

M.E. Awareness Week 2012

Notes:

To fit Small, (medium, large)

SI = slip stitch purlwisee

Pattern:

Cast on 38 (42, 46) stitches in yarn D, leaving a long tail for sewing up. 1x1 rib (k1,p1) for 7 rows.

Row 1: (ws) Using A, purl to end.

Row 2: (rs) Using B: k1, sl1, *k2, sl2; repeat from * to last 4 stitches. K2, sl1, k1.

Row 3: Using B: p1, sl1, *p2, sl2; repeat from * to last 4 stitches. P2, sl, p1.

Row 4: Using A, knit to end.

Row 5: Using C: P2, *sl2, p2; repeat from * to end.

Row 6: Using C: K2, *sl2, k2; repeat from * to end.

These 6 rows form the pattern, repeat them 7 more times.

Change to C, 1x1 rib for 7 rows.

Cast off in pattern, leaving a long tail for sewing up.

Weave in ends

Sewing up:

From bottom of mitten, sew up until you reach the bottom of your thumb. Then from the top, sew down until you can easily slide your thumb in and out of the hole. Weave in those final ends, then wear with pride!

Donate...

I have provided this pattern for free, but if you are able to please donate to the AYME.org.uk foundation. They help young people with M.E & CFS, and your money helps fund services such as the Helpline and the Online Forums.

Thank you!

You'll Need

- 1 Skein of Stylecraft Special DK in White [a]
- I Skein of James C. Brett Top Value DK in Turquoise [b]
- 1 Skein of Stylecraf Life DK in Taupe [c]
- 1 Skein of Stylecraft Baby DK in Baby Pink [d]
- 4mm Needles

