



**We are an organization dedicated to crafting hope, healing & peace
one stitch at a time.**

MITTENS ON TWO-NEEDLES

Designed by Arna Caplan
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In our first 10 years, we served more than 100,000 individuals in communities across the United States and in countries around the world. If you would like more information about our work, please visit our website at www.knitting4peace.org.

NOTE: The right and left mittens are identical. The pattern is written for youth, woman's and man's sizes. For smaller mittens, use the youth pattern with thinner yarn and smaller needles, adjusting for length of cuff and mitten.

[General Guidelines](#) [Glossary of terms](#)

For our current needs, please refer to our [latest newsletter](#)

Gauge: 5 stitches to one inch

Materials:

Needles: Size 5 and 8 or size to knit at gauge

Yarn: Worsted weight

Tapestry or yarn needle for sewing together

Directions:

Cuff

With size 5 needles, cast on 32 (40, 44) stitches.

Row 1: K3, P1 across the row.

Row 2: K1, P3 across the row

Continue these two rows until the piece measures about 2.5 (3, 3.5) inches, ending with Row 2.

Hand

Change to size 8 needles. Work 2 (6, 8) rows of stockinette stitch.

Begin the thumb gusset as follows:

Row 1: K15 (19, 21), place marker, K1, M1, K1, place marker, K to end—33 (41, 45) sts.

Row 2: Purl across the row.

Row 3: Knit K15 (19, 21)), slip marker, increase in next stitch, K3, increase in next stitch, slip marker, knit to end of row. 35 (43, 47) stitches

Row 4: Purl across the row.

Continue this pattern:

All odd rows: Increase in the stitch after the first marker and the stitch before the second marker, slipping the markers, and knitting all the stitches in between.

All even rows: Purl

Continue until there are 13 (17, 21) between the markers and a total of 43 (53, 63) stitches on the needle.

Purl 16 (20, 22), place 11 (15, 19) stitches on a holder or piece of scrap yarn for thumb, purl to end of row. There are 32 (40, 44) stitches on the needle and 11 (15, 17) stitches on the holder. Continue in stockinette stitch until the mitten measures 7 (9, 10.5) inches. End with a purl row.

Mitten Top

Row 1: * Knit 2, K2 together* across the row 24 (30, 33) stitches remaining

Row 2: Purl across the row

Row 3: * Knit 1, K2 together* across the row 16 (20, 22) stitches remaining

Row 4: Purl across the row

Row 5: *K2 together* across the row 8 (10, 11) stitches remaining

Cut yarn leaving an 18 inch length. Thread the yarn into a needle, and draw stitches together fastening tightly on the inside. Do not weave in or cut the yarn end. You will use it to sew the mitten together.

Thumb

Pick up the 11 (15, 19) stitches from the stitch holder or scrap yarn. Pick up 1 stitch between hand and thumb 12 (16, 20) sts on needle. Work in stockinette until the thumb measures 1 (1.5, 2) inches. End with a purl row.

Thumb Top

Row 1: *K2 K2tog* . 9 (12, 15) sts remaining

Row 2: Purl

Row 3: *K1 K2tog* 6 (8, 10) sts remaining

For Youth Size

Cut yarn leaving a 8 inch length. Thread the yarn into a needle, draw the yarn through the remaining sts, pull tight and fasten securely on the inside of the mitten. Close up any gaps where the thumb meets the body of the mitten.

For Women's and Men's Sizes

Row 4: Purl

Row 5: K2 together around (4, 5) sts remaining

Cut yarn leaving a 8 inch length. Thread the yarn into a needle, draw the yarn through the remaining sts, pull tight and fasten securely on the inside of the mitten. Close up any gaps where the thumb meets the body of the mitten.

Finishing:

Sew the thumb and side seams. Securely weave in the ends.

Variations:

Use two colors and alternate colors every 3 or 6 rows for a striped mitten.

Use three colors, changing every 3 rows.

Substitute 7 rows of garter stitch for stockinette on the hand, creating 3 garter stitch bands.

Bless your completed project with a hug and your love. It will provide comfort, healing, and hope for the recipient.

Your compassion and love are as important as the work of your hands in “knitting together” the Beloved Community. Our work is only possible because of financial support from people like you. If you can, please consider including a donation of any size with your shipment of items. Every gift makes a difference!

Send your completed project along with your name and e-mail address so we can acknowledge your contribution to

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