

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:

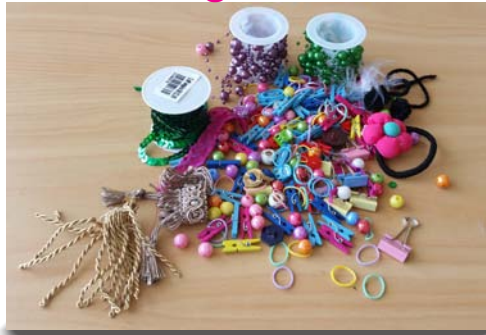
Continue with stocking stitch, but use up oddments of various textures of yarn such as chunky, mohair, ribbon etc. until work measures 58.5 cm (*two strands of double knit for two rows each gives a lovely assortment of colours*).

Cast off.

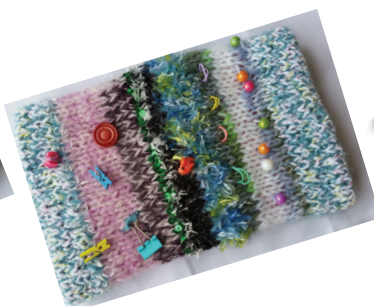
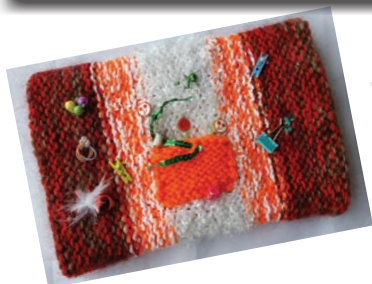
Finishing:

- 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.



Muff Body 58.5 cm



The sides neatly joined together



Turn inside out and push the cuff up



Sew the two ends together