1. Materials
This muff pattern is perfect for using up left over and odd balls of wool. Needles: 8mm circular or 6.5mm straight needles.

2. Directions
Cuff: Cast on 45 stitches using 2 strands of double knitting wool or 1 strand of chunky wool. Work in stocking stitch (knit a line, pearl a line) for 11 inches.
Muff Body: Continuing with stocking stitch, but use up oddments of various textures of wool such as chunky, mohair, ribbon etc until the work measures 23 inches. Cast off.

3. Decoration and finishing
Now is the time if you want to decorate the muff, inside and out, with ribbons, beads, flowers, zips, loops, pompoms, buttons, etc. Neatly join sides together with Pearl side facing you. Turn inside out. Push the cuff up inside the muff body. Neatly sew together the two ends.

Please send your completed Twiddlemuff to Emma Day, Assistant Director of Nursing, Woodlands House, Scarborough Hospital, Woodlands Drive, YO12 6QL.

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