



## Åmtanke mittens

Design: StrikkeTerje (Terje Tjelle)

Yarn: Viking Hobby yarn and/or Rauma Vams

Recommended needles: purl 4mm, diagram/pattern 5.5 mm

Amount of yarn: 4 skeins of colors of your choice (see further down in this recipe for more color suggestion)

Size: MEN'S (Women's)

Purl: Cast on 40 stitches (32 stitches) distributed over 4 knitting needles (10 (8) stitches on each stick). Knit purl with 2 knit and 2 purl for approx. 7 cm.

The pattern diagram/mitten: Then increase evenly by 8 stitches (so that you now have 12 stitches (10 stitches) on each needle).

Knit the pattern according to the diagram and insert a contrasting thread for the thumb.

Cast off at the top of the mitten according to the diagram, where at the beginning of the 1st and 3rd needle you take 1

stitch loosely, knit the next stitch, lift the loose stitch over, and at the end of the 2nd and 4th needle you knit 2 stitches together.

Finally, pull the thread through the last 8 stitches (2 stitches on each needle) and fasten off the thread.

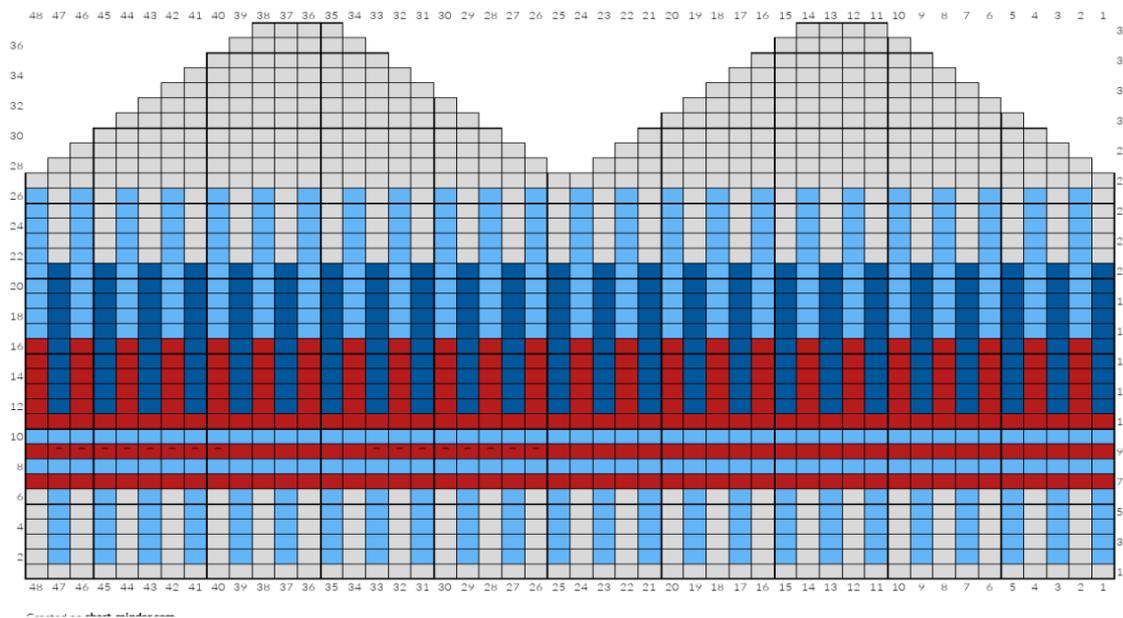
Thumb: Pull out the contrasting thread you knitted in. Pick up 8 stitches on the underside and 8 stitches on the upper side of the contrasting thread. Pick up 1 more stitch at the outer edge of each needle, so that you now have 5 stitches on each knitting needle (20 stitches in total). Stretch your thumb

as shown in the diagram and fell off like the mitten.

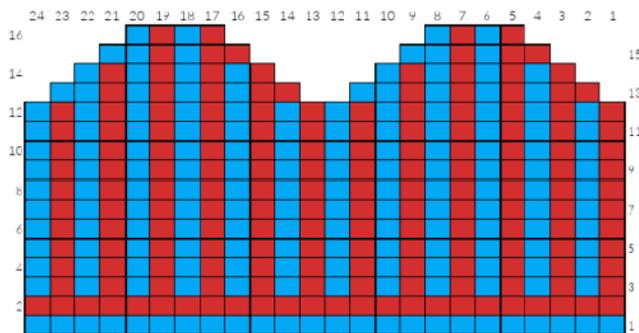
Finally: Tie up all loose threads. Give the mittens away to someone who is freezing, or put them on and go for a walk

walk on the trail

### Diagram male mitten

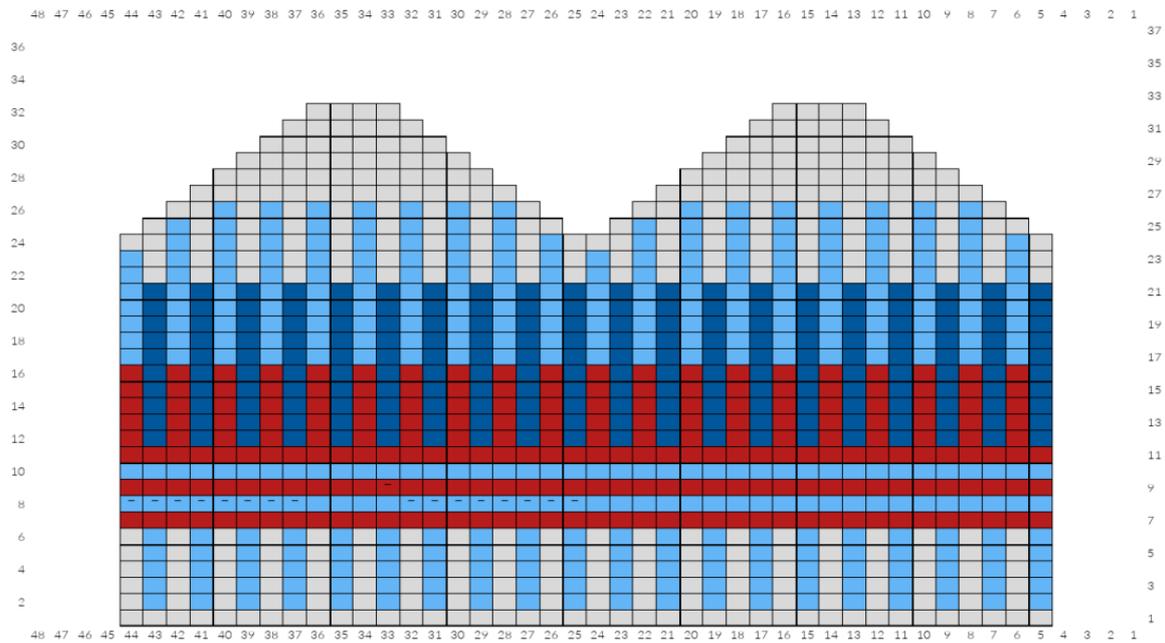


Source: [http://www.knitting.com](#)

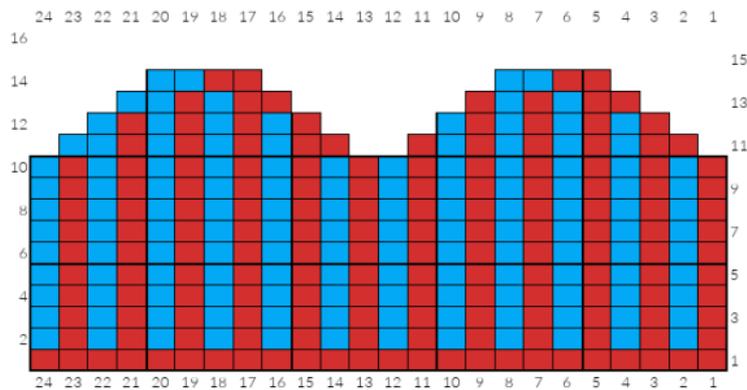


### Diagram male thumb

## Diagram female mitten



## Diagram female thumb



Advice: If you want a slightly larger or smaller mitt, you can use thicker or thinner sticks

also. You can get a smaller mitten by knitting it a little harder than you normally do.

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Tell about the Åmtanke project if you give away the mittens.

You can follow Åmtanke on Facebook.com/aamtanke and on Instagram @amtanke.2019

You can follow StrikkeTerje's designer on Facebook

StrikkeTerje and on Instagram @strikketerje

There are many people who need a little care and attention in their everyday lives. Be creative and use the colors of your own choice to use in your Åmtanke mitten.