TwiddleMuffs

*a great therapeutic tool for dementia patients*

You will need:

• This TwiddleMuff Pattern is perfect for using up left over and odd balls of yarn
• 1 pair of 8.00mm Circular (40cm Length) or 8.00mm Straight Needles

Directions:

**Cuff:**

Cast on 45 stitches using 2 strands of double knitting yarn or 1 strand of chunky yarn. Work in Stocking stitch (*knit a row, purl a row*) for 28 cm.

**Muff Body:**

Continue with stocking stitch, but use up oddments of various textures of yarn such as chunky, mohair, ribbon etc. until work measures 58.5 cm (*two strands of double knit for two rows each gives a lovely assortment of colours*). Cast off.

**Finishing:**

• If using straight needles, lightly iron the long strip, then neatly join the sides together using edge to edge stitch (*with the knit side facing out*)
• Turn inside out and push the cuff up inside the muff body
• Sew the two ends together, again using a neat edge to edge stitch.

**Decorating the TwiddleMuff:**

Now is the time if you want to decorate the muff, inside and out, with ribbons, beads, flowers, zips, loops, pompoms, buttons, etc. Knit a separate pocket for a favourite photo or a hanky. Be creative, but make sure each item is securely attached.

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