



ST-ST  
GARTER ST

DK  
WEIGHT

4MM

## YOU WILL NEED

- James C Brett, Woodlander DK (80% acrylic, 20% wool, 100g/250m) 1 ball of shade L7
  - Oddments of DK yarn
  - A pair of 4mm needles
  - Cable needle
  - Assorted buttons
  - Ribbon or cord
- For yarn stockists contact**  
James C Brett 01274 565959  
[www.jamescbrett.co.uk](http://www.jamescbrett.co.uk)

## TENSION

Yarn used knits as DK to this tension:  
22 sts and 30 rows to measure  
10x10cm (4x4in) over st st using 4mm  
needles

## MEASUREMENTS

30cm circumference  
30cm long

## ABBREVIATIONS

**MB** make bobble. K1, P1, K1 into next st, turn, K3, turn, P3, turn, K3, turn, slip 2nd and then 3rd bobble st over the 1st on left hand needle, K1tbl  
**C2B** slip next st to cn & hold at back, K1; K1 from crl  
**C2F** slip next st to cn & hold at front, K1; K1 from cn

For a full list see page 31

Twiddlemuffs are easy-to-make hand muffs that are comforting and therapeutic for Alzheimer's, arthritis and dementia patients. They use bright and colourful embellishments to encourage movement and brain stimulation. Adding things like buttons and ribbons attracts attention and creates something to twiddle with!

## TWIDDLEMUFF

**Cast on** 66 sts using 4mm needles and your main yarn.

**Rows 1-12** K all sts (garter st).

**Rows 13-20** Starting with a knit row, work in st st.

Rep rows 1-20 twice more.

**Row 61** (K2, k2tog, yo) rep to last two sts, K2.

Work five rows in st st.

**Row 67** (K2, k2tog, yo) rep to last two sts, K2.

Cont in st st until work meas 28cm ending with a WS row.

Work 20 rows in garter st.

Work 6 rows in st st.

## BOBBLE SECTION

**Bobble row 1** K4, \*MB, K7; rep from \* to last 6 sts, MB, K5.

Work seven rows in st st.

**Bobble row 2** K8, \*MB, K7; rep from \* to last 2 sts, K2.

Work seven rows in st st.

Rep bobble row 1.

Cont in stocking st until work meas 48cm ending with a WS row.

**Next row** K1, \*C2B, C2F; rep from \* to last st, K1.

**Next row** P to end.

**Next row** K1, \*C2F, C2B; rep from \* to last st, K1.

**Next row** P to end.

Rep last four rows until work meas 59cm ending with WS row.

Work four rows in garter st.

**Cast off.**

## CONTRAST PATCHES

**Cast on** 2 sts using 4mm needles and an oddment of DK.

**Row 1** Kfb, K1. [3 sts]

**Row 2** Kfb, K2. [4 sts]

**Row 3** Kfb, K to end.

Rep row 3 until side meas 3cm or desired size.

**Next row** K2tog, K to end.

Rep last row until 2 sts rem.

**Cast off.**

Make a few patches as desired.

## TO MAKE UP

1 Stitch patches to outer side of twiddlemuff, overlapping them to create additional texture.


2 Sew a selection of buttons randomly across the stocking stitch sections and on the patches.

3 Sew the twiddlemuff into a tube along the long edges.

4 Tuck the section with bobbles and honeycomb st into the tube. Secure the folded edge with a line of running stitches.

5 Stitch the cast-off and cast-on edges together at the other end to secure the lining in place.

6 Run ribbon, cords or plaited yarn through the eyelets.

7 Weave in all ends. 

For more James C. Brett patterns visit [www.jamescbrett.co.uk](http://www.jamescbrett.co.uk).



Add cute little bobbles to give the twiddlemuff a raised texture that stands out against st st.



Bright buttons of different sizes are great for fidgeting hands and easily grab attention!



Knit contrast squares, or use scrap fabric, to create patches of interest on the twiddlemuff.