

RIBBED PULSE WARMERS

Skill level: Easy

Size: Small (Medium, Large) - approx. 5" long

Pulse warmers are designed to stretch to fit wrist & lower part of hand.

Materials:

50 yds. worsted weight yarn (sample shown in Plymouth "Encore")

Set of 4 or 5 size 8 (5.0 mm) double-pointed needles (dpns)

Tapestry needle for weaving in ends

For optional beaded version:

Size D/3 (3.25 mm) crochet hook

12 pony beads

Gauge: 4.5 sts & 6 rows = 1" in stockinette stitch on size 8 (5.0 mm) needles

Terms/Abbreviations: beginning (beg), bind off (BO), cast on (CO), continue (cont), decrease (dec), each (ea), increase (inc), knit (k), pattern (patt), place marker (pm), purl (p), slip (sl), stockinette stitch (st st)

Pattern notes: Pulse warmers are worked in the round in circular knitting technique. Cast on and bind off loosely.

Special stitches

Make one (M1) – make backwards loop around thumb and place this new loop on right needle. Knit into this stitch on next round.

Pulse Warmer (make 2)

With size 8 dpn, cast on 24 (28, 32) sts loosely. Join for working in rounds, being careful that stitches are not twisted. Place marker or use yarn tail to note beginning of rounds.

Rnds 1-18: *K2, p2, rep from * around.

Rnd 19 (inc rnd): *K1, M1, k1, p2, rep from * around – 30 (35, 40)

Rnds 20-24: *K3, p2, rep from * around.

Rnd 25 (inc rnd): *K1, M1, k1, M1, k1, p2, rep from * around – 42 (49, 56)

Rnds 26-30: *K5, p2, rep from * around.

Bind off loosely in rib pattern. Cut yarn and weave in tails.

Optional beaded version:

For this modification add pony beads on second-to-last round, attaching them to center st of each 5-stitch knit section by transferring the center stitch to the crochet hook. Slide one bead down over the hook and the stitch held on the hook, then place this stitch back on to left needle and knit it.

For ruffled edging: After binding off last round, transfer last bound-off stitch to crochet hook, *ch-3, sc in next st, rep from * around, join with sl st and fasten off.

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