

Let's Make a Twiddle Muff!



What is a 'Twiddle Muff'?

A Twiddle Muff is a hand muff with bits and bobs attached on the inside and outside. The muffs help to stimulate the restless hands of dementia patients. Have fun and be creative when designing your Twiddle Muff!

For this pattern, this muff is crocheted in two layers, which gives extra warmth. Each layer is worked in the round and in a spiral, so please do not join rounds unless instructed to do so. Work in your bits and bobs. In the outer layer, you can also carry along strands of textured yarn – mohair, ribbon, chain and boucle – for some rows as another option. If you attach non-washable embellishments, instructions have been included for a buttoned tab so that they can be removed before washing.

Instructions are given for two different diameters of muff. Length can be adjusted by working more or fewer rows.

Note: Please *make sure that all materials used are machine-washable, all sewn-on embellishments are securely stitched in place, and all ends are securely woven in.* Any ends that are to be left for twiddling should be non-fray.

Materials for a *basic* muff:

Yarn:	worsted
Hook:	8mm (L hook) or size required for gauge 6mm (J hook) – optional, for button tab
Gauge:	10 stitches and 9 rows to 4"
Finished dimensions:	S/M 10.5" long by 7" diameter, laid flat M/L 10.5" long by 7.5" diameter, laid flat
Abbreviations:	ch – chain sc – single crochet hdc – half double crochet mb – make bobble
Make bobble (mb):	[Yarn over hook, hook through stitch, yarn over and pull through 2 loops] 5 times in same stitch, yarn over and pull through all 6 loops on hook, 1 ch to secure (ch does not count as a stitch for next rnd).

Inner/outer sleeve: (make 2)

With worsted yarn and 8mm hook chain 36 (40). Taking care not to twist the chain slip stitch into furthest chain from hook to make a ring.

Rnd 1 (RS): Ch 1 (does not count as first stitch), 1 hdc in same ch, 1 hdc in each ch to end of rnd, place marker if using, 36 (40) sts.

Rnd 2: 1 hdc in each st to end, move marker to denote new end of rnd, 36 (40) sts.

Rnds 3-21: Repeat rnd 2.

Rnd 22: 1 hdc in each st until 1 st remains, 1 sc in next st, slip st in next st.

Fasten off and break yarn leaving a long tail (at least 2 metres) for finishing off.

Bobble round (optional – work as desired)

MB in next st, sc in next st to end of rnd.

**Important: following a bobble round remember that the chain that secures each bobble does not count as a stitch and should be skipped over on the next rounds.*

Decorate inner and outer sleeve

Embellish each sleeve as desired with buttons, zips, beads, ribbons, etc.. If you want to add non-washable decorations such as a short string of beads, you can make a button tab as follows:

Button tab

With 6mm hook ch 4.

Row 1: 1 sc in 2nd ch from hook, 1 sc in each of next 2 ch, turn, 3 sts.

Row 2-6: Ch 1 (does not count as first st), 1 sc in each st to end, turn.

Row 7: Ch 1 (does not count as first st), 1 sc in next st, ch 1, skip next st, 1 sc in last st, turn.

Row 8: Ch 1 (does not count as first st), 1 sc in next st, 1 sc in chain space, 1 sc in last st. Fasten off and weave in finishing tail.

Use starting tail to stitch tab in place on muff and sew a button on top.

Join inner and outer sleeves

Turn the inner sleeve inside-out and slip it inside the outer sleeve. Make sure that you have one long yarn tail at either open end. Using 8mm hook and long yarn tail join the inner and outer sleeves together by working a round of sc, working into the starting chain of one layer and the final round of the other. Do this at each end to form a double-layered tube.

Weave in all ends.

IODE Ontario Services Value: \$20.00

Please add your knitting time to Volunteer Hours



Creating multiple Twiddle Muffs can be a great chance to be really creative! Use ribbons, charms, buttons, etc., to create a one-of-a-kind masterpiece!



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