

Major Groove

by Au fil des jours



The cable twist at the wrist of these fingerless mitts gives gentle shaping, while the broad rib pattern keeps the silhouette smooth.

“Major groove” refers to the larger of the two helical spaces between the two helical strands of the DNA molecule. This double helix twist reminded me of its proportions, and I hope it will be a quiet inspiration to creativity in all your endeavors.

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Difficulty: Intermediate

Size: Women's small [medium, large]

Hand/wrist measurements (mitt has negative ease so will measure smaller than these dimensions):

Palm circumference 6.5 [7.25, 8] inches / 16.5 [18.4, 20.3] cm

Wrist circumference 5.75 [6.25, 6.75] inches / [14.5, 15.9, 17.1] cm

Thumb circumference 2 [2.5, 2.5] inches/ 5 [6.5, 6.5] cm

Mitt length 9.5 [10.25, 11] inches / 24. [26, 28] cm.

Materials:

Yarn: Aran or DK, 137 yds (125m) / 50g

Needles: US # 8/5mm: either a set of DPN, two circular needles, or one circular needle (long enough to allow for magic loop technique) for knitting in the round

Notions: Stitch markers (m), cable needle (cn), tapestry needle, tape measure, stitch holder or a spare piece of yarn to hold stitches

Gauge: 16 stitches and 24 rows = 4 inches / 10 cm in stocking stitch in the round.

Pattern Notes:

This pattern makes left and right mitts, each with a cable that twists right-handed, as does most natural DNA. If you prefer that the cables be mirror images, reverse the direction of the C7B (hold stitches in front instead of in back) on one of the mitts.

Instructions for these optional decreases and increases are given in the boxed arm instructions at the end of each section.

Pattern abbreviations:

C7B: Sl 4 sts to cn purlwise and hold in back, k3, k4 from cn.

C5R: Sl 2 sts to cn purlwise and hold in back, k3, k2 from cn.

C5L: Sl 3 sts to cn purlwise and hold in front, k2, k3 from cn.

C4R: Sl 1 st to cn purlwise and hold in back, k3, k1 from cn.

C4L: Sl 3 sts to cn purlwise and hold in front, k1, k3 from cn.

C5L-in-pattern: Sl 3 sts to cn purlwise and hold in front, k1, p1, k3 from cn.

C5R-in-pattern: Sl 2 sts to cn purlwise and hold in back, k3, p1 from cn, k1 from cn.

KRL (knit right loop): Insert the right needle from back to front into the right leg of the stitch **below** the first stitch on the left needle, slip it onto the left needle (inserting left needle from front to back), and work as a knit stitch.

KLL (knit left loop): Insert the left needle from front to back into the left side of the stitch that is **two rows below** the last stitch on the right needle, and work as a knit stitch.

SSP (slip slip purl): Slip one stitch knitwise, slip second stitch knitwise, return both stitches to left needle. Then purl these two stitches together through back loop.

Directions:

Cuff:

Cast on 30 [32, 34] sts loosely but evenly, using long tail or cable cast on method.

Round 1: Joining to work in the round, (P1, k3) 4 times, p1, k 2 [3, 4] sts, (p1, k3) twice, p1, k 2 [3, 4] sts. 30 [32, 34] sts.

Repeat this row until length from cast on is 1.25 [1.5, 1.5] inches / 3.2 [3.8, 3.8] cm.

Next round : K4, p1, k7, p1, k 6 [7, 8] sts, p1, k7, p1, k 2 [3, 4] sts.

Repeat this last row until length from cast on is 3.5 [4, 4] inches / 8.7 [10, 10] cm.

Wrist:

To work the wrist, you may follow the written directions, or the chart below. The chart displays **the first 16 stitches** of each wrist round; the remaining 14 [16, 18] stitches of each round are continued in the established pattern.

Round 1: K4, p1, **C7B**, p1, k3; k 3 [4, 5] sts, p1, k7, p1, k 2 [3, 4] sts. 30 [32, 34] sts.

Round 2: Work in **7^{+/-} x 1 rib pattern as set**.

Round 3: K3, **C5R**, k1, **C5L**, k2; k 3 [4, 5] sts, p1, k7, p1, k 2 [3, 4] sts.

Round 4: K16; k 3 [4, 5] sts, p1, k7, p1, k 2 [3, 4] sts.

Round 5: K2, **C4R**, k5, **C4L**, k1; k 3 [4, 5] sts, p1, k7, p1, k 2 [3, 4] sts.

Rounds 6, 7, and 8: K16; k 3 [4, 5] sts, p1, k7, p1, k 2 [3, 4] sts.

Round 9: K2, **C4L**, k5, **C4R**, k1; k 3 [4, 5] sts, p1, k7, p1, k 2 [3, 4] sts.

Round 10: K16; k 3 [4, 5] sts, p1, k7, p1, k 2 [3, 4] sts.

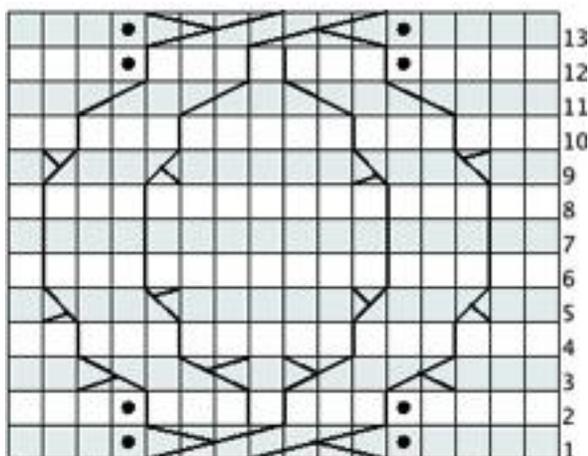
Round 11: K3, **C5L-in-pattern**, k1, **C5R-in-pattern**, k2; k 3 [4, 5] sts, p1, k7, p1, k 2 [3, 4] sts.

Round 12: Work in **7^{+/-} x 1 rib pattern as set**.

Round 13: K4, p1, **C7B**, p1, k3; k 3 [4, 5] sts, p1, k7, p1, k 2 [3, 4] sts. 30 [32, 34] sts.

The wrist section should be about 2 inches / 5 cm long after round 13.

Wrist Chart



Key

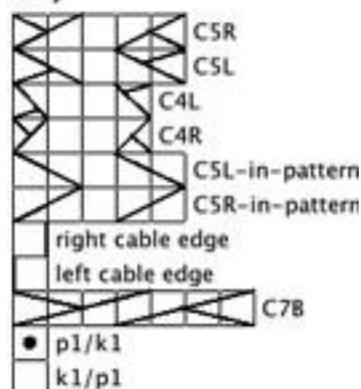


Chart and key created using [KnitChart by Jacquie](#)

Hand:

Round 1+2 : K4, p1, k7, p1, k 6 [7, 8] sts, p1, k7, p1, k 2 [3, 4] sts.

Adding thumb gusset *Note that the directions for right and left hand are different in this section.*

Right hand:

Round 3: K4, p1, k7, p1, k 4 [5, 6] sts, pm, k2, pm, p1, k7, p1, k 2 [3, 4] sts. 30 [32, 34] sts.

Rounds 4-16: K4, p1, k7, p1, k 4 [5, 6] sts; **work gusset stitches (instructions below)**; p1, k7, p1, k 2 [3, 4] sts.

Left hand:

Round 3: K4, p1, k7, p1, k 6 [7, 8] sts, p1, k7, p1, pm, k 2, pm, k 0 [1, 2] sts. 30 [32, 34] sts.

Rounds 4-16: K4, p1, k7, p1, k 6 [7, 8] sts, p1, k7, p1; **work gusset stitches (instructions below)**; k 0 [1, 2] sts.

Gusset stitches:

Round 4: KRL, k2, KLL. 4 gusset sts + 28 [30, 32] hand sts = 32 [34, 36] sts total.

Round 5: K4.

Round 6: KRL, k4, KLL.

Round 7: K6.

Rounds 8-14: Continue the sequence established above, increasing one stitch on each side of the thumb gusset every other row, until there are 14 stitches in the gusset (and therefore 42 [44, 46] stitches total).

Round 15: K14.

Round 16: Set 14 gusset sts aside on stitch holder or spare yarn. Remove markers, if used. CO 4 by backwards loop method; these are **new hand stitches** replacing the former gusset stitches. 14 sts set aside for thumb; *4 new hand sts + 28 [30, 32] hand sts = 32 [34, 36] sts* to continue working the hand.

Right hand:

Round 17: K4, p1, k7, p1, k 4 [5, 6] sts; **k4**, p1, k7, p1, k 2 [3, 4] sts. 32 [34, 36] sts.

Round 18: K4, p1, k7, p1, k 3 [4, 5] sts, **ssk, k2, p2tog**, k7, p1, k 2 [3, 4] sts. 30 [32, 34] sts.

Round 19. K4, p1, k7, p1, k 6 [7, 8] sts, p1, k7, p1, k 2 [3, 4] sts.

Left hand:

Round 17: K4, p1, k7, p1, k 6 [7, 8] sts, p1, k7, p1, **k4**, k 0 [1, 2] sts. 32 [34, 36] sts.

Left hand, size small only:

Round 18: K4, p1, k7, p1, k 6, p1, k7, **ssp, k2**. Adjust needles so that the one remaining stitch of this round is now the first stitch of the next round, ready to be worked. 30sts worked + 1 st slipped = 31 sts.

Round 19: **k2tog**, K3, p1, k7, p1, k6, p1, k7, p1, k2. 30 sts.

Left hand, sizes [medium, large] only:

Round 18: K4, p1, k7, p1, k [7, 8] sts, p1, k7, **ssp, k2, k2tog**, k [0, 2] sts. [32, 34] sts.

Round 19: Work in **7^{+/-} x 1 rib**.

Both hands, all sizes:

Round 20 and onward: repeat last round until work measures 3 [3.5, 3.5] inches / 7.5 [8.7, 8.7] cm from beginning of hand, or 1 inch / 2.5 cm less than desired length.

Next row work (P1, k3) 4 times, p1, k 2 [3, 4] sts, (p1, k3) twice, p1, k 2 [3, 4] sts.

Then work this row for 1 inch / 2.5 cm.

Cast off in pattern.

Thumb:

Put the 14 set-aside thumb stitches onto needles.

Thumb round 1: Leaving an 8 inch (20 cm) tail, knit the 14 set-aside stitches, then pick up and knit 4 stitches from the thumb opening (the bottoms of the 4 stitches cast on in Round 16 of the hand).

18 st.

Thumb round 2: Knit to last 5 stitches, ssk, k1. Adjust needles so that the last two stitches of the round are treated as the first two stitches of the next round 17 st.

Size small only:

Thumb round 3: K1, k2 tog, K to last 2 st, ssk.

Thumb round 4: p2 tog, k2, p1, k3, p1, k3, p1, k2.

Thumb rounds 5-6: p1, k2, p1, k3, p1, k3, p1, k2.

Sizes [medium, large] only:

Thumb round 3: K1, k2 tog, knit to end. 16 st.

Thumb rounds 4-7: (p1, k3) 4 times.

All sizes: Cast off in pattern.

Finishing:

Work in all ends, using the long tail at the base of the thumb to close any gaps there. Block.

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