some ribbing in the round, change to the hand patterning, and finally decrease for the top. Instead of a heel, we add a thumb gusset and finally a little tube is knit for the thumb top.

Any mitten pattern can be abbreviated to make mitts (fingerless mitts) simply by eliminating the tops of the hand and thumb and instead add a bit of ribbing.

These mittens/mitts have an ergonomic thumb gusset. If you look at your hands you'll see that your thumb is not located exactly at the side of your hand but rather is slightly tucked into your palm. For that reason we will knit a right and a left hand mitten. We also have our decreases at the fingers worked up each of the sides of the hand. If we didn't offset the thumb gussets, our hand tops would uncomfortably rotate around awkwardly.



Mittens CAN be knit as identical twins and worn on either hand if the decreases at the top are made like those of a hat, but that's a different pattern.

Sizes (3)

Women's Medium (Women's Large/Men's Small, Men's Medium)

Materials

300yds Fingering or sock weight yarn

1 set US size 1 (2.25mm) double point needles *or size needed to obtain gauge*

1 yard smooth waste yarn

2 stitch markers

Gauge

8 to 8.5 sts = 1" over stockinette stitch

Notes

1. When one number or set of instructions is given it is the same for all sizes.
2. **M1 = Make 1**, make 1 stitch by inserting the tip of your left needle into the strand in the row below before the next st and knitting into the back to twist. Most knitters simply use this one increase method for both M1s in the gusset area.
3. **Master knitter note:** You may choose to work the first increase after the stitch marker by picking up the strand from the back to the front and knitting into the front of it (a right-leaning increase) and then use the suggested **M1** increase above for the second increase before the stitch marker (left-leaning increase). This makes a "mirrored pair" of increases that slant slightly away from the gusset towards the hand.

CUFF

Loosely cast on 56 (60, 64) sts. Join into the round taking care not to twist the stitches. Work in 2 x 2 ribbing (k2, p2) until cuff measures 3" (3 ½", 3 ½") *or to your desired length*. Try on the cuff before deciding on the length as the cuff will shorten when the ribbing is stretched around your wrist.

Next we need to increase 5 sts evenly spaced around for more fullness in the hand. We will make the increases in some knit stitches by knitting first into the stitch in the front as we usually do, then taking the needle to the back and knitting this same stitch again. This is abbreviated as **kfb**.

Increase rnd: (k2, p2) twice, k1, now we will work the increase into the next stitch. This is a good spot to work this increase as it is a knit stitch that is followed by a purl stitch. The kfb increase makes first a knit stitch and then a purl-looking bump stitch.

Continue: *(p2, k2) twice, p2, k1, kfb, repeat from * two more times. Complete this rnd with the instructions for your chosen size below:

Women's Medium size only

p2, k2, p2, k1, kfb, p2. You should now be at the end of the rnd and have 61 sts.

Women's Large/Men's Small size only

(p2, k2) twice, p2, k1, kfb, p2. You should now be at the end of the rnd and have 65 sts.

Men's Medium size only

*(p2, k2) twice, p2, k1, kfb, p2, k2, p2. You should now be at the end of the rnd and have 69 sts.

RIGHT HAND

Rnds 1 thru 5: knit

Next we will begin to work the little upside-down triangular shaped gusset for the base of the thumb. This is where you will use a different increase; the M1 lifted strand (see notes above).

Rnd 6: k32 (36, 40), place marker, M1, k1, M1, place marker, knit to end of rnd. You will now have 3 sts inside of the markers and 63 (67, 71) sts total.

Rnd 7: knit all around, simply slipping the markers.

Rnd 8: knit to first marker, slip marker, M1, knit to second marker, M1, slip marker, knit to end of round = 65 (69, 73) sts. You will now have 5 sts inside of the markers.

Rnd 9: knit all around

Rnd 10: knit all around

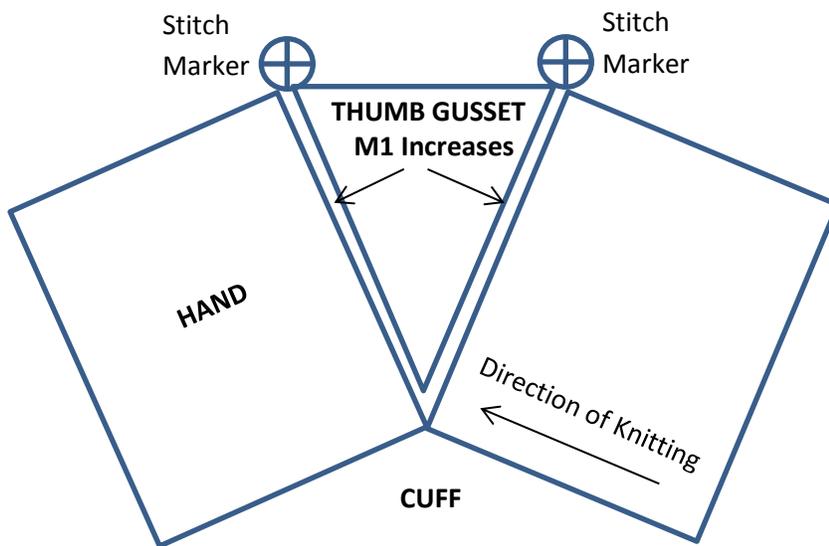
Repeat Rounds 8 thru 10 until you have 19 (21, 23) sts between the two markers.

End after working a Round 10.

You will have a total of 79 (85, 91) sts.



Above, I have stitched with contrasting yarn along the two diagonal rows of M1 increases just to show the gusset.



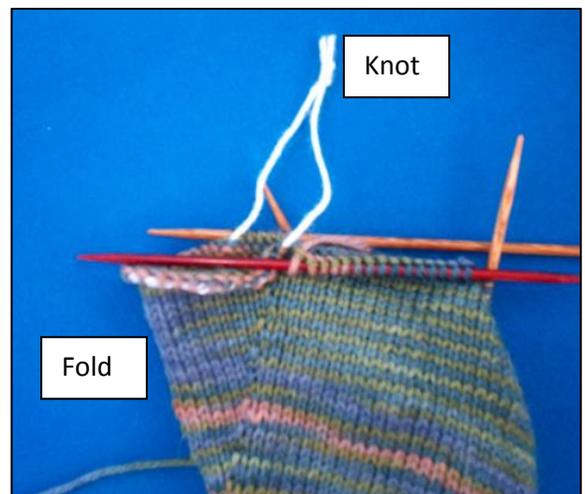
RIGHT HAND CONTINUED

Now we need to set aside the stitches of the thumb gusset and continue to knit the hand. After we have worked up to the top of the hand, we will go back and use these gusset sts to knit the thumb.

Knit to first marker, remove marker. Put the next 19 (21, 23) sts of thumb gusset onto a 12" piece of waste yarn to hold for later. Remove second marker.

Tie the two ends of the waste yarn together so that your gusset stitches are secure but do not cinch or gather up the gusset stitches. We need to have these stitches be able to stretch so we can try on the mitten later when we determine how long to knit the hand before decreasing for the top.

Fold the thumb gusset in half lengthwise bringing the hand stitches together so you can knit to the end of the round. TUG tightly on those first few stitches as you work them to avoid a large gap.



Next Rnd: increase at thumb

Knit 32 (36, 40), [note: for left mitten k29] you will be at the gap where you put the thumb gusset sts on waste yarn. No matter how much you tried to snug up the yarn when you resumed knitting after setting aside the thumb gusset, you will have a long strand here between your needle tips.

Make 1 st in this strand by picking it up and knit into it with a twist like you did for the M1s of the gusset. Knit to end of rnd. You will now have 61 (65, 69) sts.



HAND Continued

Once the thumb gusset area has been completed, it is now time to relax and simply knit every rnd until the stockinette area of the hand measures:

Mittens: 5 $\frac{3}{4}$ " (6", 6 $\frac{1}{2}$ ") or to about 1 $\frac{1}{4}$ " (1 $\frac{1}{2}$ ", 1 $\frac{3}{4}$ ") less than your desired finished length.

Mitts: 4 $\frac{1}{4}$ " (4 $\frac{1}{2}$ ", 5) or to about $\frac{3}{4}$ " less than your desired finished length.



RIGHT HAND MITTENS TOP DECREASES

Rnd 1: k28 (30, 32) k2tog, k1, place marker, knit to end of rnd. You will have 60 (64, 68) sts.

Rnd 2: knit all around

Rnd 3: k1, ssk, knit to 3 sts before marker, k2tog, k1, slip marker, k1, ssk, knit to last 3 sts, k2tog, k1. You will have 56 (60, 64) sts.

Repeat Rnds 2 and 3 four more times. You will have 40 (44, 48) sts.

Next, repeat Rnd 3 only until there are 8 sts total on the needles.

Set up for grafting

The top of this mitten is closed (grafted) with the familiar Kitchener stitch, BUT is worked vertically instead of horizontal as in a sock toe.

LAST RND: k2. You will be at the center top of the back of the hand. Slip the next 4 sts all onto one needle removing the stitch marker. Slip the last 2 sts of the rnd onto the same needle where you just k2. Bring the two needles parallel to each other and graft (Kitchener st) top of mitten closed.



MITTS TOP RIBBING

*k2, p2, repeat from * to last 5 sts, k2, p1, p2tog. You will have 60 (64, 68) sts.

Continue to work established 2x2 ribbing pattern until ribbed edging measures $\frac{3}{4}$ " (1.5cm) or until desired total length. Bind off in pattern.

THUMB Mittens & Mitts

Remove waste yarn and slip the 19 (21, 23) sts, divided, onto 3 needles.



Set-Up Round: Join yarn leaving a 12" tail that will be used to help tidy up the inevitable gaps where the inner thumb meets the hand. With right side facing, pick up and knit 1 st in the cast-on stitch you made over the gap when setting the thumb sts aside earlier, pick up and knit 1 more st in the gap. Knit all sts on the needles, pick up and knit 1 more st in the gap = 22 (24, 26) sts.

THUMB MITTENS

Knit all rounds until thumb measures 1 ¼" (2", 2 ¼") /4.5cm (5cm, 6cm) from point where thumb was continued from waste yarn.

Decrease Rounds to Shape Top of Thumb

Rnd 1: [k2tog, k6 (7, 7)] twice, k2tog, k4 (5, 6) = 19 (21, 23) sts

Rnd 2: knit

Rnd 3: [k2tog, k5 (6, 6)] twice, k2tog, k3 (4, 5) = 16 (18, 20) sts

Rnd 4: knit

Rnd 5: [k2tog, k4 (5, 5)] twice, k2tog, k2 (3, 4) = 13 (15, 17) sts

Rnd 6: [k2tog, k3 (4, 4)] twice, k2tog, k1 (2, 3) = 10 (12, 14) sts

Rnd 7: [k2tog, k2 (3, 3)] twice, k2tog, k0 (1, 2) = 7 (9, 11) sts

Break yarn leaving an 8" tail. Thread tail through the remaining stitches and gather together. Secure yarn tail.

MITTS THUMB

Rnd 1: knit

Rnd 2: k1, k2tog, knit to last 2 sts **Women's Medium and Men's Medium sizes** k2tog. **Women's Large/Men's Small size**, k2. You will have 20 (24 24) sts.

Rnd 3: *(k2, p2)*, repeat from * to * to end.

Continue to work in established ribbed pattern until edging measures ½" (1.5cm) or until desired total length. Bind off in pattern.

FINISHING

There will often be some over-large stitches and gaps where the hand meets the inner thumb. This is why we left a 12" yarn tail when we joined the yarn to knit the thumb. Use this tail to carefully follow the path that the yarn took which originally created a large stitch and cinch it up a bit. Check the public side of your work when working to tidy up this area. Weave in yarn tails. Block.



LEFT HAND

Work Cuff and the first 5 rounds of the Hand the same as for Right Hand.

Rnd 6: k29, place marker, M1, k1, M1, place marker, knit to end of rnd. You will now have 3 sts inside of the markers and 63 (67, 71) sts total.

Once the stitch marker has been placed for the thumb gusset, you can work from the same instructions as for the RIGHT HAND until the thumb gusset has been completed.

Next Rnd: increase at thumb

Knit 29 to gap. Make increase as for Right Hand, then continue and finish as the Right Hand.