

made by loumms

## Cosy Knitted Warmers

### finished measurements:

knitted cover: 4 inches wide, 4.5 inches high

wheat bag: 3 inches wide, 3.5 inches high

yarn: malabrigo kettle dyed superwash merino, 440 yards

fabric: a piece of medium thickness cotton fabric 9" by 11"

filling: wheat grain

needles: 2.5mm needles and 2.75mm DPN's

notions: tapestry needle, sewing machine, cotton thread

gauge: 1 inch = 8 sts

These cosy warmers will keep your hands toasty warm throughout the cold months. The knitted cover holds the heat from the wheat after you have microwaved it to help with protecting your hands from a cold steering wheel on the way to work, cheering your team from the sidelines, pottering about the garden, keeping warm at the farmers' market, manning newspaper or vegetable stalls, or for anyone with poor circulation or rheumatism! You have here the instructions on how to knit the covers and how to sew and fill the wheat bags. The heating instructions for the wheat bags are at the bottom of the sewing diagram. Please visit [loumms.wordpress.com](http://loumms.wordpress.com) for sewing tutorial.



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## Knitting Instructions:

### cast on:

CO 36 sts and arrange the sts between 4 x 2.75mm dpn's so you have 9 sts on each.

### increase:

Round 1: k all sts

Round 2: needle 1: k1, kfb, k to last 2 sts, kfb, k1; needle 2: k9; needle 3: k1, kfb, k to last 2 sts, kfb, k1; needle 4: k9

Repeat rounds 1 and 2 until you have 31 sts each on needles 1 and 3.

There should be 80 sts in total.

### middle:

k 4 rounds

### decreases:

Round 1: needle 1: k1, k2tog, k to last 3 sts, ssk, k1; needle 2: k9; needle 3: k1, k2tog, k to last 3 sts, ssk, k1; needle 4: k9

Round 2: k all sts

Repeat rounds 1 and 2 until 9 sts remain on needles 1 and 3, 32 sts remain in total.

Round 1: \*k1, k2tog, k3, ssk, k1, repeat from \* to end of round

Round 2: k all sts

Round 3: \*k1, k2tog, k1, ssk, k1 repeat from \* to end of round

Round 4: k all sts

Cut the yarn leaving a tail, thread the tail through the tapestry needle and then thread the tapestry needle through all 20 sts on the dpn's. Pull tight, knot and tie in the end.

You should now have a piece with two sides, a back and a front, gathered at one end.

### strap:

Using 2.5 mm needles, pick up and knit 15 sts along the cast on edge, 3 from both sides of the piece and 9 from the centre of the piece.

Initial Row: p all sts (ws)

Row 1: k all sts (rs)

Row 2: k1, \*k1, sl1 repeat from \* to end

Row 3: k all sts

Row 4: k1, \*k1, sl1 repeat from \* to the last 2 sts, k2

Repeat rows 1 to 4 until your strap reaches the point you want to place your button ending after a ws row.

Button hole:

K3, cast off 9 sts, turn, sl1 to rh needle and cast on 9 sts, turn, k12

Note: if your button is smaller just cast off and cast on fewer sts, remembering to bring the total sts back to 15.

Continue in the pattern for another 4 rows from where you left off. You will have already worked the k row so start from the next ws row.

Decreases:

Row 1: k1, k2tog twice, k to last 5 sts k2tog twice, k1

Row 2: k1, k2tog, k to last 3 sts, k2tog, k1

Repeat row 2 until 5 sts remain.

Final row: k1, sl1-k2tog-ssso

Cast off these 3 sts

Repeat the whole pattern again from the beginning for the second warmer.

## Sewing Instructions:

### template:

*Note: You want to make sure you have enough fabric to make 4 pieces*

1: Cut out or copy the template over

page.

2: Take your piece of fabric fold it, right sides facing in half length ways and iron.

3: Open it back up and fold both the top and the bottom to meet the middle iron line.

4: Place the template on to the fabric so the 'half' line sits on the fold of your fabric.

5: Pin into place and cut.

Repeat the steps 4 and 5 above 4 times in total. You will now have 4 identical pieces that will create 2 wheat bags.

Iron the pieces flat and place two together with the right sides facing each other, pin into place.

### \* sewing:

Sew around the edge of the fabric as instructed in the diagram, leaving a 4/8 inch seam allowance.

Cut the excess fabric away.

### filling:

1: Turn your piece the right way round

2: Using a piece of paper, make a funnel.

3: Insert the funnel into the hole you left at the top of the bag.

4: Pour the wheat into the bag through the funnel until the bag is just over half full.

### finishing:

Fold down the top (open) edge of the bag neatly, sew closed and secure using the overlocking stitch. To make the bag more secure you can go over it again with a plain stitch. Repeat from \* for the second bag

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## Abbreviations

k: knit

p: purl

kfb: knit into the front and the back of the stitch (making one stitch)

CO: cast on

k2tog: knit two together

ssk: slip 2 sts knit wise and knit into the back of them

dpn's: double pointed needles

sl1-k2tog-pss0: slip 1, knit two together, pass the slipped stitch over the knit two together

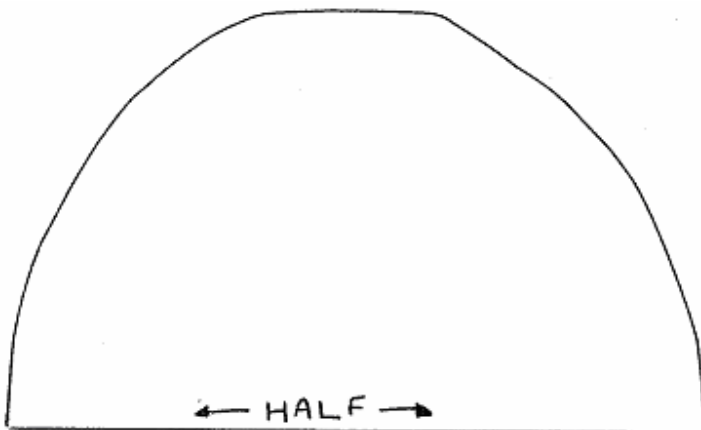
ws: wrong side

rs: right side

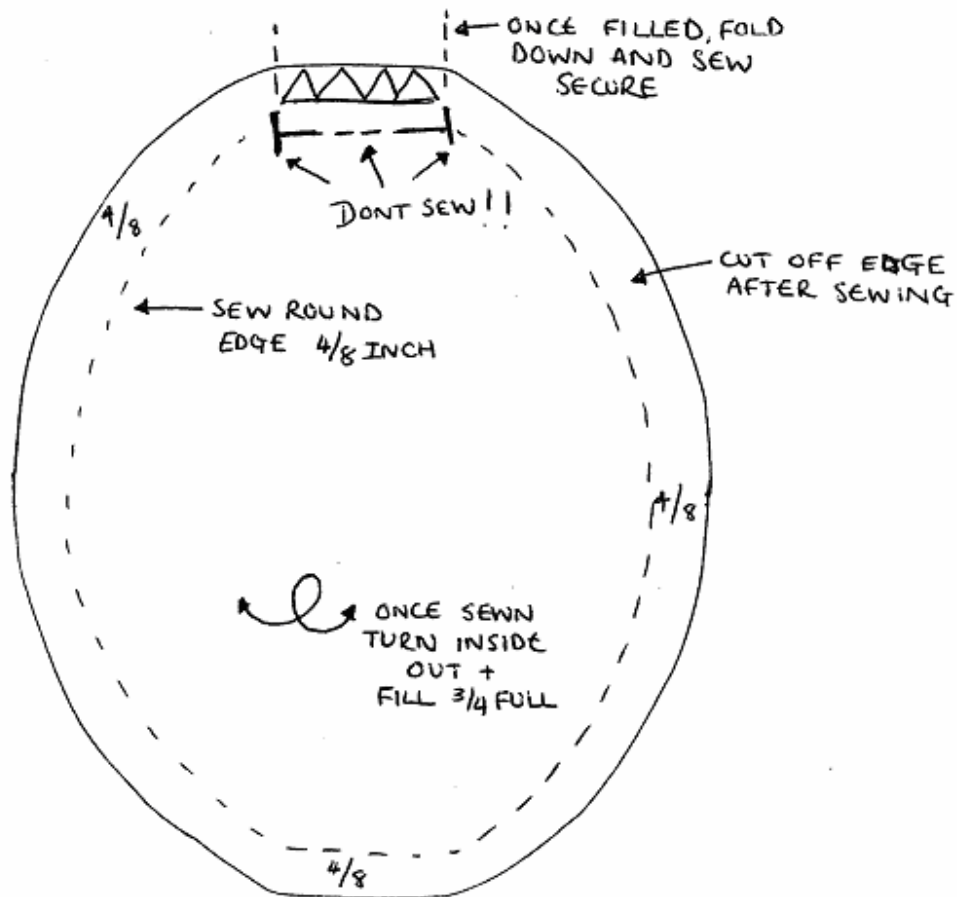
rh: right hand needle

lh: left hand needle

## Template



## Sewing Diagram



### Heating instructions:

Pop in the microwave with a cup of water for a **maximum** of 2.5 mins, Never heat unattended!

- 1: Heat at intervals of 30 seconds and **Never** exceed heating time stated
- 2: **Always** put cup of water in the microwave when heating
- 3: If signs of burning, cooking or scorching appear, leave to cool, discard and replace with a new one
- 4: **Always** remove from the pouch before heating
- 5: Check the temperature before using
- 6: Allow to fully cool before re-heating or storing

Designed by loutheperson for Made by Loumms, Questions and comments should be directed to [loummsmail@googlemail.com](mailto:loummsmail@googlemail.com).