

Nålbinding Mittens

1. Create a “caterpillar” long enough to go around your wrist. Add a few extra stitches to accommodate the tightening up that happens at row two.
2. Join the stitches into a ring, being certain that you have eliminated all the twist in the caterpillar.
3. Continue around for several rows until the cuff is as long as you want.
4. Begin the thumb gusset. Just like in knitting, you will be adding stitches to create space for your thumb. In nålbinding it works best to add stitches on every row. Stitch around until you reach the point where your thumb will be. Increase by making a second stitch in the same base loop.
5. Make two or three stitches, then increase one stitch again. This puts one increase on each side of your hand (front & back, not left & right).
6. Continue stitching around until you come back to the point where you made the first increase. Increase one stitch again. Stitch a few more, and increase again. Because of the look of nålbinding, it is not critical that the increases sit exactly on top of each other.
7. Every couple of rows, **try the mitten on** to check the fit. If it is feeling too loose, stop increasing for a row. If it is feeling too tight, add an extra increase within the gusset.
8. Keep adding rows until the mitten reaches the base of your thumb.
9. See page 2 for options for completing your thumb.
10. If you have completed your thumb first, you will then need to add a new piece of yarn to complete the hand. Bring the yarn through from the back at the point where the thumb begins, then continue around the mitten as before.



Bring the needle through 2 loops at thumb (10)



Pick up 2 new loops and previous loop to decrease (11)

11. As you come back around to the thumb, **try the mitten on**. It is likely that you will want to decrease a stitch or two at the point where you make the turn. Continue around, adding or decreasing stitches as needed to make the mitten comfortable.
12. As you reach your fingertips, begin decreasing (generally 4 stitches per row, or more, depending on the bulkiness of your yarn). When the mitten is slightly longer than your hand, sew the top closed.
13. If you completed the hand first, you will go back and add yarn for the thumb in the same way.

Thumb 1: Starting at the cuff, construct the tube of the mitten increasing if needed, until you reach the base of your thumb. Disconnect the stitches and create a “caterpillar” that reaches across the space between your thumb and index finger. Connect to the tube again and continue stitching around until the mitten is the required length. Add a new piece of yarn at the thumb slit and stitch around the slit until the thumb is the required length. Add a stitch when you reach the “corners” of the slit, to avoid having a hole in the mitten.



Thumb 1b: This version creates the thumb before the hand of the mitten is stitched. When the mitten tube reaches the base of your thumb, create a small caterpillar. Attach the stitches in a small circle and continue around to make the thumb. Add a new piece of yarn at the base of the thumb and continue around to make the hand, picking up the free stitches of the thumb when you come to them.



Thumb 2: If you started your mitten at the fingertips, when you reach the base of your thumb your mitten will need to get wider. Make a caterpillar loop for the thumb and skip just a few stitches before attaching to the hand. Continue around until the cuff is the desired length. Go back and add the thumb stitches as in Option 1.

