

# Silene - simple pulse warmers



Design: Stine Gudmand-Høyer

Lovely warm and decorative pulse warmers. The pulse warmers are worked in 3 strands of yarn, giving you lots of opportunity to play with color - use either colors that are close together or that contrast for very different effects.

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English translation: Signe Strømgaard

## Materials

Yarn from Filcolana:

Light brown version:

50 g **Vilja** col. 977 (Marzipan)

50 g **Vilja** col. 207 (Desrt Sand)

50 g **Pernilla** col. 364 (Chai)

Yellow version:

50 g **Vilja** col. 367 (Lemongrass)

50 g **Vilja** col. 285 (Curry)

50 g **Pernilla** col. 825 (Acacia)

Orange version:

50 g **Vilja** col. 361 (Madeira Rose)

50 g **Vilja** col. 237 (Autumn Orange)

50 g **Pernilla** col. 826 (Cantaloupe)

6 mm needles

## Sizes

S (M) L (XL)

## Measurements

Length: approx. 15 cm.

Fits wrist circumference: 14-15 (15-16) 16-18 (18-20) cm

## Gauge

16 sts and 32 rows in garter stitch on 6 mm needles  
= 10 x 10 cm.



## Directions for knitting

The pulse warmers are worked back and forth in garter stitch. Knit until the work fits around the wrist, then knit the 2 ends together using a 3-needle bind off.

## Pulse warmers

Cast on 25 sts on 6 mm needles using 2 strands of Vilja (1 strand in each color) and 1 strand of Pernilla. Knit back and forth in garter stitch. Slip the last stitch of every round with the yarn held in front. Knit a total of 44 (48) 54 (60) rows.

## Finishing

Join the work to form a tube by folding it down the middle so the cast-on edge lies right behind the sts on the needle. Knit through the first stitch on the needle and the first stitch of the cast-on at the same time, so the 2 sts are knit together. \*Continue knitting through the next stitch on the needle and the next stitch of the cast-on edge so the two are knit together. Bind off 1 stitch by passing the 1st stitch on the right needle over the 2nd stitch\*. Repeat from \* to \* until all sts have been bound off and the work has been turned into a tube. Knit the second pulse warmer in the same way.

