

# PROPHYLAXIS

by sharonf



This pattern is ridiculously easy to knit, solves an important kitchen safety problem, makes a lovely last-minute gift, and is a great way of using up odds and ends from stash.

Photographs: sharonf

I love using cooking pans that can go from the stovetop to the oven. But once the pot comes out of the oven, the blazing hot handle is an invitation to disaster. You're so used to being able to pick up a pan by its handle that you do it reflexively and get a nasty burn. If you've ever done this, you know the pain is something fierce, and it hangs around longer than the most tedious dinner guest.

The pan handle cozy is a stylish and functional piece of safety gear. Wool is a natural choice of materials because of its resistance to burning and its excellent insulating properties. Wool insulates even when wet, a virtue that anyone who has ever used a wet cotton hot pad will appreciate.

## Cautions:

- Because wool is such a good insulator, the pan handle will stay hot inside the cozy for longer than it usually would. So approach the handle with caution after you remove the cozy.
- Exercise great care if you use the cozy on a pan handle over an open flame. (This is code for, "just don't do it.")
- Do not leave the cozy on the pan in the oven.
- Do not use a yarn with non-animal fibers.

Free pattern on [ravelry.com](http://ravelry.com)

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**SIZE**

One size fits most pan handles. You can change the number of stitches or the number of rows to accommodate particularly short or wide handles. If your pan is very heavy, you might want to make a longer cozy so you can hold the handle with both hands.

**FINISHED MEASUREMENTS**

Approximately 6.25 inches long by 2.25 inches wide

**MATERIALS**

Brown Sheep Lamb's Pride Bulky [85% wool, 15% merino; 113 yd/125 m per 100g skein];  
pattern uses about one third of a skein

**Ribbed for Her Pleasure:** Prairie Goldenrod (M-240)

**French Tickler:** Kiwi (M-191)

**Safety:** Autumn Harvest (M-22)

If you want to use a different yarn, choose a bulky wool. I have tried making these cozies with less than two layers of bulky weight yarn, and they're just not thick enough. A thinner cozy is sufficient to protect you from accidental contact with the handle, but not to protect your hand when you are lifting a heavy pan.

(2-3) US #10/6mm double pointed needles

J-10/6mm crochet hook

yarn needle

(Safety only)

small piece of black felt (preferably wool)

small sharp sewing scissors

sewing needle

black sewing thread (preferably cotton)

**GAUGE**

14 sts/20 rows = 4 inches in stockinette stitch

## PATTERN NOTES

### Work I-cord

1. Cast on the required number of stitches to a double-pointed needle (DPN)
2. Orient the DPN so that the tail end of the cast-on is at the LEFT end of the needle.
3. Bring the long end of the yarn behind the back of the work and work the round in pattern as usual.
4. At the end of the round, slide the stitches again to the left hand end of the needle.

Repeat steps 3 and 4 until I-cord is the desired length. There will be a very loose column of stitches across the back of the work which you will fix when you "zip up" the I-cord.



### Zip up the I-cord (knit rounds)

After you work the entire piece, you will zip up the long ladders across the back of the I-cord, in the same manner as pulling up a dropped stitch.

1. With your crochet hook pointed toward the top of the work, place it underneath the first ladder rung.
2. Hook the next rung and bring it under the first rung.
3. Still holding the hooked rung, place the hook under the third rung and bring it through the hooked rung.

Continue in this fashion until you reach a purl round.



### Zip up the I-cord (purl rounds)

For the purl rounds:

1. With your crochet hook pointed toward the bottom of the work, insert it under the rung above the last hooked stitch and into the stitch from the back.
2. Pull the rung down over the stitch, and pull it through the stitch.

The zipped stitch you create on the lining of the work should closely match your other stitches. The zipped stitch on the casing may be a bit loose, because the rungs are longer, but blocking will take care of this.



### **Purl ridge**

This technique allows the two ends of the purl round meet up evenly, instead of “jogging.”

1. On the actual purl round, sl1 (with yarn in back) and purl to end of round.
2. On the following round, p1, sl 1 (with yarn in back) and knit to end of round.

### **Seed stitch (for French Tickler)**

Work over an odd number of stitches.

Round 1: k1, [p1, k1] to end of round

Round 2: p1, [k1, p1] to end of round

### **PATTERN**

#### **Lining (all variations)**

- Using knit cast on, CO 4 stitches
- Work one round of I-cord in St st
- Increase round: kfb in every stitch (8 sts)
- Work one round of I-cord even in St st
- Increase round: [kfb, k1] to end of round (12 sts)



Work I-cord even in St st for 24 more rounds or until piece is about 5.5 inches long.

(Ribbed and French) Increase round: k1, kfb, k3, kfb, k3, kfb, k2 (15 sts)

(Safety) Increase round: k2, kfb, [k1, kfb] to last st, k1 (17 stitches)

#### **Casing**

If you want to check the length of the casing as you work, zip up the I-cord to the purl ridge (see pattern notes) and push the lining into the casing.

#### **Ribbed for her Pleasure**

Round 1: Work purl round of purl ridge (see pattern notes).

Round 2: Work second round of purl ridge.

Rounds 3-5: Work I-cord in St st.

Work these five rounds 5 more times. Work rounds 1-4 once. Casing should be about 6 inches long (0.5 inches longer than lining).

First decrease round: k1, k2tog, [k2, k2tog] to end of round (11 sts)

Work purl round of purl ridge.

Second decrease round: sl first st and then k2tog around (6 sts)

Zip up the I-cord (see pattern notes).

Knit zipped stitch together with first stitch on needle. (It is easier to do this on an additional dpn.)

Break yarn, thread it twice through the remaining 6 stitches and pull tight.

### **French Tickler**

Round 1: Work purl round of purl ridge (see pattern notes).

Round 2: p1, sl1, p1, [k1, p1] to end of round

Work I-cord even in seed stitch until casing is about 6 inches long (0.5 inches longer than lining).

First decrease round: k1, k2tog, [k2, k2tog] to end of round (11 sts)

Knit one round even.

Second decrease round: sl first st and then k2tog around (6 sts)

Zip up the I-cord (see pattern notes).

Knit zipped stitch together with first stitch on needle. (It is easier to do this on an additional dpn.)

Break yarn, thread it twice through the remaining 6 stitches and pull tight.

### **Safety**

Round 1: Work purl round of purl ridge (see pattern notes).

Round 2: Work second round of purl ridge.

Work I-cord even in St st until casing is about 6 inches long (0.5 inches longer than lining).

First decrease round: [k2tog, k1] to last 2 sts, k2tog (11 sts)

Knit one round even.

Second decrease round: sl first stitch and then k2tog around (6 sts)

Zip up the I-cord (see pattern notes).

Knit zipped stitch together with first stitch on needle. (It is easier to do this on an additional dpn.)

Break yarn, thread it twice through the remaining 6 stitches and pull tight.

### **FINISHING**

You no longer have access to the wrong side of the lining, so weave in your ends as unobtrusively as possible, using duplicate stitch. Use the tail at the beginning of the work to close up any holes that might remain in the tip of the lining.

Block if desired.

(Safety) Print the flammable symbol and cut it out using small sharp scissors. Use the symbol as a template for cutting the symbol out of black felt. Appliqué the felt to the casing as pictured (being careful not to catch back side of work in stitches).



Push lining into casing. (A straight knitting needle with a broad flat base is a helpful tool for this.)



**ABOUT THE DESIGNER**



Sharon (sharonf on Ravelry) has resumed knitting after a twenty-year hiatus and is attempting to make up for lost time. She keeps a sporadic knitting and miscellany blog ([blog.sharonmattnadia.com](http://blog.sharonmattnadia.com)), but thinks her cake design blog is more interesting ([cake.sharonmattnadia.com](http://cake.sharonmattnadia.com)).