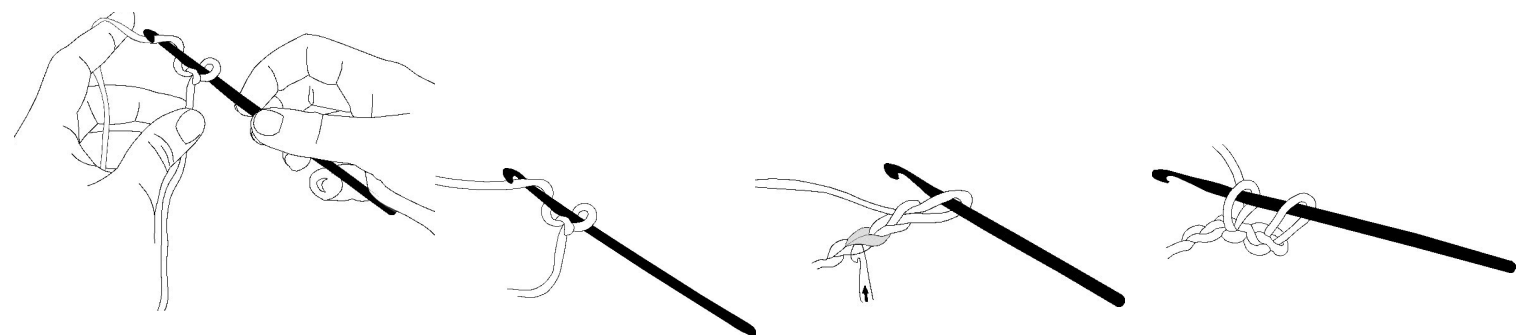


# MAKE-IT-YOURSELF: fluff cuff

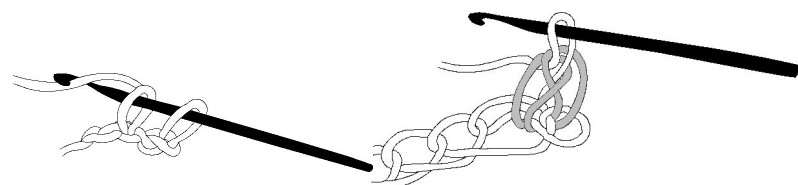
Gone are the days when collar and sleeve edgings were hand made. In today's modern market, where the manufacturer of the mass produced reigns supreme, hand made garments remain firmly locked in yesteryear. In celebration of 'the shock of the newish', Megan Ruth Hansen-Knarhoi incorporates an old school sleeve into a new school cuff. With a dash of nostalgia and a pinch of romanticism comes the fluff cuff — for your lover. It is customary for the worker of crochet to gift or give away the first item made. To this end, the fluff cuff is to be made with your lover in mind. The fluffy look and feel of wool against skin to warm the extremities in the winter cool emulates the fluffy feelings of love, which warm the heart and heat the soul. By incorporating your hair into this unique crochet garment, you can be with your lover wherever he or she may be, keeping them fluffily warm.



**Fig. 1.**  
Slip Stitch:  
Hold the wool loosely between two fingers. Take your other hand and make a loop of the wool around your two fingers, then pull one side of the wool through the loop to make another loop. Take the second loop and hold it while pulling the wool semi-tight. If you can hold and pull one end and the loop grows smaller then you have a slip knot. Put your needle through the loop. This is your starting point.  
Technique:  
Pass wool from the ball round little finger of left hand. Bring the wool through to back of hand and up between middle and index finger so that it lies over the top of the index finger. Grasp the slip knot firmly between middle finger and thumb. The first finger is raised to control the tension of the wool. The hook is held in the right hand. (If you are left handed hold the images up to the mirror and swap the word 'right' for 'left'.)

**Fig. 2.**  
Chain Stitch (abbr: ch):  
The basis of all crochet is chain stitch. Pointing the hook away from your body, move the hook under the wool held up with your left hand index finger. Raise and twist the hook slightly to catch the wool from the top. Pull the wool through the loop already on the hook to form a new loop. Do not pull this new loop too tight. Try to keep the loop reasonably loose. You have made one chain. Repeat over and over until you feel comfortable making chain. Allow the wool from the ball to move smoothly through your fingers, and moving your thumb and third finger to hold the chain nearest the hook. This may take a while. Practise until your chain stitches are consistently evenly sized. My first attempt as a young girl ended with my grandmother and I in tears and my wool and hook in a heap where I had flung it across to the opposite side of the room so do persist.

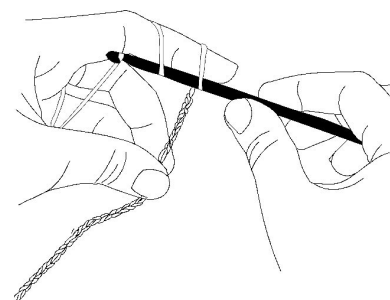
**Fig. 3.**  
Double Crochet (abbr: dc):  
Insert hook through second chain from hook, from front through to back, as illustrated (tip: each chain stitch looks a bit like a 'V').



**Fig. 5.**  
Hook wool again.

**Fig. 6.**  
Draw the wool through both loops on the hook. Therefore one loop remains on hook. Congratulations. You have completed one double crochet.

**Fig. 7.**  
Loop Stitch (abbr: lp):  
Insert needle in stitch as for double crochet. Wind the wool twice around the first finger of the left hand. Put the needle in between the wool and your finger. Draw the three strands of wool through the first stitch on your hook. It is just a double crochet stitch, except that you wind the wool round the finger and pull through. Catch the wool with the hook once more and draw the hook back through both loops.



## FLUFF CUFF PATTERN

**Materials:**  
One 4.5 crochet hook  
2-3 balls of wool or lots of scraps of wool knotted together (op-shops are excellent for fabulous, low cost wool and crochet hooks!)  
Hair  
One needle with large eye to thread wool through  
Patience

Make a length of ch to encircle the wrist loosely. Make an additional 15 ch.

**1st row:**  
Miss first ch from hook. Work 1 dc in each st. 1 ch (1 ch must always be added to the end of each row otherwise the garment will slowly decrease in size)

**2nd row:**  
lp st in every st. 1 ch (if you wish to add your hair, do it in every lp st row only. Add strands of your hair to the unworked wool and crochet as normal).

Repeat 1st and 2nd rows 12 times.

If you'd like your fluff cuff to extend further up your arm, increase by 4 dc evenly across length in next dc row (for example if you had a total of 36 st you would work an extra dc into every 9th st). To do this work 2 dc in one st of previous row.

Repeat 1st and 2nd rows until desired length is achieved.

Finish with 1st row. To end, make 1 ch. Snip wool. Pull wool through to make knot.

Join edges together, with wrong side facing out. Sew edges together with needle and thread. Work any loose ends into the wrong side.

Gift it!

## MEGAN RUTH HANSEN-KNARHOI

2001 AUTUMN/WINTER — 'Rakau' collective stall, handmade woolly crafty garments, Aotea Square Markets.  
2002 FEBRUARY — 'Splore: Integrated Arts and Music Festival' performance and workshops with 'Pacific Sisters' (I was the Polycontinental).  
2002 WINTER — 'Pixie Hat' designer and creator, 'The Fall of the Winter Palace' collection, Tanya Carlson.  
2002 OCTOBER — 'Luncheon', collaborative window installation with Ani O'Neill, Manchester Street, Christchurch. ([www.gridlocked.org.nz](http://www.gridlocked.org.nz))  
2002 NOVEMBER — 'Gay-Mans-Camp-Pussy-Tie', d:Tail adornment show, Mataora Gallery, Ponsonby Fringe Festival.  
2003 03/03/03 - '33 Cuddly Toy Jesus Crosses — Tinsellation Series' installation, at The Window, Cnr Pitt St and Beresford St, Auckland Central.  
2003 MAY — 'Hooked and Needled', solo exhibition, Agnes Curran, Ponsonby.