



Hand Warmers measured to fit

Designed by Jane Lithgow and amended by Knit for Peace

Materials:

50g ball DK yarn; 3.75mm needles

Oddments of yarn, ribbons and buttons for decoration (optional)

Tapestry needle for sewing up

Method:

Measure around your hand at the widest point not including your thumb.

Cast on 30 stitches and knit in garter stitch, stocking stitch or a stitch pattern of your choice until the piece is 3cm shorter than the measurement you made around your hand (hand warmers need to stretch to fit).

Cast off.

Sew the cast on and cast off edges together leaving a 5cm gap for your thumb.

Sew in the ends.

Decorate with embroidered flowers, buttons and ribbons as you wish.

Make another one!

Please send your completed items to Knit for Peace, Radius Works, Back Lane, London NW3 1HL. If you have enjoyed knitting these please make a donation to support Knit for Peace projects at www.knitforpeace.org.uk. Thank you.