

# Twisty Sister Cabled Handwarmers

## Small (Medium, Large) Sizes

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Pyrrha Designs 2011



A hard wearing 10ply (worsted weight) wool is good for these. I used Malabrigo Worsted, in the vermillion colourway. This has pilled a bit with use, but they are still soft and warm to wear. Small size pictured.

# Twisty Sister Cabled Handwarmers – Small (Medium, Large) Sizes

To fit hand 15-17cm/6-6.75" (17-19cm/6.75-7.5", 19-22cm/7.5-8.5"), measured around the knuckles.

The Small size is about right for a 7-13yo, the Medium for an average woman's sized hand, and the Large will fit a man's hand. The pattern is easily customisable – for example for a small woman's hand knit the Small width to a Medium length, or for shorter length knit the Large width to a Medium length. Follow the thumb instructions for the width of hand you're making, but position it at the place indicated for the length. Or elsewhere if you choose!

These handwarmers are reasonably long, so I have included a tip about shortening them if needed. Also, the lifted increases may cause concerns for some people, so I've found this video. It's a bit fast but is clear: <http://www.domiknitrix.com/howtos/pairedraised.cfm> - watch it a few times to understand the increases.

I have included both charted and written instructions for these handwarmers, so they will hopefully be accessible to all knitters. You also don't have to print all the pages – and for this reason you'll find the instructions for knitting the thumbs are duplicated:

- Print pages 4-7, if you're a chart knitter.
- Print pages 8-10, if you prefer written instructions.

You will need:

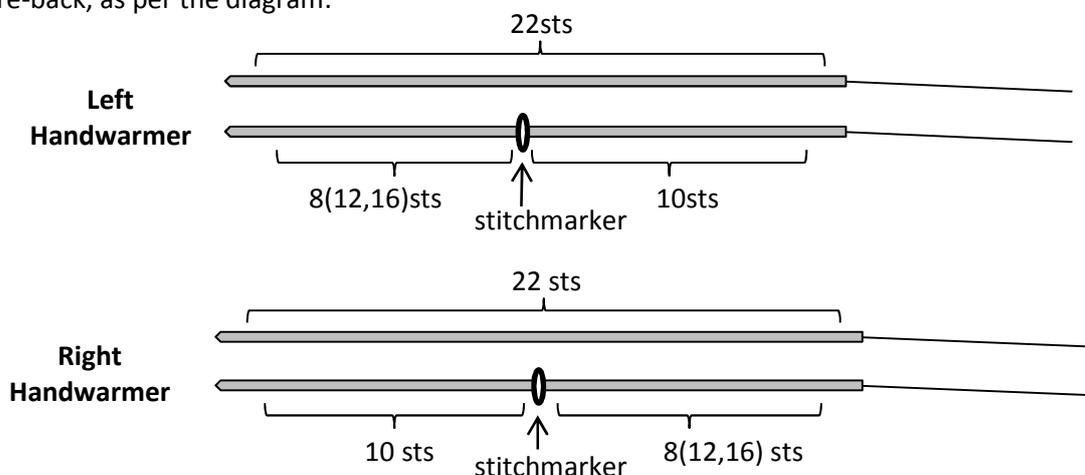
- 90m(140m,200m)/98yd(154yd,220yd) worsted weight yarn
- 50cm (20") waste yarn
- 4mm circular needle suitable for magic loop, or 4 dpns – or size required to reach gauge.
- 3 Stitch markers
- Cable needle
- Tapestry needle for weaving in ends.

## Gauge

20 sts and approx. 32 rows to 10cm/4" over stocking stitch (row gauge isn't critical).

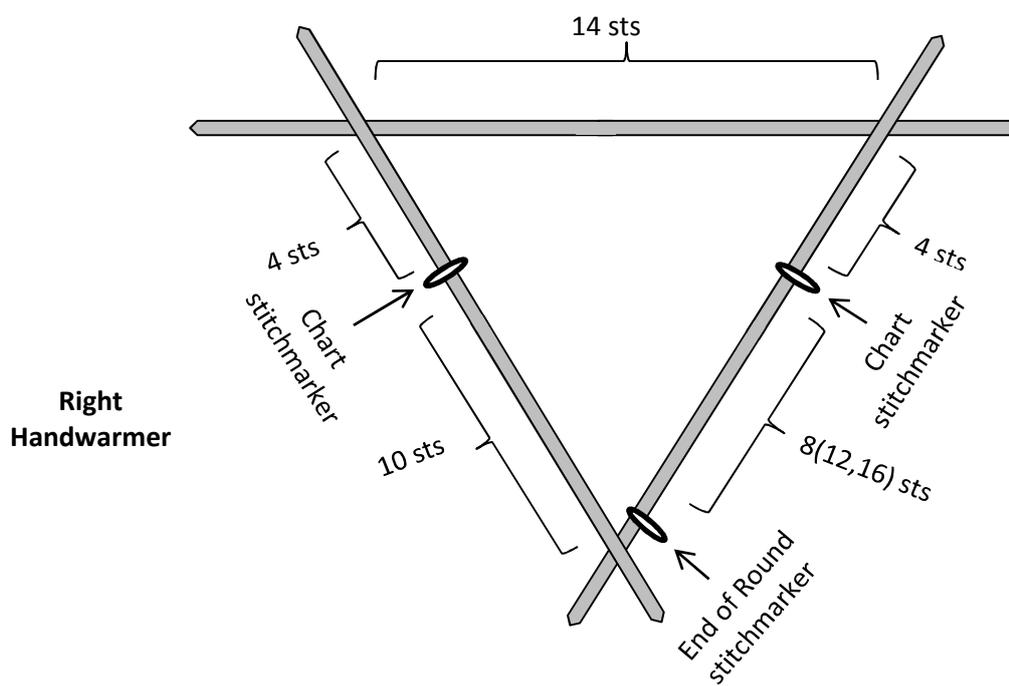
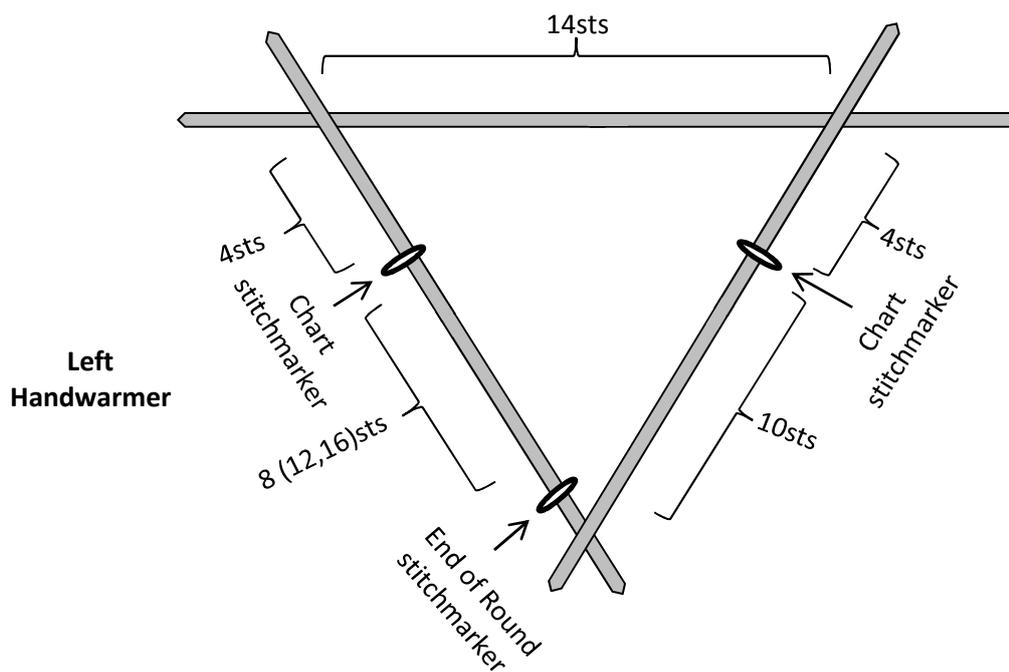
## Set up

Cast on 40(44,48)sts, using your favourite stretchy method (I used longtail), and join in the round. Place stitchmarker to indicate end of round. If using magic loop, arrange sts so that the marker will be close to the centre-back, as per the diagram:



The 22sts on the top needle will be used to make the cable pattern, while the 18(22,26)sts on the bottom needle will be used for a ribbing pattern.

If using 4 dpns, arrange the stitches so that they are laid out as below. The 22 sts of the chart are spread over three needles - indicate the chart stitches with stitch markers.



## Left Handwarmer (Chart):

Cast on 40(44,48)sts, arranging stitches as described above. Join in the round and place End of Round stitchmarker.

**R1:** [k2, p2] 3(4,5) times, k2, p4, k2, p4, [k2, p2] 4 times – 40(44,48)sts.

**R2:** same as R1.

Continue as per chart - from Round 3 - maintaining the ribbing pattern on the palm of the handwarmer.

**Knit the shaded portion of the chart 2(3,4) times.**

Tip for a shorter mitt: on the last repeat, skip the first eight rounds.  
On the chart these are R4-11, so start the last repeat at R12.

**Work the thumb instructions below at the correct point in the pattern!**

*Thumb - Small Size - R36* (R20 on chart): k2 with the main yarn, then p2, k2, p2 with waste yarn. Slip those 6sts back onto the left needle and continue with the main yarn as before. This waste yarn is where the thumb stitches will be picked up.

**Thumb - Medium Size – R48** (R16-3<sup>rd</sup> repeat): k2 with the main yarn, then p2, k2, p2, k2 with waste yarn. Slip those 8sts back onto the left needle and continue with the main yarn as before. This waste yarn is where the thumb stitches will be picked up.

**Thumb – Large Size – R60** (R12-4<sup>th</sup> repeat): k2 with the main yarn, then p2, k2, p2, k2, p2 with waste yarn. Slip those 10sts back onto the left needle and continue with the main yarn as before. This waste yarn is where the thumb stitches will be picked up.

Continue knitting as per chart, then cast off in loosely in k/p pattern. I found a simple cast off using a 4.5mm needle (or one size larger) for the right needle worked perfectly.

## Thumb

With either the two ends of a circular needle or 2dpns, pick up the stitches above and below the waste yarn. Carefully remove the waste yarn to create 12(16,20) live stitches on your needles.

Starting on the bottom edge of the thumb hole, attach main yarn and

*Small:* p2, k2, p2

**Medium:** p2, k2, p2, k2

**Large:** p2, k2, p2, k2, p2

across the stitches. Pick up and knit (purl, knit) 2sts in the gap between the bottom and the top needles, then

*Small:* p2, k2, p2

**Medium:** k2, p2, k2, p2

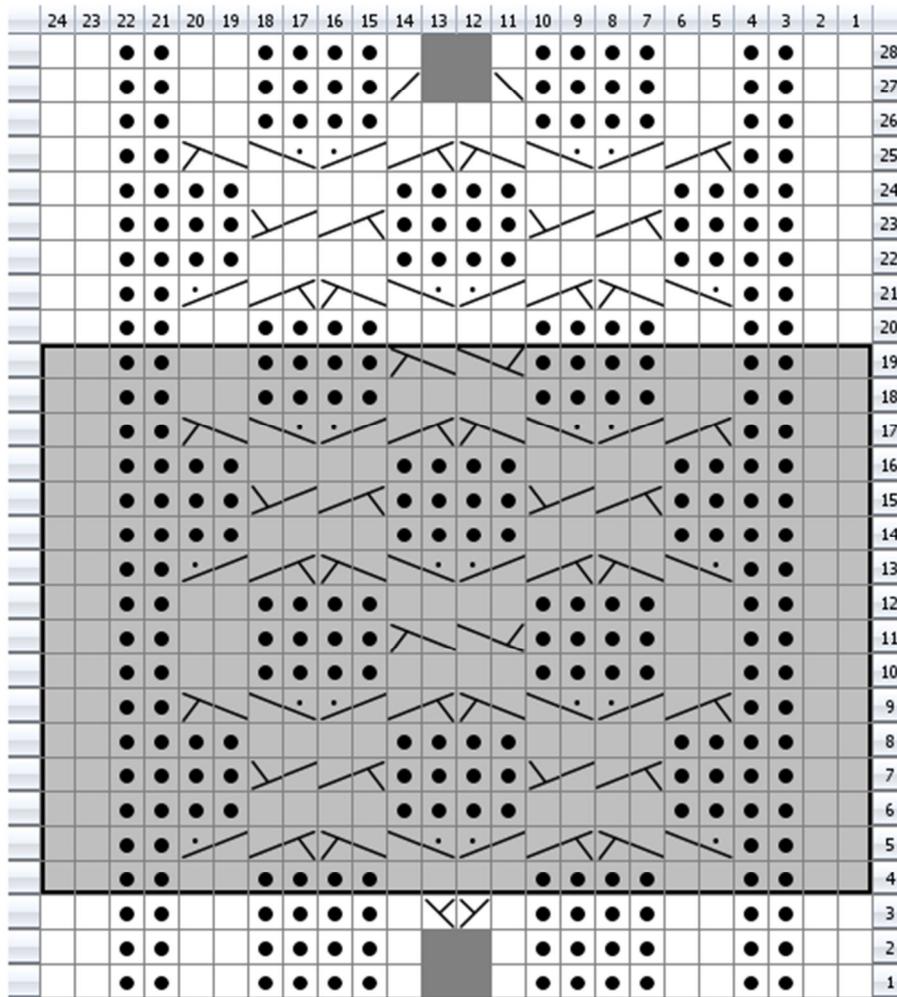
**Large:** p2, k2, p2, k2, p2

across the top stitches. Pick up and knit another 2sts in the gap between the top and bottom needles. Join in the round, and work 6(7,8) more rounds in p2, k2 rib, before casting off loosely.

Weave in ends, and hey presto! You've finished the left handwarmer.

# Left Handwarmer (Chart):

**Tip:** One repeat is two enclosed diamonds up the middle, or two single centre crosses. The repeat finishes on the second cross.



Created in KnitVisualizer (www.knitfoundry.com)

### Legend:

<p><input type="checkbox"/> <b>knit</b> knit stitch</p> <hr/> <p><input checked="" type="checkbox"/> <b>purl</b> purl stitch</p> <hr/> <p><input type="checkbox"/> <b>No Stitch</b> Placeholder - No stitch made.</p> <hr/> <p><input checked="" type="checkbox"/> <b>Left Lifted Increase</b> With the L needle, pick up from behind, and knit the purl bump from two rounds under the base stitch just knitted (on the R needle).</p> <hr/> <p><input checked="" type="checkbox"/> <b>Right Lifted Increase</b> With the R needle, pick up and knit the purl bump from the previous round, from under and behind the next stitch.</p> <hr/> <p><input checked="" type="checkbox"/> <b>c2 over 2 left P</b> sl 2 to CN, hold in front. p2, k2 from CN</p>	<p><input checked="" type="checkbox"/> <b>c2 over 2 right P</b> sl2 to CN, hold in back. k2, p2 from CN</p> <hr/> <p><input checked="" type="checkbox"/> <b>c2 over 2 left</b> sl 2 to CN, hold in front. k2, k2 from CN</p> <hr/> <p><input checked="" type="checkbox"/> <b>c2 over 2 right</b> sl2 to CN, hold in back. k2, k2 from CN</p> <hr/> <p><input checked="" type="checkbox"/> <b>ssk</b> Slip one stitch as if to knit, Slip another stitch as if to knit. Insert left-hand needle into front of these 2 stitches and knit them together</p> <hr/> <p><input checked="" type="checkbox"/> <b>k2tog</b> Knit two stitches together as one stitch</p>
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## Right Handwarmer (Chart):

The right handwarmer is the mirror image of the left one, so remember that the set up will be the opposite of that for the left. Cast on 40(44,48)sts, arranging stitches as described above. Join in the round and place End of Round stitchmarker.

**R1:** p2, [k2, p2] 3 times, k2, p4, k2, p4, [k2, p2] 3(4,5) times, k2 - 40(44,48)sts.

**R2:** same as R1.

Continue as per chart - from Round 3 - maintaining the ribbing pattern on the palm of the handwarmer.

**Knit the shaded portion of the chart 2(3,4) times.**

Tip for a shorter mitt: on the last repeat, skip the first eight rounds.  
On the chart these are R4-11, so start the last repeat at R12.

**Work the thumb instructions below at the correct point in the pattern!**

*Small Size - R36* (R20 on chart): knit as per the chart until 8sts remain, then p2, k2, p2 with waste yarn. Slip those 6sts back onto the left needle and [p2, k2] 2 times with the main yarn. This waste yarn is where the stitches will be picked up for the thumb.

**Medium Size – R48** (R16-3<sup>rd</sup> repeat): knit as per the chart until 10sts remain, then k2, p2, k2, p2 with waste yarn. Slip those 8sts back onto the left needle and [k2, p2] 2 times, k2 with the main yarn. This waste yarn is where the stitches will be picked up for the thumb.

**Large Size – R60** (R12-4<sup>th</sup> repeat): knit as per the chart until 12sts remain, then p2, k2, p2, k2, p2 with waste yarn. Slip those 10sts back onto the left needle and [p2, k2,] 3 times with the main yarn. This waste yarn is where the stitches will be picked up for the thumb.

Continue knitting as per chart, then cast off loosely. I found a simple cast off using a 4.5mm needle (or one size larger) for the right needle worked perfectly.

## Thumb

With either the two ends of a circular needle or 2dpns, pick up the stitches above and below the waste yarn. Carefully remove the waste yarn to create 12(16,20) live stitches on your needles.

Starting on the bottom edge of the thumb hole, attach main yarn and

*Small:* p2, k2, p2

**Medium:** k2, p2, k2, p2

**Large:** p2, k2, p2, k2, p2

across the stitches. Pick up and knit 2sts in the gap between the bottom and the top needles, then

*Small:* p2, k2, p2

**Medium:** p2, k2, p2, k2

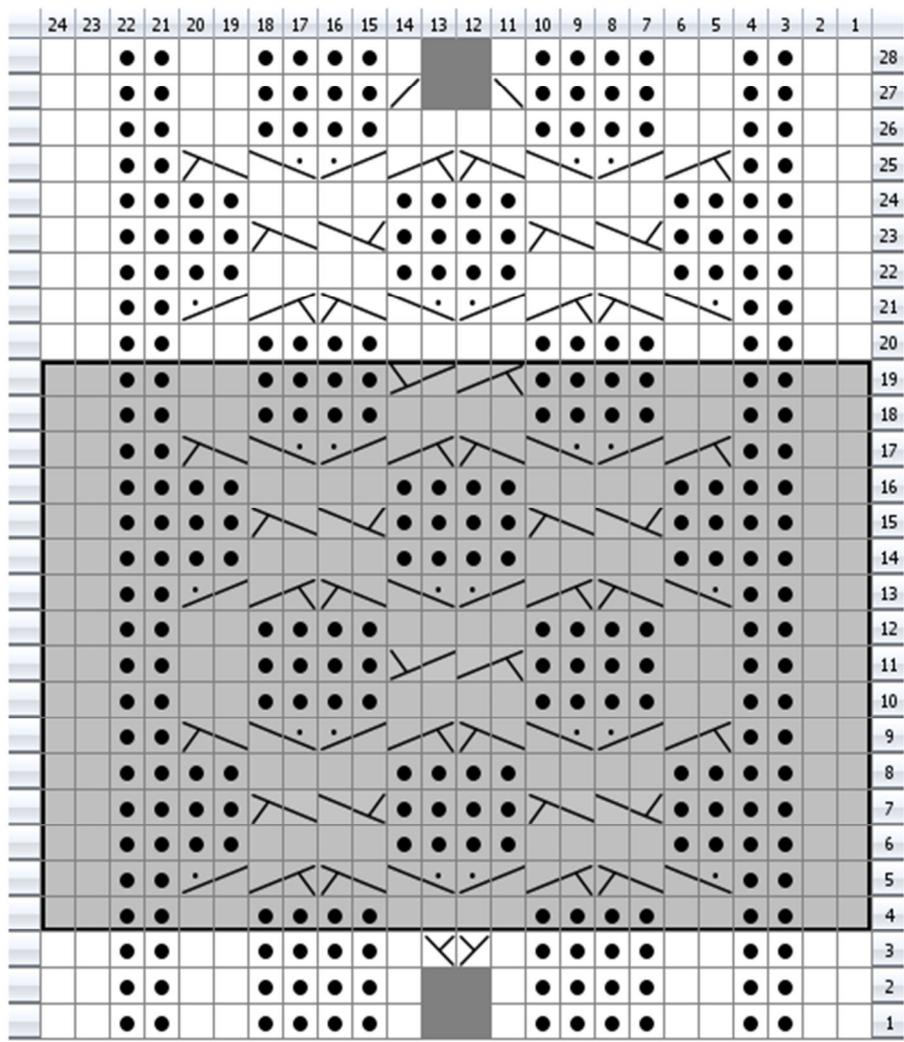
**Large:** p2, k2, p2, k2, p2

across the top stitches. Pick up and knit (purl, knit) another 2sts in the gap between the top and bottom needles. Join in the round, and work 6(7,8) more rounds in p2, k2 rib, before casting off loosely.

Weave in ends, and ta-da! You've finished the right handwarmer!

# Right Handwarmer (Chart):

**Tip:** One repeat is two enclosed diamonds up the middle, or two single centre crosses. The repeat finishes on the second cross.



Small size  
Thumb round

Medium size  
Thumb round  
- 3<sup>rd</sup> repeat

knit shaded section  
2(3,4) times

Large size  
Thumb round  
- 4<sup>th</sup> repeat

Created in KnitVisualizer ([www.knitfoundry.com](http://www.knitfoundry.com))

**Legend:**

- knit**  
knit stitch

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- purl**  
purl stitch

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- No Stitch**  
Placeholder - No stitch made.

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- Left Lifted Increase**  
With the L needle, pick up from behind, and knit the purl bump from two rounds under the base stitch just knitted (on the R needle).

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- Right Lifted Increase**  
With the R needle, pick up and knit the purl bump from the previous round, from under and behind the next stitch.

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- c2 over 2 left P**  
sl 2 to CN, hold in front. p2, k2 from CN

- c2 over 2 right P**  
sl 2 to CN, hold in back. k2, p2 from CN

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- c2 over 2 left**  
sl 2 to CN, hold in front. k2, k2 from CN

---

- c2 over 2 right**  
sl 2 to CN, hold in back. k2, k2 from CN

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- ssk**  
Slip one stitch as if to knit, Slip another stitch as if to knit. Insert left-hand needle into front of these 2 stitches and knit them together

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- k2tog**  
Knit two stitches together as one stitch

## Pattern Abbreviations:

**CN** – cable needle

**k** – knit stitch

**p** – purl stitch

**L-liftinc** – Left lifted increase: with the L needle, pick up from behind and knit the purl bump from two rounds under the base stitch just knitted (on the R needle).

**R-liftinc** – Right Lifted Increase: with the R needle, pick up and knit the purl bump from the previous round, from under and behind the next stitch.

**c2 over 2 left P** – slip 2 to CN, hold in front, p2, k2 from CN

**c2 over 2 right P** – slip 2 to CN, hold in back, k2, p2 from CN

**c2 over 2 right** – slip 2 to CN, hold in back, k2, k2 from CN

**c2 over 2 left** – slip 2 to CN, hold in front, k2, k2 from CN

**ssk** – Left leaning decrease: slip one stitch knitwise, slip another stitch knitwise. Insert left needle into front of these 2 stitches and knit them together

**k2tog** – Right leaning decrease: knit 2 stitches together as one stitch

## Left Handwarmer (Pattern):

Cast on 40(44,48)sts, arranging stitches as described above. Join in the round and place End of Round stitchmarker.

**R1 (RS):** [k2, p2] 3(4,5) times, k2, p4, k2, p4, k2, [p2, k2] 3 times, p2 - 40(44,48)sts

**R2:** same as R1.

**R3:** [k2, p2] 3(4,5) times, k2, p4, k1, L-liftinc, R-liftinc, k1, p4, k2, [p2, k2] 3 times, p2 – 42(46,50)sts

From here on, maintain the ribbing on the palm of the handwarmer, and follow the instructions for just the section between the chart stitchmarkers.

**Remember to work the thumb instructions at the appropriate time!**

Tip for a shorter mitt: on the last repeat, skip the first eight rounds. These are R4-11 below, so start the last repeat at R12.

**Knit the following shaded section 2(3,4) times:**

**R4/R20(/R36,/R52):** k2, p2, k2, p4, k4, p4, k2, p2, k2

**R5/R21(/R37,/R53):** k2, p2, c2 over 2 left P, c2 over 2 right P, c2 over 2 left P, c2 over 2 right P, p2, k2

**R6/R22(/R38,/R54):** k2, p4, k4, p4, k4, p4, k2

**R7/R23(/R39,/R55):** k2, p4, c2 over 2 right, p4, c2 over 2 right, p4, k2

**R8/R24(/R40,/R56):** k2, p4, k4, p4, k4, p4, k2

**R9/R25(/R41,/R57):** k2, p2, c2 over 2 right P, c2 over 2 left P, c2 over 2 right P, c2 over 2 left P, p2, k2

**R10/R26(/R42,/R58):** k2, p2, k2, p4, k4, p4, k2,

p2, k2

**R11/R27(/R43,/R59):** k2, p2, k2, p4, c2 over 2 left, p4, k2, p2, k2

**R12/R28(/R44,/\*\*R60):** k2, p2, k2, p4, k4, p4, k2, p2, k2

**R13/R29(/R45,/R61):** k2, p2, c2 over 2 left P, c2 over 2 right P, c2 over 2 left P, c2 over 2 right P, p2, k2

**R14/R30(/R46,/R62):** k2, p4, k4, p4, k4, p4, k2

**R15/R31(/R47,/R63):** k2, p4, c2 over 2 right, p4, c2 over 2 right, p4, k2

**R16/R32(/\*R48,/R64):** k2, p4, k4, p4, k4, p4, k2

**R17/R33(/R49,/R65):** k2, p2, c2 over 2 right P, c2 over 2 left P, c2 over 2 right P, c2 over 2 left P, p2, k2

**R18/R34(/R50,/R66):** k2, p2, k2, p4, k4, p4, k2, p2, k2

**R19/R35(/R51,/R67):** k2, p2, k2, p4, c2 over 2 left, p4, k2, p2, k2

**Tip:** One repeat is two enclosed diamonds up the middle, or two single centre crosses. The repeat finishes on the second cross.

**Small Size - R36:** (thumb) k2 with the main yarn, then p2, k2, p2 with waste yarn. Slip those 6sts back onto the left needle and continue with the main yarn: p2, [k2, p2] 2 times, k2, p4, k4, p4, k2, [p2, k2] 3 times, p2

**\*Medium Size - R48:** (thumb) k2 with the main yarn, then p2, k2, p2, k2 with waste yarn. Slip

those 8sts back onto the left needle and continue with the main yarn.

**\*\*Large Size - R60:** (thumb) k2 with the main yarn, then p2, k2, p2, k2, p2 with waste yarn. Slip those 10sts back onto the left needle and continue with the main yarn.

**Medium & Large Sizes only (R52,R68):** k2, p2, k2, p4, k4, p4, k2, p2, k2

**R37(R53,R69):** k2, p2, c2 over 2 left P, c2 over 2 right P, c2 over 2 left P, c2 over 2 right P, p2, k2

Cast off loosely. I found a simple cast off using a 4.5mm needle (or one size larger) for the right needle worked perfectly.

## Thumb

With either the two ends of a circular needle or 2dpns, pick up the stitches above and below the waste yarn. Carefully remove the waste yarn to create 12(16,20) live stitches on your needles.

Starting on the bottom edge of the thumb hole, attach main yarn and

*Small:* p2, k2, p2

*Medium:* p2, k2, p2, k2

*Large:* p2, k2, p2, k2, p2

across the stitches. Pick up and knit (purl, knit) 2sts in the gap between the bottom and the top needles, then

*Small:* p2, k2, p2

*Medium:* k2, p2, k2, p2

*Large:* p2, k2, p2, k2, p2

across the top stitches. Pick up and knit another 2sts in the gap between the top and bottom needles. Join in the round, and work 6(7,8) more rounds in p2, k2 rib, before casting off loosely.

Weave in ends, and hey presto! You've finished the left handwarmer

## Right Handwarmer (Pattern):

Cast on 40(44,48)sts, arranging stitches as described above. Join in the round and place End of Round stitchmarker.

**R1 (RS): R1:** p2, [k2, p2] 3 times, k2, p4, k2, p4, [k2, p2] 3(4,5) times, k2 - 40(44,48)sts.

**R2:** same as R1.

**R3:** p2, [k2, p2] 3 times, k2, p4, k1, L-liftinc, R-liftinc, k1, p4, [k2, p2] 3(4,5) times, k2 - 42(46,50)sts

From here on, maintain the ribbing on the palm of the handwarmer, and follow the instructions for just the section between the chart stitchmarkers.

**Remember to work the thumb instructions at the appropriate time!**

Tip for a shorter mitt: on the last repeat, skip the first eight rounds. These are R4-11 below, so start the last repeat at R12.

**R38(R54,R70):** k2, p4, k4, p4, k4, p4, k2

**R39(R55,R71):** k2, p4, c2 over 2 right, p4, c2 over 2 right, p4, k2

**R40(R56,R72):** k2, p4, k4, p4, k4, p4, k2

**R41(R57,R73):** k2, p2, c2 over 2 right P, c2 over 2 left P, c2 over 2 right P, c2 over 2 left P, p2, k2

**R42(R58,R74):** k2, p2, k2, p4, k4, p4, k2, p2, k2

**R43(R59,R75):** k2, p2, k2, p4, ssk, k2tog, p4, k2, p2, k2

**R44(R60,R76):** k2, p2, k2, p4, k2, p4, k2, p2, k2

**Knit the following shaded section 2(3,4) times:**

**R4/R20(/R36,/R52):** k2, p2, k2, p4, k4, p4, k2, p2, k2

**R5/R21(/R37,/R53):** k2, p2, c2 over 2 left P, c2 over 2 right P, c2 over 2 left P, c2 over 2 right P, p2, k2

**R6/R22(/R38,/R54):** k2, p4, k4, p4, k4, p4, k2

**R7/R23(/R39,/R55):** k2, p4, c2 over 2 left, p4, c2 over 2 left, p4, k2

**R8/R24(/R40,/R56):** k2, p4, k4, p4, k4, p4, k2

**R9/R25(/R41,/R57):** k2, p2, c2 over 2 right P, c2 over 2 left P, c2 over 2 right P, c2 over 2 left P, p2, k2

**R10/R26(/R42,/R58):** k2, p2, k2, p4, k4, p4, k2, p2, k2

**R11/R27(/R43,/R59):** k2, p2, k2, p4, c2 over 2 right, p4, k2, p2, k2

**R12/R28(/R44,/\*\*R60):** k2, p2, k2, p4, k4, p4, k2, p2, k2  
**R13/R29(/R45,/R61):** k2, p2, c2 over 2 left P, c2 over 2 right P, c2 over 2 left P, c2 over 2 right P, p2, k2  
**R14/R30(/R46,/R62):** k2, p4, k4, p4, k4, p4, k2  
**R15/R31(/R47,/R63):** k2, p4, c2 over 2 left, p4, c2 over 2 left, p4, k2  
**R16/R32(/\*R48,/R64):** k2, p4, k4, p4, k4, p4, k2  
**R17/R33(/R49,/R65):** k2, p2, c2 over 2 right P, c2 over 2 left P, c2 over 2 right P, c2 over 2 left P, p2, k2  
**R18/R34(/R50,/R66):** k2, p2, k2, p4, k4, p4, k2, p2, k2  
**R19/R35(/R51,/R67):** k2, p2, k2, p4, c2 over 2 right, p4, k2, p2, k2

**Tip:** One repeat is two enclosed diamonds up the middle, or two single centre crosses. The repeat finishes on the second cross.

*Small Size - R36:* p2, [k2, p2] 2 times, k2, p2, k2, p4, k4, p4, k2, p2, k2 - 8sts remain, then p2, k2, p2 with waste yarn. Slip those 6sts back onto the left needle and [p2, k2] 2 times with the main yarn. This waste yarn is where the stitches will be picked up for the thumb.

**\*Medium Size – R48** (R16-3<sup>rd</sup> repeat): p2, [k2, p2] 2 times, k2, p4, k4, p4, k4, p4, k2, p2 - 10sts

Cast off loosely. I found a simple cast off using a 4.5mm needle (or one size larger) for the right needle worked perfectly.

## Thumb

With either the two ends of a circular needle or 2dpns, pick up the stitches above and below the waste yarn. Carefully remove the waste yarn to create 12(16,20) live stitches on your needles.

Starting on the bottom edge of the thumb hole, attach main yarn and

*Small:* p2, k2, p2

**Medium:** k2, p2, k2, p2

**Large:** p2, k2, p2, k2, p2

across the stitches. Pick up and knit 2sts in the gap between the bottom and the top needles, then

*Small:* p2, k2, p2

**Medium:** p2, k2, p2, k2

**Large:** p2, k2, p2, k2, p2

across the top stitches. Pick up and knit (purl, knit) another 2sts in the gap between the top and bottom needles. Join in the round, and work 6(7,8) more rounds in p2, k2 rib, before casting off loosely.

Weave in ends, and ta-da! You've completed the Right Handwarmer! Put on and enjoy. Thanks for knitting with me ☺

Heartfelt thanks go to my test-knitters: Cynthia, Erin, Jaime, Lisa, Lynda, Rachelle, Sara and Stephanie. Your projects look fabulous!

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