



Nina Granlund Sæther

Nina's Favorite

MITTENS & SOCKS FROM AROUND NORWAY

Over 40 Traditional Knitting Patterns Inspired by Norwegian Folk-Art Collections



Table of Contents

Foreword: Clothes to Stay Warm	4	Heart Brooch Mittens	53
READ BEFORE YOU BEGIN: TIPS AND TECHNIQUES		Porcelain Flower Mittens	57
Needles	8	Rose Mittens from Skjåk	59
Abbreviations	8	Blue Monday Mittens	63
Yarn and Reinforcing Thread	8	Mittens from Hallingdal	65
Gauge	9	Halling Socks	67
Sizing	9	Larvik Socks	69
Casting On	9	Telemark Socks	71
Two-Color Stranded Knitting	9	Block Socks	75
Yarn Floats	9	Setesdal <i>Krot</i> Socks	77
Pattern Charts	9	Mittens from Kristiansand	81
Decreasing	9	Witchcraft Mittens	83
Two-End (Twined) Knitting	10	Leftover Party Socks	85
Weaving in Yarn Ends	10	Vestland Rose Mittens	89
Knitting Thumbs	11	Stockings from Voss	91
Knitting Heels	12	<i>Kroneleistar</i> Socks from Øygarden	95
Hourglass Heel	13	Mittens from Sogn	97
Gusset Heel	14	Sunnfjord Socks	101
Band Heel with Short Heel Flap	16	Striped Mittens	103
Band Heel with Long Heel Flap	18	Zigzag Pattern Socks	107
Shaped Common Heel	19	Aasta Mittens	109
Reinforcing the Heel	20	Striped Socks from Orkladalen	113
Toe Shaping	21	<i>Ragg</i> Socks from Hitra	115
Garment Care and Felting	22	Mittens from Gauldal	119
PATTERNS		<i>Krus</i> Mittens from Røros	121
Sugar Top Mittens	27	Trønder Socks	125
Mittens from Idd	29	Selbu Mittens with "Six-Petaled Roses"	127
Oslo Socks	31	Rose Mittens from Selbu	129
Rose Stockings from Asker	35	The Folk Museum's Selbu Mittens	133
Stockings from 1868	37	Mittens from Lierne	135
Rose Ankle Socks	41	Spring in Your Step Socks	139
King of the Forest Mittens	43	Snowflake Mittens	141
Caroline Halvorsen's Mittens	45	Spider Socks from Troms	143
Love Mittens	49	Mittens from Kautokeino	145
Stockings from Valdres	51	Bibliography	147
		Yarn Information	148

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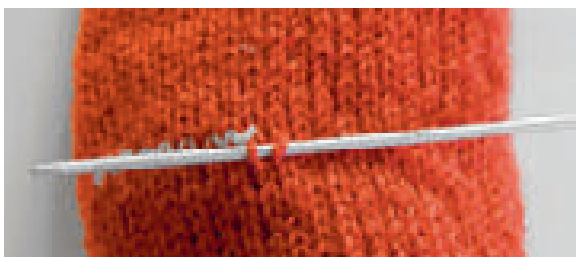


Knitting Thumbs

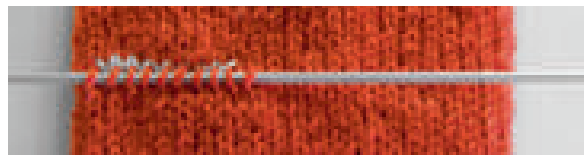


Thumbs can be worked in several ways. In Norway, it's common to knit thumbs both with and without a gusset. A gusset is made by increasing a number of stitches from the ribbed cuff and up. The increases can be made on each side of the gusset, in the middle, or, less commonly, only on one side. In some places, it's also been common to knit the thumb separately and sew it on afterwards.

When the instructions say, "Set aside 15 sts for the thumb," it's easiest to knit those 15 sts with smooth scrap yarn in a contrast color. Slip the stitches back to the left needle and knit them with the working yarn (either single color or as shown on the chart).



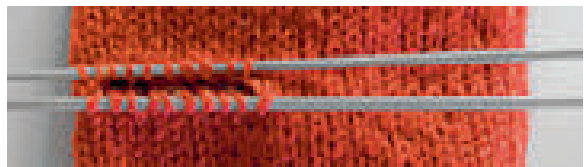
When the rest of the mitten is finished, pick up the stitches below and above the scrap yarn using a double-pointed needle. (For example, the pattern might say, "pick up 17 + 17 sts for the thumb.") Use a double-pointed needle to pick up the stitches below the scrap yarn. To avoid holes, always begin 1 stitch to the right before the scrap yarn. Slide the needle from right to left, picking up the right leg of each stitch. Continue across until you have the specified number of stitches.



Turn the mitten upside down and follow the same procedure for the stitches above the scrap yarn. Begin 1 stitch to the right of the scrap yarn. Continue, picking up the right leg of each stitch until you have the specified number of stitches on the needle.



Carefully remove the scrap yarn and divide the stitches onto 4 needles.



In some of the patterns in this book, the stitch counts below and above the thumbhole don't match. In that case, don't use the scrap yarn method for setting aside stitches. Instead, slip the thumb stitches onto a safety pin, a length of yarn, or a yarn holder. On the next round, cast on the specified number of stitches.

Knitting Heels

Feet are different. Some people have narrow feet and others have wide ones. The height over the instep also varies. Heels can be formed in many ways and the heel type we prefer often depends on what fits our feet best. At one point, in Norway, it was standard to use what we now call the “common” heel, with a slight diagonal at the back of the heel and a sewn, or sometimes knitted, seam at the center of the base. I’ve also selected a few other heel options.

Knitting heels isn’t difficult but can be a little challenging the first time. Ask someone who’s knitted heels before for help or check the internet, where you’ll find many good instructional videos.

When preparing to knit the heel, I recommend placing the instep stitches on a length of scrap yarn or a circular needle. This is because the stitches at each end will stretch less that way than if you leave them on two double-pointed needles. Using scrap yarn also helps avoid ugly holes or dropped stitches at the sides.

CHAIN STITCHES

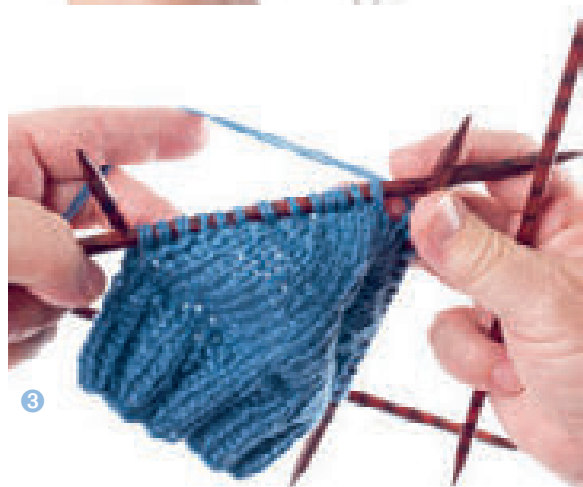
When making the heel flap, slip stitches at each side to form a chain along the edge. Slip the first st of each row purlwise.

The chain forms as you work back and forth on two needles ①.

PICKING UP AND KNITTING STITCHES ALONG A HEEL FLAP

You have several options for picking up stitches along a heel flap. For example, you can pick up the chain sts and place them directly on the needle without knitting them. This is the easiest method. You can also knit the sts with the working yarn ②. You can pick up and knit through either one or both loops of the chain. Each way works just as well. Personally, I prefer to pick up and knit stitches through both loops.

You can pick up the stitches through back loops (twisted) or knit them through back loops on the next round ③.



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Stockings from 1868

In 1916, the Norwegian Museum of Cultural History acquired a pair of small children's stockings with red motifs on a white background. The records reveal only sparse details: "period of 1868-70." The stockings were knitted with very fine wool. Here, I've copied the pattern from those stockings in a thicker yarn, to make them the right size for an adult woman.

INSTRUCTIONS

Size: Women's

MATERIALS

Yarn:

CYCA #1 (fingering) 2-ply Gam-melserie from Rauma (100% wool, 175 yd/160 m / 50 g): White 401, 100 g
CYCA #1 (fingering) Finullgarn from Rauma (100% wool, 191 yd/175 m / 50 g): Raspberry Red 456, 100 g

Needles:

U. S. size 1.5 / 2.5 mm: set of 5 dpn
Gauge: 28 sts in pattern = 4 in / 10 cm.

Adjust needle size to obtain correct gauge if necessary.

LEG

With Red, CO 78 sts. Divide sts as evenly as possible onto 4 dpn. Join, being careful not to twist cast-on row; pm for beginning of rnd. Knit 1 rnd. Change to White and work in k3, p3 ribbing for 15 rnds. Purl 1 rnd. Next, work an eyelet rnd: (k2tog, yo) around.

Now work 15 rnds in stockinette and then work 1 repeat following chart. As shown on chart, decrease 2 sts at center back on every 4th rnd, but on the last rnd, decrease only 1 st = a total of 13 sts decreased and 65 sts rem. Continue following the chart through last chart row = a total of 3 pattern repeats have been worked.

HOURLASS HEEL

After completing sock leg, divide sts, placing 32 sts on a holder for instep. These sts will "rest" until the heel is finished.

Place rem 33 sts on one dpn and work back and forth with White.

Row 1 (RS): Sl 1 purlwise wyb, knit 32; turn.

Row 2: Sl 1 purlwise wyf, purl until 1 st rem; turn.

Row 3: Sl 1, knit until 1 st rem; turn.

Row 4: Sl 1, purl until 2 sts rem; turn.

Row 5: Sl 1, knit until 2 sts rem; turn.

Continue as est until 12 sts rem at center of heel. The last row is worked on RS.

Sl 1, work as many purl sts as last knitted (12 sts). Pick up the strand between the last st and next, twist it and purl it tog with the next st; turn. Sl 1, knit as many sts as last worked (12 sts). Pick up strand between last st and next, twist it and knit it tog with next st; turn.

Rep these two rows, always with 1 more st before turning.

NOTE: Tighten the yarn a bit each time you turn to prevent holes. Continue as est, with 1 st more on each row until, on the last row, you work all the sts across heel.

Now work in the round over all the sock sts. At the same time, work in pattern following the chart for the foot for 2 rep of charted rows. Cut Red and continue with White only.

STAR TOE

Begin at the center of the sole.

Rnd 1: (K5, k2tog) around. The 2 sts rem on Ndl 4 will be decreased in subsequent rnds.

Rnds 2-6: Knit.

Rnd 7: (K4, k2tog) around.

Rnds 8-11: Knit.

Rnd 12: (K3, k2tog) around.

Rnds 13-15: Knit

Rnd 16: (K2, k2tog) around.

Rnds 17-18: Knit.

Rnd 19: (K1, k2tog) around.

Rnd 20: Knit.

Rnd 21: (K2tog) around.



FINISHING

Cut yarn and draw end through rem sts; tighten. Weave in all ends neatly on WS. Make the second sock the same way.

Love Mittens

A heart and two birds with beaks facing each other are both ancient symbols of love. These mittens are knitted in a lovely soft yarn that almost caresses the hands, and they're among my top favorites.

INSTRUCTIONS

Sizes: Women's (Men's)

MATERIALS

Yarn:

CYCA #1 (light fingering) Mari from Telespinn (80% mohair, 20% Merino wool, 190 yd/174 m / 50 g): Light Turquoise M322: 50 (100) g

CYCA #2 (sport) Arroyo from Malabrigo Yarn (100% Merino wool, 334 yd/305 m / 100 g): Azules 856 (blue heather): 50 (100) g

For the blue Malabrigo, you can substitute CYCA #1 (fingering) Dale Baby Ull (100% Merino wool, 180 yd/165 m / 50 g): Blue 5545

Needles: U. S. size 1.5 (2.5) / 2.5 (3) mm: set of 5 dpn

Gauge: 30 (28) sts in pattern = 4 in / 10 cm. Adjust needle size to obtain correct gauge if necessary.

RIGHT MITTEN

With Turquoise, CO 60 sts. Divide sts evenly onto 4 dpn and join. Knit 1 rnd. Change to Blue.

Rnd 1: *k2tog, k2, yo, k1, yo, k2, k2tog tbl, k1*; rep * to * around.

Rnd 2: Knit around.

Rep Rnds 1-2 a total of 8 times.

Now work following chart, increasing as shown. At dark line, place 15 sts on a holder for thumb. CO 13 new sts over gap.

Continue following chart, decreasing as shown for top.

When decreasing on right side of mitten, sl 1, k1, pssso.

When decreasing on left side of mitten, k2tog.

THUMB

Pick up 16 + 16 sts = 32 sts total.

Work thumb following chart, shaping top as shown. Cut yarn, draw end through rem sts, and tighten.

LEFT MITTEN

Work mirror-image from chart.

FINISHING

Weave in all ends neatly on WS. Gently steam press under a damp pressing cloth to block.



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Witchcraft Mittens

Lisbet Pedersdatter is the first Norwegian knitter about whom we have historical records. Lisbet was accused of witchcraft, and her trial was held in Jenns Thommesen's house in Stavanger, on August 22, 1634. From the resulting legal proceedings, we know she made her living knitting stockings. Her name is among a total of 860 people accused of witchcraft in Norway in the 1500s and 1600s; 307 of them were executed, most of them women who were burned alive. I made these mittens to honor all those who were wrongfully accused of witchcraft—hence the name “Witchcraft Mittens.”

INSTRUCTIONS

Sizes: Women's (Men's)

MATERIALS

Yarn:

CYCA #1 (fingering) Baby Panda from Rauma (100% Merino wool, 191 yd/175 m / 50 g), Charcoal Gray 14: 50 (100) g
CYCA # (fingering) Cloud from Anzula (hand-dyed 80% Superwash Merino wool, 10% cashmere, 10% nylon, 575 yd/525 m / 100 g), Nimbus Cloud: 50 (100) g

Needles: U.S. size 0 (1.5) / 2 (2.5) mm, set of 5 dpn

Gauge: 40 (36) sts = 4 in / 10 cm.
Adjust needle size to obtain correct gauge if necessary.

RIGHT MITTEN

With Charcoal Gray, CO 80 sts. Divide sts over 4 dpn and join to work in the round. Work in k1, p1 ribbing as shown on the chart and then continue in St st.

Increase for the thumb gusset on each side of a center stitch as shown for a striped gusset. At dark line, set aside 15 thumb sts for the thumb (see page 15 for details).

Continue, shaping top of mitten as shown on chart (see page 13 for details). Cut yarn and draw end through rem sts; tighten.

THUMB

Pick up and knit 17 + 17 sts around thumbhole = 34 sts total (see page 15). Divide sts onto 4 dpn and work as shown on thumb chart. Cut yarn and draw end through rem sts; tighten.

LEFT MITTEN

Work mirror-image from chart.

FINISHING

Weave in all ends neatly on WS. Gently steam press under a damp pressing cloth to block.



Sunnfjord Socks

Patterns wander. If someone sees a pattern she likes, she'll copy pattern elements. A knitter might add a little panel, a date, or some letters. From Surnadal in Nordmøre and Gaular in Sogn and Fjordane, we see a pattern that's constructed like stones in a wall. The elements of the pattern are arranged in bands; on every other row, the "stones" are shifted so there are no stacked vertical *fuger*, or "joints," as they say in masonry jargon. This pattern appears on mittens in both Surnadal and Gaular, but the University Museum in Bergen also has a pair of stockings with exactly the same pattern. It's a pair from Sunnfjord, knitted in red and black homespun wool yarn.

INSTRUCTIONS

Sizes: Women's (Men's)

MATERIALS

Yarn:

CYCA #1 (fingering), Finullgarn from Rauma (100% wool, 191 yd/175 m / 50 g)

Yarn Colors and Amounts:

Orange 461: 100 (100) g

Black 4387: 50 (50) g

Reinforcing Thread: black silk or similar thread

Needles: U. S. size 1.5 (2.5) /

2.5 (3) mm: set of 5 dpn

Gauge: 30 (28) sts in colorwork pattern = 4 in / 10 cm.

Adjust needle size to obtain correct gauge if necessary.

LEG

With Orange, CO 64 sts. Divide sts evenly onto 4 dpn. Join, being careful not to twist cast-on row; pm for beginning of rnd. Work around in k2, p2 ribbing for 1½ in / 4 cm. Knit 4 rnds in stockinette and then work an eyelet panel as follows: Purl 1 rnd, knit 1 rnd, work eyelet rnd: (k2tog, yo) around, purl 1 rnd.

Continue in stockinette until piece measures ¾ in / 8 cm long. Now work in leg pattern, as shown on chart.

BAND HEEL

After completing leg, place 31 sts on a holder for the instep (see chart). These sts will "rest" until the heel is finished (see top of leg chart, which indicates instep sts).

Heel Flap

Place the rem 33 sts on one dpn and work the heel flap back and forth. Begin on RS. Work heel flap in pattern as shown on the chart, carrying the reinforcing thread with the black yarn. Work the last st of each row with dou-

bled yarn (1 strand each Orange and Black). Begin on RS as follows:

Row 1 (RS): Sl 1 purlwise wyb, knit to last st, end k1 with both colors.

Row 2: Sl 1 purlwise wyf, purl to last st, end p1 with both colors.

Rep these 2 rows until there are 10 chain sts at each side of flap. Cut black yarn and reinforcing thread; continue with Orange only.

Now decrease to shape the band:

Row 1: Sl 1, knit until 11 sts rem, ssk; turn.

Row 2: Sl 1, purl until 11 sts rem, p2tog; turn.

Row 3: Sl 1, knit until 1 st before gap, ssk; turn.

Row 4: Sl 1, purl until 1 st before gap, p2tog; turn.

Rep Rows 3-4 until all the side sts have been eliminated; cut yarn.

FOOT

Divide the instep sts onto 2 dpn and divide the rem heel sts onto 2 dpn so you have half of each section on a needle. Now work the charted pattern in the round with RS facing you. Begin rnd at center of heel. Pick up and knit 1 st in each chain st along side of heel flap. You can pick up the sts tbl or knit them tbl on next rnd. Work across instep, following chart. Pick up and knit 1 st in each chain st of opposite side of flap and then complete rnd as est = 64 sts total. Continue in foot pattern to end of foot chart.

If necessary, you can add a whole or half repeat before the final stripe. Cut Black.

WEDGE TOE

Divide the sts, with 16 sts on each needle

***Ndl 1:** Knit until 3 sts rem on needle, k2tog, k1.

Ndl 2: K1, ssk, knit to end of needle.

Ndl 3: Work as for Ndl 1.

Ndl 4: Work as for Ndl 2.

Knit 2 rnds without decreasing*.

Rep * to * 3 times and then decrease on every other rnd until 3 sts rem on each needle. Cut yarn and draw end through rem sts; tighten.

FINISHING

Weave in all ends neatly on WS. Make the second sock the same way.



Selbu Mittens with “Six-Petaled Roses”

The typical Selbu mitten consists of a mitten “leaf” with a cuff (*vekk* is the local word)—which is to say, with a ribbing or decorative finish. The front and back sides of the mitten “leaf” had different motifs. In between was a vertical stripe. The thumb also had a front and back with different motifs, and a vertical stripe in between. Another characteristic of Selbu mittens is the marked difference between men’s and women’s mittens—something very few of us reflect on today. Traditionally, women’s mittens had ribbed cuffs, while men’s mittens had patterns on the cuffs.

INSTRUCTIONS

Sizes: Women’s (Men’s)

MATERIALS

Yarn:

CYCA #1 (fingering) Gammelserie from Rauma (100% wool, 175 yd/160 m / 50 g)

Yarn Amounts

Black 436: 50 (100) g

White 400: 50 (100) g

Needles: U.S. size 000 (0) / 1.5 (2) mm, set of 5 dpn

Gauge: 35 (32) sts = 4 in / 10 cm.

Adjust needle size to obtain correct gauge if necessary.

Version 1

Striped Ribbing

With Black, CO 60 sts. Divide sts over

4 dpn and join to work in the round.

Work 4 rnds k2, p2 ribbing. Continue in ribbing, alternating 2 rnds White and 2 rnds Black until there are a total of 6 White stripes. End with 4 rnds Black.

Version 2

Patterned Cuff

With White, CO 60 sts. Divide

sts over 4 dpn and join to

work in the round. Work 4

rnds k1, p1 ribbing. Con-

tinue in St st, following

Chart 1.

RIGHT MITTEN

When the cuff is complete, continue on to Chart 2. Increase for the thumb gusset as shown. At the dark line, place 15 sts on a holder for the thumb. CO 14 sts over the gap and continue following the chart. Shape top as shown on chart (see page 13 for details). Cut yarn and draw end through rem sts; tighten.

THUMB

Pick up and knit 17 + 15 sts = 32 sts total around thumbhole. Divide sts onto 4

dpn and work as shown on thumb chart. Cut yarn and draw end through rem sts; tighten.

LEFT MITTEN

Work mirror-image following the chart.

FINISHING

Weave in all ends neatly on WS. Gently steam press under a damp pressing cloth to block.



Mittens from Kautokeino

Berit Hætta writes that after sheep holding began, spinning, weaving, and knitting were common amongst the settled Sami. "In Kautokeino, the knitted mitten has had a very interesting development from the end of the 19th century up until now. After they learned how to dye yarn or could buy yarn in many colors, the mittens were knitted with colorful, self-designed patterns which embellished the entire mitten." The background color was preferably white, with red, blue, and green as common pattern colors. These mittens were made to look like a pair sold at Husfliden (a handcrafts shop) in Kautokeino in the 1950s.

INSTRUCTIONS

Sizes: Women's (Men's)

MATERIALS

Yarn:

CYCA #2 (sport) PT2 from Rauma (100% wool, 180 yd/165 m / 50 g)

Yarn Amounts:

Red 88: 50 (100 g)

Blue 36: 50 (100) g

White 00: 50 (100) g

Needles: U.S. size 1.5 (2.5) / 2.5 (3)

mm: straights and set of 5 dpn

Gauge: 29 (26) sts = 4 in / 10 cm.

Adjust needle size to obtain correct gauge if necessary.

RIGHT MITTEN

With Red around thumb and White over index finger, use long-tail method to CO 72 sts. Divide sts evenly over 4 dpn and join to work in the round. Work 1 rnd two-end purl braid

(see page 14) with Red and White.

Work another rnd of purl braid with Red and Blue.

Continue, following the chart. At the dark line, set aside 13 sts for the thumb (see page 15 for details). Shape top as shown (see page 13 for details). Cut yarn and draw end through rem sts; tighten.

THUMB

Pick up and knit 15 + 15 sts = 30 sts total around thumbhole. Divide sts onto 4 dpn and work following the thumb chart. Cut yarn and draw end through rem sts; tighten.

LEFT MITTEN

Work mirror-image following the chart.

FINISHING

Weave in all ends neatly on WS. Gently

steam press under a damp pressing cloth to block.

BRAIDED CORDS

Measure two strands of each color, about 35½ in / 90 cm long each. Thread through edge of mitten, opposite thumb, so strands are doubled = 12 strands each about 17¾ / 45 cm long. Group the strands so you have 2 Red, 2 White, and 2 Blue. Braid as shown in the drawing on page 178.

TASSELS

Wind the yarn 7-8 times around four fingers held together or until tassel is thick enough. Cut a strand to wrap 2-3 times around near the top of the tassel and fasten off securely (the end can be slid under the wraps and down into the tassel. Cut bottom loops open; attach tassel to cord.

