



Vitality Handwarmers

Knitting Pattern by Moth and Rust

These basic handwarmers are an essential item for any fall, spring, or winter wardrobe! Knit in the round, they feature simple ribbing at the edges and a thumb gusset worked in reverse stockinette. Perfect for wearing alone or layered.

Materials

- 1 skein of sock yarn from Coast to Coast Yarn Co. (or another sock weight yarn)
- 1 set of US 3 (3.25 mm) double pointed needles
- Tapestry needle

Abbreviations

CO = cast on

sts = stitches

k = knit

p = purl

kfb = knit into the front of the yarn, then into the back (increases by 1 stitch)

ssk = slip one stitch, slip another, then knit the two together

k2tog = knit two stitches together

Instructions

CO 44 sts and distribute evenly along double pointed needles; join round, careful to not twist.

Rounds 1-9: k2, p2, repeat.

Rounds 10-34: knit.

Round 35: k7, kfb, kfb, knit to end. (46 sts)

Round 36: k8, p3, knit to end.

Round 37: k7, kfb, p2, kfb, knit to end. (48 sts)



Round 38: k8, p5, knit to end.
Round 39: k7, kfb, p4, kfb, knit to end. (50 sts)
Round 40: k8, p7, knit to end.
Round 41: k7, kfb, p6, kfb, knit to end. (52 sts)
Round 42: k8, p9, knit to end.
Round 43: k7, kfb, p8, kfb, knit to end. (54 sts)
Round 44: k8, p11, knit to end.
Round 45: k7, kfb, p10, kfb, knit to end. (56 sts)
Round 46: k8, p13, knit to end.
Round 47: k7, kfb, p12, kfb, knit to end. (58 sts)
Round 48: k8, p15, knit to end.
Round 49: k7, kfb, p14, kfb, knit to end (60 sts)
Round 50: k8, p17, knit to end.
Round 51: k7, kfb, p16, kfb, knit to end. (62 sts)
Round 52: k8, p19, knit to end.
Round 53: k7, kfb, p18, kfb, knit to end. (64 sts)
Round 54: k8, p21, knit to end.
Round 55: k7, kfb, p20, kfb, knit to end. (66 sts)
Round 56: k8, p23, knit to end.
Round 57: k7, kfb, p22, kfb, knit to end. (68 sts)
Round 58-60: k8, p2, [k2, p2] five times, knit to end.
Round 61: k8, bind off 23 sts, knit to end. (45 sts)
Round 62: k8, CO 2 sts, knit to end. (47 sts)
Round 63: k7, ssk, k2tog, knit to end. (45 sts)
Round 64: knit.
Round 65: knit.
Round 66: k7, k2tog, knit to end. (44 sts)
Round 67-77: k2, p2, repeat.
Bind off.

Repeat instructions to create second mitt.

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