

Sock for your Hot Water Bottle



I needed a cover for my hot water bottle and decided to make one based on my favourite DK sock pattern, which is Blueberry Waffle by Sandy Turner. The waffle stitch is very stretchy and forgiving of slightly different sizes of hot water bottle. I like my sock idea and am happy to share, I don't regard this as a 'proper' pattern, but if it's any use to anyone in these times of austerity/fuel crisis in the UK, I'm glad.

The size is to fit a standard uncovered (or naked!) hot water bottle available from Boots the Chemist here in the UK, which is made in Germany, possibly by Fashy. The body size of the bottle is 19 cm wide and

26.5 cm long, excluding the neck. The correct tension is not critical, as the cover is very stretchy. I am quite a relaxed knitter, you might find a 3.5mm needle suits you better. My tension was 28 stitches by 40 rows, unstretched, approximately.

I used DK sock yarn, of which I have an ample supply. WYS Aire Valley DK is now discontinued, but any robust DK will do, and it's a perfect pattern for scraps, stripes, anything you like really. One 100gm ball with 225m or 230m will be enough with a little left over. I like to use DK with some wool content for better insulation, but use anything you like. If you're short of yarn you can make the bottom ribbing and neck ribbing with less rows, indeed my earlier versions of this pattern did have less rows, but I prefer the look with the numbers I've listed.

I like to use the 2 circular method for knitting in the round, using one needle for the front and one for the back. Feel free to use any method that suits you, and place markers as necessary.

Like a sock, this is worked at a fairly firm texture, to ensure there are no gaps in use.

- cast on 96 sts, join into a round and place a marker or clip. I use cable cast on for everything, but use whatever method suits you.
- Work 25 rows of 2x2 rib for 'cuff'
- work waffle stitch (2 rows plain, 2 rows 2x2 rib) for 18 repeats
- shoulders: keeping waffle st pattern intact: needle 1: K1, SSK, patt to 3 sts before end, K2tog, K1, repeat for needle2, until 24 sts remain on each needle (48 in total)
- neck: now work 2x2 rib long enough to cover neck of bottle. I like to work 30 rows and fold over my neck like a little polo necked jumper, cast off in rib.
- finishing: sew a couple of big poppers inside base ribbing to hold in place in use. I personally don't bother to do this, but it's a good idea for children especially.

HOT WATER BOTTLE SAFETY:

- never use boiling water, I set my kettle to 90C, or boil your kettle and leave to stand for 5-10 mins
- never use an uncovered bottle in bed at night, it can result in severe burns if you fall asleep with a naked bottle next to your skin. I do actually know someone who burned their skin in this way. In extremis, if you haven't finished your cover, wrap your bottle in a towel and secure with safety pins. nappy pins are safest, if you have them.
- do not overfill your bottle. fill 3/4 full at most, give it a carefully squeeze to remove the air, so that the water rises to the bottom of the neck & screw your lid on.
- do not over tighten your lid, hand tight should be adequate.



stay warm this winter! with love from Rainbow Owl x