FREE KNITTING TUTORIAL

German Twisted Cast On

How to do the German twisted (Old Norwegian) cast on, plus rib fingerless mitts · US terms

SKILL LEVEL	PRACTICE	YARN
Advanced beginner	**Fingerless mitts, 3 sizes**	**Worsted (#4) wool**
NEEDLES	**STITCHES**	**TIME**
US 7 (4.5 mm)	**k, p, mattress st**	**About 4 hours a pair**

Materials

- Worsted (#4) wool: 160 / 175 / 190 yd for a pair
- US 7 (4.5 mm) needles, tapestry needle

Abbreviations (US terms)

k / p knit / purl
RS / WS right / wrong side
2x2 rib k2, p2 on RS rows; p2, k2 on WS rows

Gauge: 24 sts and 30 rows = 4 in (10 cm) in 2x2 rib, unstretched. A typical worsted value.

Mitts, size S

Cast on	With the German twisted cast on, cast on 38 sts, leaving a tail of about 4.4 ft (135 cm) plus 12 in (30 cm) for the seam.	**(38)**
Row 1 (RS)	K2, *p2, k2*; repeat to the end.	**(38)**
Row 2 (WS)	P2, *k2, p2*; repeat to the end.	**(38)**
Rows 3–56	Repeat rows 1 and 2. The piece measures about 7.5 in (19 cm).	**(38)**
Bind off	Bind off loosely in rib (knit the knits, purl the purls as you go). Make a second mitt the same.	**(0)**
Seam	Fold in half lengthwise, right side out. Mattress stitch the long edges from the cuff up to row 31, leave rows 32–48 open for the thumb, then seam the last 8 rows.	

Mitts, size M

Cast on	With the German twisted cast on, cast on 42 sts, leaving a tail of about 4.9 ft (149 cm) plus 12 in (30 cm) for the seam.	**(42)**
Row 1 (RS)	K2, *p2, k2*; repeat to the end.	**(42)**
Row 2 (WS)	P2, *k2, p2*; repeat to the end.	**(42)**
Rows 3–56	Repeat rows 1 and 2. The piece measures about 7.5 in (19 cm).	**(42)**
Bind off	Bind off loosely in rib (knit the knits, purl the purls as you go). Make a second mitt the same.	**(0)**

Seam	Fold in half lengthwise, right side out. Mattress stitch the long edges from the cuff up to row 31, leave rows 32–48 open for the thumb, then seam the last 8 rows.	

Mitts, size L

Cast on	With the German twisted cast on, cast on 46 sts, leaving a tail of about 5.4 ft (164 cm) plus 12 in (30 cm) for the seam.	**(46)**
Row 1 (RS)	K2, *p2, k2*; repeat to the end.	**(46)**
Row 2 (WS)	P2, *k2, p2*; repeat to the end.	**(46)**
Rows 3–56	Repeat rows 1 and 2. The piece measures about 7.5 in (19 cm).	**(46)**
Bind off	Bind off loosely in rib (knit the knits, purl the purls as you go). Make a second mitt the same.	**(0)**
Seam	Fold in half lengthwise, right side out. Mattress stitch the long edges from the cuff up to row 31, leave rows 32–48 open for the thumb, then seam the last 8 rows.	

What's exact, what's calculated

Exact	Every row in our knitting engine; multiple of 4 + 2; thumb rows within the piece.
Calculated	Stitches, rows, tail and yarn from the gauge.
Assumed	The gauge.

How to Do the German Twisted Cast On

Long-tail cast on with an extra twist · very stretchy, perfect for ribbing

1 · Slingshot



Hold the tail over your thumb and the ball yarn over your index finger, like a long-tail cast on.

2 · Under both thumb strands



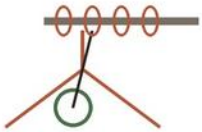
Take the needle UNDER both strands of the thumb loop, then down into the loop from above.

3 · Catch the index yarn



Bring the needle over the front thumb strand, catch the index finger yarn and bring it back through the thumb loop.

4 · Snug it



Let the thumb loop go and tighten gently. Each stitch has a little twist: a stretchy, sturdy edge.

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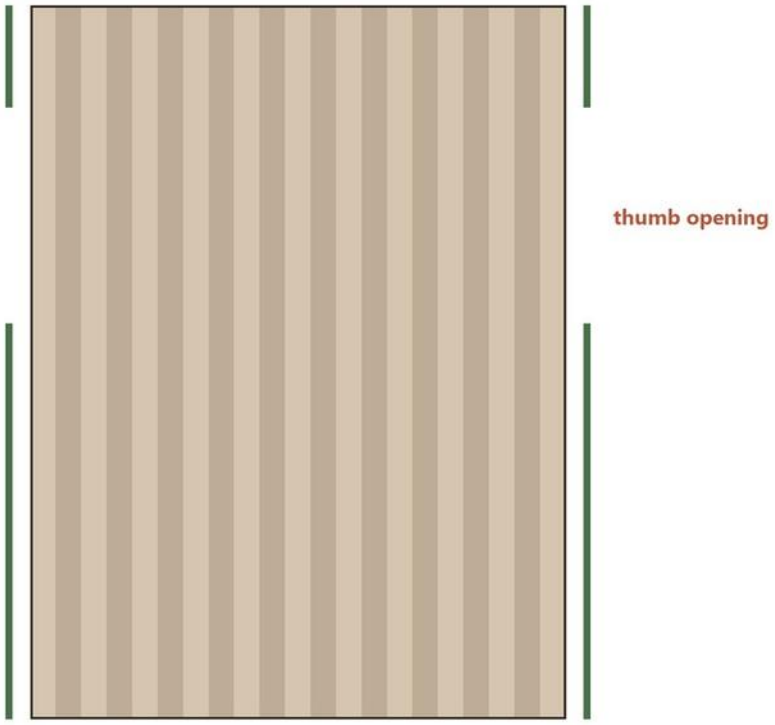
Fingerless Mitt · Piece + Seam (size M)

42 sts × 56 rows in 2x2 rib · fold lengthwise · leave rows 32–48 open for the thumb



Green = seam these rows together (mattress stitch) · the gap is the thumb · k2 at both edges meet as one 2x2 rib column.

Rib Fingerless Mitts · Sizes

Worsted (#4) wool · US 7 (4.5 mm) needles · gauge 24 sts × 30 rows = 4 in in 2x2 rib, unstretched

Size	Hand circumference	Cast on	Rows	Thumb opening	Worsted (pair)
S	7 in (18 cm)	38	56	rows 32–48	160 yd
M	7.5 in (19 cm)	42	56	rows 32–48	175 yd
L	8.5 in (22 cm)	46	56	rows 32–48	190 yd

Mitts are 7.5 in (19 cm) long. Measure round your knuckles to pick a size.

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