



Wendy Poole

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Post Treble Cable Wristwarmers

Materials

100 grams of DK yarn
4mm hook
2 stitch markers

Size

Ladies Medium 18cm (7") measured around the palm of the hand, just above the thumb.

Abbreviations

Ch = Chain
Tr = Treble
BP-Tr = Back Post Treble
FP-Treble = Front Post Treble
FP-TrCross = Make 1 front post treble in the second stitch, then come back and make a front post treble in the first stitch, (the stitch you just missed). This creates the cable cross.

Tension

Width - 5cm (2") = 10 stitches width-wise across cable pattern repeat.
Length - 5cm (2") = 8 rows of Back Post treble stitch.



Instructions

Make 2: Make 33 chain, place the 1st marker in last chain made, (under the hook). Make 3 more chain place 2nd marker in last chain from hook and turn. 36 chain in total.

Foundation row: Make 1 treble in 4th chain (where the 1st marker is placed) then remove marker. Work 32 more treble stitches. (You should have 3 chain at the beginning of the round, representing the first treble), followed by 33 trebles along the foundation chain, making 34 stitches in total).

Now carefully bring both the ends of the work round and join with a slip stitch into the top of the 3rd chain (where the 2nd marker is placed at the beginning of the round), taking care not to twist the loop.

Bottom Ribbing

Round 1: Make 3 chain (to represent the 1st stitch), then work *FP-Treble in next stitch, then work BP-Tr in the following stitch, repeat from * to end of round, ending with a FP-Tr.

Now join to the top of the third chain at the beginning of the round with a slip stitch.

Round 2: Repeat Round 1. **Important note:** You need to make an increase with one extra stitch, making a total of 35 stitches (Including the 3 chain at the beginning of the round). *To do this, make one treble, after the last FP-Tr and before join to the top of the third chain at the beginning of the round with a slip stitch.*



Main section

Round 1: Make 3 chain, then work * 1 BP-Tr in next stitch, now work 1 FP-Tr in each of the next 2 stitches,

*. For rest of round - work 3 BP-Tr then 2 FP-Tr, repeat from *all the way round, then ending with 1 BP-Tr as the last stitch,

Join with a slip stitch to the top of the 3 chain at the beginning of the round.

Round 2: Repeat Round 1.

Round 3: Make 3 chain, then work * 1 BP-Tr in next stitch, now work 1 FP-TrCross in the next 2 stitches,

*For rest of round - work 3 BP-Tr then 1 FP-TrCross, repeat from * all the way round, ending with 1 BP-Tr as the last stitch.

Join with a slip stitch to the top of the 3 chain at the beginning of the round.

Round 4 – 15: Repeat Rounds 1 to 3, four times.

Round 16: Make 3 chain (to represent 1st stitch), work 1 BPTTr in next stitch. now work 1 FPTTr in each of the next 2 stitches.

Work 3 BP-Tr then 2 FP-Tr, repeat from once,

Now make a BPTTr in the next stitch (**then stop and make 6 chain loosely, miss 6 stitches**).

Continue with round working 1 BP-Tr then ****two FP-Tr, then three BP-Tr****, repeat from ****** once then work two FP-Tr, followed by one BP-Tr.

Join with a slip stitch to the top of the 3 chain at the beginning of the round.

Round 17: Work as row 1, but work 6 **normal** trebles along the 6 chain space, (1 treble in each chain) creating the hole for the thumb.

Round 18: Work as round 3 and maintaining the cable pattern over the stitches above the thumb hole.

Rounds 19 and 20: Work as rounds 1 and 2 of main pattern.

Round 21: Work as round 3 of main pattern.

Round 22: Work as round 1 of main pattern, Decreasing 1 stitch, by not working the last BPtr at the end of the row (34 sts).

Rounds 23, 24, 25: Make 3 chain (to represent the 1st stitch), then work *1 FP-Treble in next stitch, then work BP-Tr in the following stitch, (to create a ribbed effect edging) repeat from * to end of round, **ending with a FP-Tr, join to the top of the third chain at the beginning of the round with a slip stitch.**

Fasten off and darn in ends.

Optional thumb section

Picking up the stitches: *Make 16 double crochet around the thumb opening as follows:*

Starting at a bottom corner and working along the bottom edge: Make 1 double crochet in each of the BP-Tr, 1 double crochet in the middle of the FP-Tr Cross, then 1 double crochet in each of the next BP-Tr. (6 double crochet made).

Make 1 double crochet at the side edge of the thumb hole.

Working along the upper edge: Make 1 double crochet in each of the BP-Tr, 1 double crochet in the middle of the FP-Tr Cross, then 1 double crochet in each of the next BP-Tr. (6 double crochet made).

Make 1 double crochet in the other side edge.

(16 double crochet made).

Work 4 rows of the Treble rib: Make 3 chain to represent the 1st BT-Tr.

* 1 FP-Tr, 1BP-Tr*, rep from * to end, finishing with a FP-Tr. Join with the Slip Stitch to the 3rd of the 3 chain made at the beginning of the round and fasten off.

Darn in all loose ends

