



THE CANADIAN  
RED CROSS SOCIETY

Knitting Instructions  
for  
War Work

*Compliments of . . .*

THE YELLOW PAGES OF YOUR  
TELEPHONE DIRECTORY

**EXACTNESS** is an axiom of fine hand knitting. The better heel-turners and toe-weavers use precise methods .... They seldom trust to memory.

The **SAME PRINCIPLE** .. of certainty, is essential to the most effective use of telephone service. When you want to find any article or service, consult **THE YELLOW PAGES OF YOUR TELEPHONE DIRECTORY.**

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## ABBREVIATIONS:

K—knit.

P—purl.

S—slip.

st—stitch.

sts—stitches.

ins—inches.

tog—together.

p.s.s.o.—pass slipped stitch over.

inc—increase.

dec—decrease.

t.b.l.—through back of loops.

knit even—without increasing or decreasing.

wl. fwd.—wool forward.

M.—make a stitch.

**M.1**—Pick up thread **before** next stitch with right-hand needle, slip it on to left-hand needle, and knit into back of this thread.

## KNITTED ARTICLES FOR ALL BRANCHES OF THE SERVICE

1. Army—All units.
2. Navy—All seamen.
3. Air Force—All branches.

These instructions are compiled as a reference for experienced knitters, and as a guide and assistance to others. All good, well-made garments are gratefully received, and if knitters will carefully follow these suggestions the garments will be well shaped. Wool is too precious to waste. Examine the type and weight of your wool and make the garment suited to that type. Also,

1. Use the specified needles, if average knitter.  
If tight knitter, use slightly larger size needles.  
If loose knitter, use slightly smaller size needles.
2. Use the specified weight and types of wool.
3. Always watch tension: i.e. number of stitches to the inch.
4. Join wool by splicing—do not knot.
5. Cast on all ribbing stitches loosely—cast off the stitches the same way allowing plenty of stretch, using larger needle if one has any difficulty.
6. Wash socks—then stretch or press.
7. Join two socks of pair together with light coloured wool pulled through two inside thicknesses of cuff. Do not knot, but tie in firm bow. Fasten one size label (on each pair of socks) on the outside on cuff, if size runs between sizes, label smaller size.
8. Press all other garments.
9. Use words "Small," "Medium," or "Large," in sweater to show size.

## WHAT THE ARMY NEEDS

### SOCKS—

**Colour**—Khaki, Brown, Heather Mixture, Grey, or any suitable colour.

**Wool**—4 ply fingering, 5-6 ounces or equal weight.

**Needles**—Average Knitter—4 No. 11.

Tight Knitter —4 No. 10.

Loose Knitter —4 No. 12.

Bell gauge, points both ends.

### Measurement—

All sizes from 10-12 required.

Length of leg from top of the cuff to under the heel from 14 in.-16 in. To make a 16-in. sock add 2 in. to the directions for leg, making 13 in. instead of 11 in.

Cast on 60 stitches, rib 4 in., 2 plain, 2 purl. Knit plain 7 in., 9 in. for 16-in. sock, (11 in. in all). **HEEL**—Knit plain 28 stitches on to one needle, turn, purl back these 28 stitches, turn, knit plain. Repeat these two rows (always slipping the first stitch) 11 times (12 in all), or 24 rows.

With the inside of the heel toward you, purl 15 stitches, purl 2 together, purl 1.

Turn, knit 4 stitches, knit 2 together, knit 1, turn, purl 5 stitches, purl 2 together, purl 1.

Turn, knit 6 stitches, knit 2 together, knit 1, turn, purl 7 stitches, purl 2 together, purl 1.

Turn, knit 8 stitches, knit 2 together, knit 1, turn, purl 9 stitches, purl 2 together, purl 1.

Turn, knit 10 stitches, knit 2 together, knit 1, turn, purl 11 stitches, purl 2 together, purl 1.

Turn, knit 12 stitches, knit 2 together, knit 1, turn, purl 13 stitches, purl 2 together, purl 1.

Turn, knit 14 stitches, knit 2 together, knit 1.

Pick up and knit the 12 stitches down the side of the heel piece and knit 2 stitches off the front needle.

Knit 28 stitches off the front needles on to one needle; the last 2 stitches knit on to the 3rd needle, on which pick up and knit the 12 stitches at the other side of the heel piece. Divide the heel stitches on to the 2 side needles and knit right round again to the centre heel. First needle, knit to within 3 stitches of the front end of side needle, knit 2 together, knit 1.

Front needle plain. Third needle, knit 1, knit 2 together, knit plain to end of needle.

This reducing to be done every other row until there are 56 stitches on the needles (front needle 28, side needles 14 each). Knit plain until the foot from the back of the heel measures 9 inches.

**KITCHENER TOE**—Decrease for toe—knit 6 stitches, then knit 2 together, knit 6 stitches, knit 2 together. Repeat this to end of the 3 needles. Then knit 5 rows plain. Then knit 5 stitches, knit 2 together, and repeat to the end of 3 needles. Then knit 4 rows plain. Then knit 4, knit 2 together, repeat to the end of 3 needles. Then 3 plain rows. Then knit 3 stitches, knit 2 together, repeat to end of 3 needles. Then knit 2 plain rows. Then knit 2 stitches, knit 2 together and repeat to end of 3 needles. Then 1 plain row. Then 1 row decreasing, **if necessary**, so as to leave 10 stitches on front needle and 5 on each of the back needles.

**GRAFTING**—Divide the stitches equally on two needles. With the wool at one end and with the right side of work facing, break off the wool, leaving a length of several inches, and thread this with a wool needle. \*Inserting the wool needle, as if for knitting, into the first stitch of the front needle, draw it through the stitch and slip the latter off the needle: inserting the needle as if for purling, into the second stitch of the front needle, draw the wool through and let the stitch remain on the needle: taking the wool under the front needle and inserting the wool needle, as if for purling, into the first stitch of the back needle, draw the wool through this stitch and slip the latter off the needle: inserting the needle, as if for knitting, into the second stitch of the back needle draw the wool through and let the stitch remain on the needle, bring the wool forward under the needle and repeat from \* until all stitches are worked off, darning in the end of wool securely when finished.

**ALTERNATE TOE**—Decrease for toe. On front needle knit 2, knit 2 together. Knit to within 4 stitches from end of needle, knit 2 stitches together, knit 2. On first side knit 2, knit 2 together, knit to the end of needle. Knit to within 4 stitches from the end of second side needle, knit 2 together, knit 2. Knit 3 rounds plain. Then 1 round decreasing, then 2 rounds plain. \*Then 1 round decreasing. Then 1 round plain. Repeat from \* until there are 10 stitches on front needle and 5 on each side needle. Now slip stitches from one side needle to the other, making 10 stitches on 2 needles. Break wool, and finish as for Kitchener Toe. **Wash—press or stretch—**

Join with wool drawn through and tied in tight bow. Attach size label.

## BED SOCKS—

**Colour**—White is preferable.

**Wool**—6 oz. 4-ply Scotch fingering or equal weight wool.

**Needles**—4 No. 8. Bell gauge, points both ends.

**Tension**—5 sts. = 1 inch.

Cast on 48 sts. (16 on each of 3 needles). Work  $3\frac{1}{2}$  inches ribbing (K2, P2). **Next round:** \*W1. fwd. K2 tog. Repeat from \* to end of round. Continue in ribbing until work measures 11 in. from beginning.

**To make heel:** Rib first 12 sts. of round. Slip the last 12 sts. of the round onto the other end of the same needle. (These 24 sts. are for the heel.) Divide remaining sts. onto 2 needles and leave for instep. Working on the 24 heel sts. proceed:—**1st row:** K1. Purl to last st. K1. **2nd row:** Knit. Repeat these 2 rows 9 tin es, then 1st row once. (21 rows altogether).

**To turn heel:** K13, Slip 1, K1, p.s.s.o. K1. Turn. **2nd row:** P4. P2 tog. P1. Turn. **3rd row:** K5. Slip 1. K1. p.s.s.o. K1. Turn. **4th row:** P6. P2 tog. P1. Turn. **5th row:** K7, Slip 1, K1, p.s.s.o. K1. Turn. **6th row:** P8. P2 tog. P1. Turn. **7th row:** K9. Slip 1. K1. p.s.s.o. K1. Turn. **8th row:** P10. P2 tog. P1. Turn. **9th row:** K11. Slip 1. K1. p.s.s.o. K1. Turn. **10th row:** P12. P2 tog. P1. Knit back 7 sts. (thus completing heel). Slip all the instep sts. onto one needle. Taking another needle knit the remaining 7 sts. of the heel and knit up 12 sts. from side of heel. With a 2nd needle, rib across instep sts. With a third needle knit up 12 sts. from other side of heel and renailing 7 heel sts.

**To make instep:** **1st round:** Work around the 3 needles, keeping the 2nd needle in ribbing. **2nd round:** 1st needle—Knit to last 4 sts. K2 tog. K2. 2nd needle—Rib. 3rd needle—K2. K2 tog. t.b.l. Knit to end of needle. Repeat these 2 rounds until there are 12 sts. on each of the 1st and 3rd needles.

Continue even until foot measures (from where sts. were knitted up at side of heel):—

$5\frac{1}{2}$  ins. for size 10.      6 ins. for size  $10\frac{1}{2}$

$6\frac{1}{2}$  ins. for size 11.

**To shape toe:** **1st decreasing round**—\*K6. K2 tog. Repeat from \* to end of round. Knit 3 rounds even. **2nd decreasing round:** \*K5. K2 tog. Repeat from \* to end of round. Knit 3 rounds even. Continue decreasing in this manner, every 4th round, until there are 18 sts. in the round. **Next round:** (K2 tog.) 9 times. Break wool. Thread end through remaining sts. Draw up tightly and fasten securely on wrong side of work.

Using 3 strands of wool 70 ins. long, make a twisted cord and thread through holes at top of leg. Make 2 tassels and attach one to each end of cord.

**To make the tassels:** Cut a piece of cardboard  $1\frac{1}{2}$  ins. wide and 3 ins. long. Wind a piece of wool 18 times round and round the width. Break the wool, leaving an end about 6 ins. long and thread the end through a needle. Slip needle through all the loops on the cardboard and tie the wool tightly at one edge. Slip off the cardboard and wind the wool several times around the loops  $\frac{1}{2}$  inch from the fold. Draw needle through top and sew tassel to end of tie.

Make another Bed Sock to correspond.

## KNEE CAPS—

**Colour**—Any suitable colour.

**Wool**—4 oz. heavy 4-ply Scotch fingering.

**Needles**—Two No. 9 knitting needles.

**Tension**— $5\frac{1}{2}$  sts. = 1 inch—important.

Cast on 38 sts. Knit 10 rows plain knitting. **11th row:** K17. Inc. 1 st. in next st. Knit to last 18 sts. Inc. 1 st. in next st. K17. **12th row:** Knit. Repeat last 2 rows until there are 56 sts. on needle. Knit 37 rows plain knitting. Proceed:—

**1st row:** K17. K2 tog. Knit to last 19 sts. K2 tog. K17. **2nd row:** Knit. Repeat these 2 rows until there are 38 sts. on needle. Knit 10 rows plain knitting. Cast off.

**TO MAKE UP:** Press carefully. Sew together the cast-on and cast-off edges. Work another Knee Cap to correspond.

## GLOVES—

**Materials**—Special Service Yarn, heavy weight, 4 ozs.

**Needles**—Set of four No. 11 knitting needles (points at both ends).

**Measurements**—Width around hand at thumb, 8 ins.

**Tension**— $6\frac{1}{2}$  sts. = 1 inch.

**Right hand glove:** \*\* Cast on 48 sts. (16-16-16). Work  $3\frac{1}{2}$  ins. ribbing (K2, P2). Work 6 rounds

plain knitting. **Next round:** (beginning thumb). P1. Inc. 1 st. in next st. K1. Inc. 1 st. in next st. K1, P1. Knit to end of round. Proceed:—

**1st and 2nd rounds:** Knit plain, purling sts. which were purled in the previous round. **3rd round:** P1. Inc. 1 st. in next st. Knit to the 2 sts. before the next purl st. Inc. 1 st. in next st. K1, P1. Knit plain to end of round. Repeat last 3 rounds until there are 16 sts. between the 2 purled sts. Repeat 1st and 2nd rounds once. **Next round:** K1. Cast on 4 sts. Slip next 16 sts. onto a thread and leave for thumb. Knit to end of round. \*\* Work 13 rounds even. Proceed:—

**1st Finger:** Knit the first 4 sts. Slip all but the last 10 sts. onto a thread. Cast on 2 sts. Knit the last 10 sts. Divide these 16 sts. evenly onto 3 needles. Work 3 ins. even. **Next round:** K2 tog. 8 times. Break wool. Run end through remaining sts. and fasten off securely.

**2nd Finger:** Knit the next 6 sts. of the round. Cast on 2 sts. Knit the last 6 sts. of round and knit up 3 sts. at base of 1st finger. Divide these 17 sts. onto 3 needles. Work  $3\frac{1}{2}$  ins. **Next round:** K2 tog. 8 times. K1. Finish as for 1st finger.

**3rd Finger:** Knit the next 6 sts. of the round. Cast on 2 sts. Knit the last 6 sts. of round and knit up 2 sts. at base of 2nd finger. Divide these 16 sts. evenly onto 3 needles. Work 3 ins. even. Finish as for 1st finger.

**4th Finger:** Knit remaining sts. and knit up 4 sts. at base of 3rd finger. Divide these sts. evenly onto 3 needles. Work  $2\frac{1}{2}$  ins. even. **Next round:** K2 tog 7 times. Finish as for 1st finger.

**The Thumb:** Knit the 16 sts. which were left for the thumb and knit up 4 sts. at base of thumb. Divide these sts. onto 3 needles. **Next two rounds:** Knit dec. twice over the 4 sts. which were picked up at base of thumb. (16 sts. in round). Knit 2 ins. even. K2 tog 8 times. Finish as for 1st finger.

**Left Hand Glove:** Work as given for right hand glove until fingers are reached.

**1st Finger:** Knit first 14 sts. Slip remaining sts. onto a thread. Cast on 2 sts. Divide sts. on 3 needles. Work remainder of glove as given for right hand glove, beginning at back to knit up sts. for fingers.

#### HALF MITTS—

**Colour**—Khaki or any suitable colour for military woollens.

**Wool**—4 oz. of 4-ply medium weight Scotch fingering.

**Needles**—1 set 4 No. 11. Bell gauge, points both ends.

**Tension**— $6\frac{1}{2}$  sts. = 1 inch.

Mitt measures 8 inches around hand at thumb.

Cast on 48 sts. (16 on each of three needles). Work  $3\frac{1}{2}$  ins. ribbing (K2. P2). Work 6 rounds plain knitting. **Next round** (beginning thumb). P1. Inc. 1 st. in next st. K1. Inc. 1 st. in next st. K1. P1. Knit to end of round. Proceed:—

**1st and 2nd rounds:** Knit plain, purling sts. which were purled in the previous round. **3rd round:** P1. Inc. 1 st. in next st. Knit to the 2 sts. before the next purl st. Inc. 1 st. in next st. K1. P1. Knit plain to end of round. Repeat last 3 rounds until there are 16 sts. between the 2 purled sts. Repeat 1st and 2nd rounds once. **Next round:** K1. Cast on 4 sts. Slip next 16 sts. onto a thread and leave for thumb. Knit to end of round. Work 10 rounds in plain knitting. Work 12 rounds ribbing (K2. P2). Proceed:—

**1st Finger:** Rib the first 4 sts. Slip all but last 10 sts. on to a thread. Cast on 2 sts. Rib the last 10 sts. Divide these 16 sts. onto 3 needles. Rib 4 rounds. Cast off in ribbing.

**2nd Finger:** Rib the next 6 sts. of the round. Cast on 2 sts. Rib the last 6 sts. of the round. Pick up and purl 2 sts. at base of 1st finger. Rib 5 rounds. Cast off in ribbing.

**3rd Finger:** Rib the next 6 sts. of the round. Cast on 2 sts. Rib the last 6 sts. of the round. Pick up and knit 2 sts. at base of 2nd finger. Rib 4 rounds. Cast off in ribbing.

**4th Finger:** Rib the remaining sts. Pick up and purl 2 sts. at base of 3rd finger. Rib 2 rounds. Cast off in ribbing.

**To make Thumb:** Divide the 16 sts. which were left onto two needles. With a third needle pick up and knit 4 sts. from base of thumb. Work 6 rounds plain knitting. Work 6 rounds ribbing (K2. P2). Cast off in ribbing.

**LEFT HAND MITT:** Work as given for Right-Hand Mitt until fingers are reached.

**1st Finger:** Rib the first 10 sts. Slip all but the last 4 sts. onto a thread. Cast on 2 sts. and rib last 4 sts. Work remainder of Mitt as given for Right-Hand Mitt.

#### BROADCAST WRISTLET—

**Colour**—Khaki or any suitable colour for army woollens.

(See Air Force Instructions, page 29)

## RIFLE MITTS—

**Colour**—Khaki or any suitable colour for military woollens.

**Wool**—3 ounces medium weight 4-ply wool.

**Needles**—1 set of 4 No. 13 needles, points at both ends.

**Tension**—9 sts. = 1 inch.

### LEFT MITT

Cast 60 sts. on 3 needles loosely (20 on each of 3 needles).

Work a 4-inch cuff in rib of K1, P1.

#### To Start Hand and Thumb

**1st round**—K1, M1, K2, M1, K57.

Knit 3 rounds even after every given round.

**5th round**—K1, M1, K4, M1, K57.

**9th round**—K1, M1, K6, M1, K57.

**13th round**—K1, M1, K8, M1, K57.

Continue in this way, increasing 2 sts. every 4th round until there are 36 sts. on first needle (76 sts. in all). Knit 3 rounds even after last increase round.

#### To Make Hand

Slip first 20 sts. from first needle on to a piece of thread and leave for thumb.

Cast 6 sts. on end of 3rd needle. (62 sts.).

Knit even until hand measures 2 ins. from where the 6 sts. were cast on. End with a completed round.

#### To Make First Finger

**1st round**—K9. Slip next 44 sts. on to a piece of thread. Place last 2 sts. from first needle on to 2nd needle. Cast on 4 sts. K2 sts. from last 9 sts. Knit remaining 7 sts. on 3rd needle (7-8-7).

Work even in stocking-stitch until finger measures 3 inches.

#### To Finish First Finger

**1st round**—K1, \*K2 tog, K1. Repeat from \* to end of round.

**2nd round**—Knit.

**3rd round**—K2 tog. until 1 st. remains. K1.

Break wool. Thread end through remaining 8 sts. Draw close. Fasten securely.

#### To Make Three Finger Section

Slip 22 sts. from thread on to one needle, the remaining 22 sts. on to 2nd needle.

Join wool at base of first finger. Pick up and knit 4 sts. Knit 10 sts. from first 22 sts. and slip them on to needle with the 4 picked-up stitches. Knit remaining 12 sts. on second needle. Knit the 22 sts. from third needle. Knit the first 2 sts. from first needle and slip them on to 3rd needle (12-12-24).

Knit even until mitt measures  $2\frac{1}{2}$  ins. from the 4 picked-up stitches.

## To Finish Three Finger Section

**1st round**—First needle: Knit. 2nd needle: Knit until 3 sts. remain. K2 tog., K1. 3rd needle: K1, S1, K1, p.s.s.o. Knit to end of needle.

Knit 2 rounds even.

Repeat last 3 rounds once.

**7th round**—Same as 1st round.

**8th round**—Knit.

Repeat last 2 rounds once.

**11th round**—First needle: K1, S1, K1, p.s.s.o. Knit to end of needle. 2nd needle: Knit until 3 sts. remain. K2 tog., K1. 3rd needle: K1, S1, K1, p.s.s.o. Knit until 3 sts. remain. K2 tog., K1.

Repeat last round 3 times.

Slip remaining 4 sts. from 2nd needle on to first needle.

Graft, see toe of "Army Sock."—Page 5.

### THUMB

Join wool before the cast-on stitches. Pick up and knit 6 sts. Slip the 20 sts. from thread on to 2 needles and knit. (26 sts.)

Knit even until thumb measures  $2\frac{3}{4}$  ins. from picked-up stitches.

#### To Finish Thumb

**1st round**—K2 tog., \*K1, K2 tog. Repeat from \* to end of round.

**2nd round**—Knit.

**3rd round**—K2 tog. until 1 st. remains. K1. Break wool and run end through remaining stitches. Fasten securely.

### RIGHT MITT

Work as for left mitt until ready to make first finger.

Rearrange stitches as follows: Knit 56 sts. Slip remaining 6 sts. from 3rd needle on to first needle. Finish as left mitt beginning with, "To make First Finger."

## WHOLE MITTS—

**Colour**—Khaki or any colour suitable for military woollens.

**Wool**—Double Knitting, 4 ozs. or 4-ply heavy Scotch fingering, 4 ozs.

**Needles**—4 No. 11 Bell gauge, points at both ends.

**Measurements**—Width around hand at thumb, 8 ins.

**Tension**— $6\frac{1}{2}$  sts. = 1 inch.

Cast on 48 sts. (16 sts. on each of three needles). Work  $3\frac{1}{2}$  ins. ribbing (K2, P2). Work 6 rounds plain knitting. **Next round:** (beginning thumb). P1, Inc. 1 st. in next st. K1, Inc. 1 st. in next st. K1, P1. Knit to end of round. Proceed:—

**1st and 2nd rounds:** Knit plain, purling sts. which were purled in the previous round. **3rd round:** P1. Inc. 1 st. in next st. Knit to the 2 sts. before the next purl st. Inc. 1 st. in next st. K1. P1. Knit plain to end of round. Repeat last 3 rounds until there are 16 sts. between the 2 purled sts. Repeat 1st and 2nd rounds once. **Next round:** K1. Cast on 4 sts. Slip next 16 sts. onto a thread and leave for thumb. Knit to end of round. Work 25 rounds in plain knitting. Proceed:—

**1st round:** \*K6, K2 tog. Repeat from \* to end of round. Work 5 rounds even.

**7th round:** \*K5, K2 tog. Repeat from \* to end of round. Work 4 rounds even.

**12th round:** \*K4, K2 tog. Repeat from \* to end of round. Work 3 rounds even.

**16th round:** \*K1, K2 tog. Repeat from \* to end of round. Work 2 rounds even.

**19th round:** \*K2 tog. Repeat from \* to end of round. Break wool. Run the end through remaining sts. and fasten securely.

**To make thumb:** Divide the 16 sts. which were left on to 2 needles. With a 3rd needle pick up and knit 4 sts. from base of thumb. Work 20 rounds even. **21st round:** \*K3, K2 tog. Repeat from \* to end of round. **22nd and 23rd rounds:** Knit. **24th round:** \*K2 tog. Repeat from \* to end of round. **25th round:** Knit. Break wool. Run end through remaining sts. Draw up and fasten off securely.

Work another mitt to correspond.

Note: If impossible to obtain the wool specified, these directions must be modified for the type of wool obtained: if heavy four-ply wool is used fewer stitches will be needed; if finer wool is used, more stitches will be needed.

## TWO-WAY MITTS—

**Materials**—3 oz. double knitting or 3-ply wheeling yarn.

**Needles**—Four No. 11.

### RIGHT HAND MITT

Cast on 27 st. and work 10 rows K1, P1, break wool and leave aside but do not cast off.

Cast on 48 st. (16-16-16) and work 4 ins. in K2, P2, work plain knitting 4 rounds.

**5th round:** K1, M1, K1, M1, knit to end of round.

**6th and 7th rounds:** Knit.

**8th round:** K1, M1, K3, M1, knit to end of round. Continue in this way, inc. by 2 sts. every 3rd

round, and knitting 2 sts. extra between the increases until you have made 11 sts. Knit 2 rounds.

**Next round:** K1, take off 11 sts. on holder or thread and cast on 6 sts. on needle with 1 st. on it, knit to end of round. Knit 6 rounds plain.

**Next round:** K1, transfer this st. to needle just completed. Now work 27 sts. in K1, P1, and finish round plain. Work 9 more rounds keeping the first 27 sts. in K1, P1, rib.

**Next round:** Cast off the 27 ribbed sts. and work plain to end of round. \*\*\*\*\*

**Next round:** Take the piece laid aside and knit in K1, P1, on first needle in place of 27 sts. cast off, and finish round plain. Knit 10 more rounds keeping 27 sts. in K1, P1, and the remainder plain. Now work 4 rounds plain.

### To Shape Top of Mitt

**1st needle** (with 27 ribbed sts.): K1, K2 tog. through back loops. Knit to within 3 sts. from end of needle, K2 tog., K1.

**2nd needle:** K1, K2 tog. through back loops, knit to end of needle.

**3rd needle:** Knit to within 3 sts. from end of needle K2 tog., K1. Knit 1 round plain. Repeat these 2 rounds until 18 sts. remain. Graft as for toe of sock.

### Thumb

Pick up the 11 sts. (on holder or thread) and pick up 7 more from hand and work 22 rounds plain.

**23rd round:** Knit 2 tog. right around.

**24th round:** Knit plain. Cut off wool, pull through sts. and finish off. Sew down ends of flap on inside of mitt.

### LEFT HAND MITT

Start as for right hand mitt by knitting hand flap first and leave aside; then rib cuff 4 in., K2, P2. Knit 4 rounds plain.

**5th round:** Knit to within last 2 sts. on last needle, then M1, K1, M1, K1. Continue as before, inc. at this point until 11 sts. have been added. Knit 2 rounds plain.

**Next round:** Knit to within last 12 sts. on last needle. Put 11 sts. on holder or thread, cast on 6 sts. K1. Knit 6 rounds plain. Transfer last st. on last row to 1st needle and including this st. work 26 st. plain. Work next 27 sts. in K1, P1. Work 9 more rows like this, then cast off the 27 ribbed sts. and continue as first mitt from \*\*\*\*\*

### MAN'S PLAIN KNITTED SCARF

(with or without fringe)

**Colour**—Khaki or any colour suitable for military woollens.

**Wool**—10 ozs. heavy 4-ply Scotch fingering.

**Needles**—2 No. 9.

**Measurement**—Width not less than 12 inches.

Length not less than 46 inches.

**The scarf without fringe:** Cast on 56 sts.

Knit 46 ins. plain knitting. Cast off.

**The scarf with fringe:** Cast on 56 sts. Knit 44 ins. plain knitting. Cast off.

**The fringe:** Wind the wool over a piece of cardboard 4 ins. wide and cut through one edge. Taking 4 strands together, double them, and using a crochet hook, draw a loop through the end of the scarf, pass the ends through the loop and knot firmly. Repeat at even distances along the ends of the scarf.

### **SLEEVELESS SWEATER—(Regulation V Neck)**

**Colour**—Khaki or any colour suitable for military woollens.

**Wool**—10 ozs.—heavy 4-ply Scotch fingering or double knitting wool.

**Needles**—Two No. 7, Bell gauge for average knitter.

Two No. 8, Bell gauge for loose knitter.

**BACK:** Cast on 80 sts. Rib 4 inches (K2, P2.). Then in stocking stitch (knit 1 row, purl 1 row) for 10 inches. Then cast off 3 sts. at beginning of next 2 rows. From now on keep 5 sts. knit plain at each end of needle every **purl row** to form border around armholes. Continue to knit in stocking stitch and knit 2 sts. together inside the 5 sts. of border every 4th row 3 times. Continue to knit until armhole measures 8 inches. Then keep **centre 34 sts. knit plain on purl rows** same as armhole for 1 more inch. Then knit 22 sts. Cast off 24 sts. in centre for neck. Knit 22 sts. **on one side, now knit front**, keeping 5 sts. at neck end knit plain on purl rows to form border same as armhole. Knit 8 rows for shoulder. Then increase 1 st. on 6th st. from neck and every 4th and 2nd row, time about (12 times in all). Break off. Repeat same for other front. Then put all sts. on 1 needle, but keep 10 sts. in centre, knit plain on every purl row for 5 times to finish neck neatly. Continue to knit until last decrease on back is reached \*. **Then increase** 1 st. on 6th st. from each end of needle every 4th row 3 times. Then cast on 3 sts. at each end of needle (80 sts. again on needle). Knit till same length as back. Cast off. Sew up side seams.

### **HIGH NECK SLEEVELESS SWEATER—**

Follow above directions until back is done and 24 sts. are cast off for neck. Then **on one side knit 20**

**rows for shoulder.** Keeping 5 sts. at each end of **needle knit plain to form border.** Break off. Repeat other shoulder. Then cast on 24 sts. for neck. Join to other shoulder, continue to knit but keep centre 34 sts., knit plain on next 5 purl rows to finish neck neatly. Continue to knit until last decrease on back is reached. Follow above directions from \*.

### **ALTERNATE V NECK SLEEVELESS SWEATER**

**Colour**—Khaki or any colour suitable for military woollens.

**Wool**—12 ozs. heavy 4-ply Scotch fingering.

**Needles**—Two No. 10 and two No. 9.

**Tension**—5½ sts. = 1 inch on No. 9 needle.

**FRONT:** With No. 10 needles cast on 104 sts. Work 4 ins. ribbing (K1, P1). Change to No. 9 needles and continue even in stocking st. (i.e. K1 row, P1 row) until work measures 13½ ins. from beginning, ending with purl row.

**To shape armholes: 1st row:** Knit. **2nd row:** K16. Purl to last 16 sts. K16. Repeat these 2 rows 4 times. Proceed:—

**1st row:** Cast off 10 sts. Knit to end of row. **2nd row:** Cast off 10 sts. K6. Purl to last 6 sts. K6. **3rd row:** K6. K2 tog. Knit to last 8 sts. K2 tog. t.b.l. K6. **4th row:** K6. P29. K12. P29. K6. Keeping the 12 sts. in centre in plain knitting, continue in stocking st. dec. 1 st. inside borders at armhole edges every alternate row 4 times, ending with purl row.

**To shape neck: 1st row:** K6. K2 tog. K29. Turn. Leave remaining sts. on st. holder. **2nd row:** K6. Purl to last 6 sts. K6. Keeping a border in plain knitting at each edge, dec. 1 st. inside border at armhole edge every alternate row twice, at same time dec. 1 st. inside border at neck edge on 3rd and every following 6th row to 24 sts. on needle. Continue even until armhole from first shaping measures 8½ ins.

**To shape shoulder:** Keeping border at neck edge, at armhole edge cast off 6 sts. every alternate row 3 times. Work 2½ ins. plain knitting on remaining 6 sts. Cast off.

Join wool at neck edge and work other side to correspond.

**BACK:** Work exactly as given for Front until the sts. are cast off at armhole. Keeping a border of 6 sts. in plain knitting at each side, dec. 1 st. inside border at each end of needle every alternate row to 68 sts. on needle. Continue even until armhole from first shaping measures 8½ ins.

**To shape shoulders:** Cast off 6 sts. beginning next 6 rows. Cast off remaining sts.

**TO MAKE UP:** Press pieces carefully. Sew seams. Sew ends of knitted border across back of neck.

### PLAIN HELMET—

**Colour**—Khaki, or any colour suitable for military woollens.

**Wool**—2 oz. medium weight 4-ply wool.

**Needles**—4 No. 10 needles, 4 No. 8 needles, points both ends.

**Tension**— $6\frac{1}{2}$  sts. = 1 inch.

Cast 120 sts. on 3 of set of 4 No. 10 needles (40-40-40).

**1st round** \*K2, P2. Repeat from \* to end of round.

Repeat this round until work measures  $4\frac{1}{2}$  ins. Change to No. 8 needles.

Knit even until cap measures  $6\frac{1}{2}$  ins. including ribbing.

#### To Make Face Opening

**1st round** P40, K80.

**2nd round** K120.

Repeat last 2 rounds twice.

**7th round** P6. Cast off 28 sts. purlwise. P6, K80.

Knit 6 sts. from first needle on to end of 3rd needle. Slip the last 6 sts. from first needle on to 2nd needle. Work backwards and forwards with 3 needles.

#### To Make Sides of Head

**1st row** S1, K5. Purl to end of row.

**2nd row** S1 purlwise, P5. Knit to end of row.

Repeat last 2 rows 9 times.

Slip last 6 sts. on to unused needle and cast on 28 sts. Knit first 6 sts. from other side of cap on to same needle. Knit next 80 sts. (40-40-40).

#### To Make Forehead

**1st round** P40, K80.

**2nd round** Knit.

Repeat these 2 rounds twice.

Knit even until cap measures  $11\frac{1}{2}$  ins. End with a completed round.

#### To Finish Crown

**1st round** K6. Slip these stitches on to 3rd needle. K13, K2 tog. K13, K2 tog. Slip remaining 4 sts. on to 2nd needle. Slip first stitch from 3rd needle on to 2nd needle. \*K13, K2 tog. Repeat from \* to end of 3rd needle.

**2nd round** and every even round—Knit.

**3rd round** \*K12, K2 tog. Repeat from \* to end of round.

**5th round** \*K11, K2 tog. Repeat from \* to end round.

**7th round** \*K10, K2 tog. Repeat from \* to end of round.

**9th round** \*K9, K2 tog. Repeat from \* to end of round.

Continue working 1 st. less between decreases of each decrease round until 16 sts. remain.

**Last round** K2 tog. 8 times.

Break wool Thread end through remaining 8 sts. Draw close and fasten securely.

### STEEL HELMET CAP—

This cap is worn under the steel helmet and it is most important that it should be very finely knitted and of very soft wool. Must be khaki. **Please do not use anything but Andalusian wool for making this cap.**

**Materials**—4-ply Andalusian. 3 ozs. will make two caps.

**Needles**—Two No. 11 knitting needles.

$1\frac{1}{6}$  yd. elastic,  $\frac{3}{8}$  inch wide.

**Tension**—(Measured over Stocking st.)  $8\frac{1}{2}$  sts. = 1 inch. **Work to exact tension to obtain correct size.**

Cast on 9 sts. **1st row:** Inc. 1 st. in each st. to last st. K1., 17 sts. on needle. **2nd and alternate rows:** Knit. **3rd row:** \*K1. Inc. 1 st. in next st. Repeat from \* to last st. K1., 25 sts. on needle. **5th row:** \*K2, Inc. 1 st. in next st. Repeat from \* to last st. K1., 33 sts. on needle. **7th row:** \*K3. Inc. 1 st. in next st. Repeat from \* to last st. K1., 41 sts. on needle. **9th row:** \*K4. Inc. 1 st. in next st. Repeat from \* to last st. K1. 49 sts. on needle. **11th row:** \*K5. Inc. 1 st. in next st. Repeat from \* to last st. K1., 57 sts. on needle.

Continue increasing in this manner, every alternate row, having 1 st. extra between increases to 161 sts. on needle. (18 sts. between each increasing). Knit 17 ridges. Work now measures  $2\frac{3}{4}$  ins. from last increasing at back edge. **Next row:** K73. Cast off 15 sts. K73. **Next row:** K73. Leave remaining 73 sts. on spare needle. Proceed:—

**\*\*1st row:** Cast off 3 sts. (front edge). Knit to end of row. **2nd row:** Knit. Repeat these 2 rows to 52 sts. on needle. Proceed:—

**1st row:** Cast off 1 st. Knit to end of row. **2nd row:** Cast off 6 sts. (neck edge). Knit to end of row. Repeat these 2 rows twice, 31 sts. on needle. **7th row:** Cast off 1 st. Knit to end of row. **8th row:**

Cast off 3 sts. Knit to end of row. Repeat these 2 rows to 3 sts. on needle. Cast off.\*\*

Pick up the 73 sts. from spare needle. Join wool at front edge and repeat from \*\* to \*\*.

**The face band:** With right side of work facing, pick up and knit 118 sts. around front edge. Knit 4 rows Garter st. (plain knitting). Cast off.

**The neck band:** With right side of work facing, pick up and knit 38 sts. along one side of neck. Knit 4 rows Garter st. Cast off. With right side of work facing, pick up and knit 38 sts. along other side of neck. Knit 4 rows Garter st. Cast off. Sew to edges of face band.

Press carefully, being careful not to flatten ridges. Sew back seam.

**The Chin strap:** Cast on 11 sts. **1st row:** Knit. **2nd row:** K1. Purl to last st. K1. Repeat these 2 rows for 9 ins. Cast off. Press and sew the two long edges together, on the wrong side. Turn the work inside out. Thread elastic through, sewing the end of elastic and the knitted short edges together. Sew the ends of the chin strap firmly to the joining seams of the front and back bands.

## THE TURTLE NECK TUCK-IN—

**Materials**—4 ozs. Superior double knitting or heavy 4-ply Scotch fingering.

**Needles**—Set of four No. 9 knitting needles (points at both ends).

**Measurements**—Length of front (collar turned over)  $11\frac{1}{4}$  ins. Length of back (collar turned over)  $7\frac{1}{4}$  ins.

**Tension**— $5\frac{1}{2}$  sts. and 8 rows = 1 inch. **Work to exact tension.**

Starting at top of collar cast on 80 sts. (28-28-24). Work  $5\frac{1}{2}$  ins. in rounds of K2, P2, ribbing. Divide sts. for front and back bibs as follows:—

Taking the spare needle slip first 20 sts. off first needle onto it. Slip the remaining 8 sts. from the end of the first needle onto the beginning of the 2nd needle. Slip 16 sts. from the end of the 2nd needle onto the beginning of the 3rd needle. There are now 20 sts. on the first and 20 sts. on the 2nd needles, and 40 sts. on the 3rd needle. Leave the 1st and 2nd needles for front bib and work on the 3rd needle as follows:—

**The back bib:** **1st row:** Purl across the 40 sts. Cast on 10 sts., 50 sts. on needle. **2nd row:** Knit. Cast on 10 sts., 60 sts. on needle. **3rd row:** K5, P50, K5. **4th row:** Knit. Repeat 3rd and 4th rows for  $3\frac{1}{2}$  ins. ending with 4th row. Knit 8 rows Garter st. Cast off.

**The front bib:** Join the wool to the beginning of the first needle. Knit across the 20 sts. and knit the 20 sts. from the 2nd needle onto one needle. Cast on 10 sts. **2nd row:** K5. Purl to end of row. Cast on 10 sts. 60 sts., on needle. **3rd row:** Knit. **4th row:** K5, P50, K5. Repeat 3rd and 4th rows for  $7\frac{1}{2}$  ins. ending with 3rd row. Knit 8 rows Garter st. Cast off.

**Press carefully.** Sew together the 10 cast-on sts. of the front to the 10 cast-on sts. of the back at each side of the collar.

## BALACLAVA HELMET WITH CHEST AND BACK PIECE—

**Colour**—Khaki or any colour suitable for military woollens.

**Wool**—3 ozs. of 4-ply medium weight wool. Fingering if possible.

**Needles**—4 No. 10 needles. Points at both ends.

**Tension**— $7\frac{1}{2}$  sts. = 1 inch.

Using 2 of the set of 4 needles cast on 36 sts. **1st row:** K1. Increase 1 st. in next st. Knit to last 3 sts. Increase 1 st. in next st. K2. **2nd row:** Knit. Repeat these 2 rows to 66 sts. on needle. Continue even in garter stitch until work measures 7 ins. from beginning. Leave these sts. on spare needle and work another piece to correspond. Proceed:—

K44 on to 1st needle. Taking a 2nd needle K22 and K22 from spare needle. Taking a 3rd needle K44. Work 3 ins. in rounds of ribbing (K2. P2). Proceed:—

K19. Slip next 28 sts. on to stitch holder. Leaving these sts. for the face opening, turn. Knit  $6\frac{1}{2}$  ins. garter st. on remaining sts. Proceed:—

**1st row:** K68, slip 1. K1, p.s.s.o. Turn. **2nd row:** K33, slip 1. K1, p.s.s.o. Turn and repeat 2nd row until all sts. are on one needle. (34 sts. on needle). Break wool.

Beginning again on the 28 sts. which were left, P1. Work next 24 sts. in ribbing of K2. P2. Then K2. P1. Pick up and knit 17 sts. With a 2nd needle pick up and knit 20 sts. along edge of plain knitted rows. Work next 24 sts. in ribbing of K2. P2. With a 3rd needle work next 8 sts. in ribbing of K2. P2. Then K2. Pick up and knit 37 sts. along other side of face and P1 from 1st needle. (136 sts. in round.) Work  $1\frac{1}{2}$  ins. in ribbing of K2. P2. Cast off in ribbing.

## HELMET (Ribbed, no Chest Piece)—

**Colour**—Khaki or any colour suitable for military woollens.

**Wool**—4 oz. Double Knitting wool or heavy 4-ply wool.

**Needles**—1 set of 4 No. 9 needles.

Cast on 88 or 96 stitches, knit 4, and purl 4, ribbed knitting for 8 inches. Cast off 32 stitches and rib the remaining stitches for 1½ inches, then cast on 32 stitches again and rib as before for 5 inches. The space left by casting off 32 stitches leaves the hole for the face.

To shape the top, divide the stitches, equally between the three needles. First row knit together, the second and third stitches and last 2 stitches on each needle. Repeat this every row until only 6 stitches are left; draw these together with darning needle and fasten off.

### QUEBEC HELMET—

**Colour**—Khaki or any colour suitable for military woollens.

*See Navy Instructions, page 28.*

### PULLOVER WITH TURTLE NECK AND SLEEVES

**Materials**—4 ply, 12 ozs. (40—12 ozs.) (42—13 ozs.).

**Needles**—Two No. 10 and two No. 9 knitting needles. Set of four No. 10 knitting needles (points at both ends), for pullover with turtle neck. One stitch holder.

**Measurements**—Chest 38 ins., 40 ins., 42 ins. Length from top of shoulder—23 ins., 23½ ins., 23½ ins. Length of sleeve underarm seam—18 ins., 18 ins., 18 ins.

**Tension**—7 sts. = 1 inch.

The instructions are written for size 38. Sizes 40 and 42 are written in brackets thus: ( ).

**Front:** With No. 10 needles cast on 114 sts. (40—122 sts.) (42—130 sts.). Work 4 ins. ribbing (K1, P1) inc. in last row to 128 sts. (40—134 sts.) (42—142 sts.). Change to No. 9 needles and continue even in Stocking st. until work measures 15 ins. from beginning ending with purl row (all sizes).

**To shape armholes:** Cast off 6 sts. (40—7 sts.) (42—8 sts.) beginning next 2 rows, then dec. 1 st. each end of needle every alternate row to 98 sts. on needle. (40—98 sts.) (42—102 sts.). Continue even until armhole from first shaping measures 7 ins. (40—7½ ins.) (42—7½ ins.) ending with purl row.

**To shape neck:** K33. (40—K33) (42—K35). Turn. Working on these sts. dec. 1 st. at neck edge every alternate row 3 times (all sizes). Continue even until armhole from first shaping measures 8 ins. (40—8½ ins.) (42—8½ ins.).

**To shape shoulder:** At armhole edge cast off 10 sts. every alternate row 3 times. (40 as 38) (42—cast off 8 sts. every alternate row 4 times).

Slip next 32 sts. on st. holder and work on remaining sts. to correspond to other shoulder being careful to have all shapings for opposite side.

**Back:** Work exactly as given for Front omitting neck shaping until armhole from first shaping measures 8 ins. (40—8½ ins.) (42—8½ ins.) ending with purl row.

**To shape shoulders:** Cast off 10 sts. beginning next 6 rows. (40 as 38) (42—Cast off 8 sts. beginning next 8 rows). Do not break wool.

**Collar:** Sew shoulder seams. Using set of 4 needles with points at both ends knit across sts. at back of neck, pick up and knit 18 sts. along side of neck, knit across sts. at front of neck, pick up and knit 18 sts. along other side of neck. Working in rounds, work 5 ins. ribbing (K1, P1). Cast off in ribbing.

**Sleeves:** (Sizes 40 and 42 are written exactly the same). With No. 10 needles cast on 60 sts. (all sizes). Work 4 ins. ribbing (K1, P1), increasing in last row to 70 sts. on needle (all sizes). Change to No. 9 needles and continue in Stocking st. inc. 1 st. each end of needle on 9th and every following 6th row to 96 sts. on needle. (40—100 sts.). Continue even until sleeve measures 18 ins. from beginning, or desired length (all sizes).

**To shape cap:** Cast off 2 sts. beginning every row to 32 sts. on needle. (all sizes). Cast off.

**To make up:** Press all pieces carefully. Sew all seams.

### MAN'S CONVALESCENT JACKET

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**Materials**—4 ply Superior botany fingering. 12 ozs.

**Needles**—Two No. 10 and two No. 8 knitting needles.

One stitch holder. 3 buttons. One medium crochet hook.

Use only the wool specified. It is most important the jacket should be made only of smooth texture wool.

**Measurements—Size 40.** Width all round at underarm 43 ins. Length from top of shoulder at front 22½ ins. Length from top of shoulder at back 15½ ins. Length of sleeve underarm seam 18 ins. **Note:** The extra width all round at underarm allows the jacket to be comfortably worn over other garments.

**Tension**—6½ sts. and 8 rows = 1 inch. Work to exact tension.

**Front:** With No. 8 needles cast on 136 sts. Knit 9 rows Garter st. **10th row:** Knit. **11th row:** K7. Purl to last 7 sts. K7. Repeat 10th and 11th rows until work measures 13 ins. from beginning, ending with purl row.

**To shape armholes:** Cast off 7 sts. beginning next 2 rows, then dec. 1 st. each end of needle every alternate row to 98 sts. on needle. Continue even in Stocking st. until armhole measures 7 ins. from first shaping, ending with purl row.

**To shape neck:** K36. Turn. Leave remaining sts. on st. holder. Working on these sts. dec. 1 st. at neck edge every alternate row 6 times. Continue even until armhole measures  $9\frac{1}{2}$  ins. from first shaping.

**To shape shoulders:** At armhole edge cast off 10 sts. every alternate row 3 times.

Slip next 26 sts. on st. holder for neck. On remaining sts. work other shoulder to correspond.

**BACK. Note:** The back is worked for shoulder warmth and to ensure maximum comfort extends only 6 ins. below armhole. With No. 10 needles cast on 136 sts. Work 5 ins. ribbing (K2, P2). Change to No. 8 needles and continue even in Stocking st. until work measures 6 ins. from beginning, ending with purl row.

**To shape armholes:** Continue in Stocking st. casting off 7 sts. beginning next 2 rows, then dec. 1 st. each end of needle every alternate row to 98 sts. on needle. Continue even in Stocking st. until armhole measures  $9\frac{1}{2}$  ins. from first shaping, ending with purl row.

**To shape shoulders:** Cast off 10 sts. beginning next 6 rows. Leave remaining sts. on needle. **Do not break wool.**

**NECKBAND:** Sew left shoulder seam. With No. 10 needles and right side of work facing, knit across sts. at back of neck. Pick up and knit 24 sts. along side of neck. Knit across sts. from st. holder at front of neck. Pick up and knit 24 sts. along other side of neck. Work 1 inch ribbing (K1, P1). **Cast off loosely in ribbing.**

**SLEEVES:** With No. 10 needles cast on 80 sts. Knit 9 rows Garter st. Change to No. 8 needles. **10th row:** Knit. **11th row:** K1. Purl to last st. K1. Repeat 10th and 11th rows 4 times. Continue in Stocking st. inc. 1 st. each end of needle on 9th and every following 6th row to 106 sts. on needle. Continue even until sleeve measures 18 ins. from beginning, or desired length, ending with purl row.

**To shape cap:** \*Cast off 2 sts. beginning next 2 rows, then 1 st. beginning following 2 rows.\*

Repeat from \* to \* to 46 sts. on needle. Cast off 2 sts. beginning every row to 22 sts. on needle. Cast off.

**TO MAKE UP:** Press all pieces carefully on wrong side, being careful not to flatten ribbing. Sew all seams, leaving right shoulder open to within 2 ins. of armhole edge. Sew in sleeves. Work 1 row d.c. along back of shoulder opening and 1 row s.c. along front of shoulder opening, working 3 loops for buttonholes on front. Using wool, sew buttons to correspond to buttonholes.

## LIGHT WEIGHT AMPUTATION COVERS

**Materials for Leg Covers**—Special Red Cross 2-ply yarn. Use white only.

**13-inch length** requires 1 oz. **18-inch length**,  $1\frac{1}{2}$  ozs. **25-inch length**, 2 ozs.

**Needles**—Set of four No. 10 and set of four No. 9 knitting needles (points at both ends), for all sizes.

**Materials for Arm Covers**—Same needles and approximately same quantity of wool as for Leg Covers. Make only 13 and 18-inch lengths.

**Tension**— $8\frac{1}{2}$  sts. and 11 rows = 1 inch with No. 10 needles. **Work to exact tension.**

The instructions are written for the Leg Covers. The Arm Covers are printed in bold type in parenthesis.

**13-inch length:** (Width all round at widest part 15 ins.). (**Arm Cover—14 ins.**). With No. 9 needles cast on 148 sts. loosely (48-48-52). (**Arm Cover—124 sts. 40-40-44.**) (Do not knit into back of cast-on sts. as this tightens the edge too much). Work 5 rounds ribbing (K2, P2). Change to No. 10 needles and continue even in ribbing until work measures 3 ins. from beginning inc. 2 sts. in last round. 150 sts. in round. (**Arm Cover—126 sts.**). Continue even in plain knitting until work from beginning measures 4 ins. (**Arm Cover—6 ins.**). Proceed:—

**\*\*\*Note:** It is very necessary to space the dec's. unevenly so that no dec. is made over the previous dec. and so form a ridge. This article must be free of ridges of any kind.

**1st and 2nd dec. rounds:** (Leg Cover only). Knit, dec. 10 sts. in round spacing the dec's. on the 3 needles. Work 1 inch even in plain knitting after the 1st and after the 2nd dec. round, also after each of the following dec. rounds. **Next 2 dec. rounds:** (**Start dec. Arm Cover with these 2 dec. rounds.**)

Knit, dec. 9 sts. in round. **Next 2 dec. rounds:** Knit, dec. 8 sts. in round. **Next 2 dec. rounds:** Knit, dec. 7 sts. in round. **9th dec. round: (Arm Cover—7th dec. round).** Knit, dec. 7 sts. in round. 75 sts. in round. **(Arm Cover—71 sts.).** \*\*Work 3 rounds even. **Next dec. round:** Knit, dec. 15 sts. in round.\*\* Repeat from \*\* to \*\* to 30 sts. in round. **(Arm Cover—26 sts.).** Knit 1 round. **Next round: \*K2 tog.** Repeat from \* to end of round. Break wool. Thread end through remaining sts. Draw up and fasten securely on wrong side of work, being careful not to make a ridge or bump. \*\*\*

**18-inch length:** (Width all round at widest part 18 ins.). **(Arm Cover—15 ins.).** With No. 9 needles cast on 148 sts. loosely (48-48-52). **(Arm Cover—124 sts. 40-40-44).** (Do not knit into back of cast-on sts. as this tightens the edge too much). Work 3 ins. ribbing (K2, P2) inc. 2 sts. in last round. 150 sts. in round. **(Arm Cover—126 sts.)** Continue even in plain knitting until work measures 5 ins. from beginning. Change to No. 10 needles and continue in plain knitting until work from beginning measures 9 ins. **(Arm Cover—11 ins.)** then work from \*\*\* to \*\*\* as given for 13-inch length.

**25-inch length:** (Width all round at widest part 20 ins.). With No. 9 needles cast on 160 sts. (52-52-56) loosely. (Do not knit into back of cast-on sts. as this tightens the edge too much). Work 3 ins. ribbing (K2, P2). Continue even in plain knitting until work measures 8 ins. from beginning. **Next round:** Knit, dec. 10 sts. in round spacing the dec's. on the 3 needles. Continue even until work measures 12 ins. from beginning. Change to No. 10 needles and continue even until work measures 16 ins. from beginning, then work from \*\*\* to \*\*\* as given for 13-inch length.

**To press:** Turn Cover inside out. Using rustless pins, pin into shape. Cover with wet towel. Steam with hot iron. Do not rest weight of iron on cover to flatten it. Remove towel and pins and leave until dry.

## WHAT THE SEAMEN NEED

### SOCKS—

**Colour—**Grey preferred.

*See Army section for directions, page 4.*

### SEAMEN'S STOCKING (Much Needed)—

**Colour—**Grey.

**Wool—**8 ozs. heavy 4-ply Scotch fingering or wheeling.

**Needles—**4 No. 10, points at both ends.

**Measurements—**Length of leg from top of sock to under heel 18½ ins. Length of foot—11½ to 14 ins. These socks go over one's socks and leg of trousers.

Cast on 64 sts. (20-20-24). Work 13 ins. ribbing (K2, P2). \*\*Keeping the 2 last sts. on the 3rd needle for seam, dec. 1 st. at beginning of 1st needle and 1 st. in the last 2 knit sts. on 3rd needle. Work 5 rounds even in ribbing between decreasings. Continue decreasing in this manner to 56 sts. in round.

**To make heel:** Divide sts. (having 2 seam sts. for centre) as follows:—Put 28 sts. onto 2 needles and leave for instep, leaving 28 sts. on one needle for heel. With wrong side of work facing, proceed:—**1st row:** K1. Purl to last st. K1. **2nd row:** \*K1. S1. Repeat from \* to last 2 sts. K2. Repeat these 2 rows 13 times (approx. 2½ ins.).

**To shape heel:** K1. P14. P2 tog. P1. Turn. K4. S1. K1. p.s.s.o. K1. Turn. P5. P2 tog. P1. Turn. Continue in this manner, having 1 more st. every row until all sts. are worked onto one needle. Slip instep sts. onto 2nd needle. Divide heel sts. evenly on 1st and 3rd needles. Pick up and knit 14 sts. at right side of heel. Work in ribbing across instep sts. Pick up and knit 14 sts. at other side of heel. Keeping instep sts. in ribbing and heel sts. in stocking st. Work 1 round even. Decrease in next round by knitting together 1 st. from picked up sts. with 1 st. from the instep sts. Rib across the instep sts. to last st. S1. K1 from heel sts. p.s.s.o. Knit to end of round. Continue working in this manner, dec. 1 st. every alternate round until there are 56 sts. in round. Continue even until foot measures 7 ins. from picked up sts.

6 ins. for size 10½

6½ “ “ “ 11

7½ “ “ “ 12

**To shape toe: 1st round:** 1st needle: Knit to last 3 sts. K2 tog. K1. 2nd needle: K1. K2 tog. t.b.l. Knit to last 3 sts. K2 tog. K1. 3rd needle: K1. K2 tog. t.b.l. Knit to end of round. Knit 2 rounds even. Repeat these 3 rounds to 28 sts. in round. Slip sts. from 1st to 3rd needle. Graft toe.

**Grafting:** Divide the stitches equally on two needles. With the wool at one end and with the right side of work facing, break off the wool, leaving a length of several inches, and thread this with a wool needle. \*Inserting the wool needle, as if for knitting, into the first st. of the front needle, draw it through the st. and slip the latter off the needle:

inserting the needle as if for purling, into the second st. of the front needle, draw the wool through and let the st. remain on the needle, taking the wool under the front needle and inserting the wool needle, as if for purling, into the first st. of the back needle, draw the wool through this st. and slip the latter off the needle: inserting the needle, as if for knitting, into the second st. of the back needle, draw the wool through and let the st. remain on the needle, bring the wool forward under the needle and repeat from \* until all sts. are worked off, darning in the end of wool securely when finished.

### SEAMEN'S LONG STOCKINGS 26"

**Colour**—Grey.

**Wool**—14 oz. heavy 4-ply Scotch fingering or wheeling.

**Needles**—4 No. 10—4 No. 9—points both ends.

**Measurements**—Length of leg to bottom of heel, 26 in. Length of foot,  $11\frac{1}{2}$  to 14 ins.

**Tension**—6 sts. 1 inch with No. 10 needles. **Work to exact tension.**

With No. 9 needles cast on 84 sts. (28-28-28). **1st round:** \* (K2. P3) 3 times. (K3. P3). Repeat from \* 3 times. Repeat 1st round for 2 ins.

**1st decreasing round:** \* (K2. P3) 3 times. K1. K2 tog. P3. Repeat from \* 3 times (80 sts. in round). **Next round:** \*K2. P3. Repeat from \* to end of round. Repeat last round for 2 ins.

**2nd decreasing round:** \*K2. P1. P2 tog. K2. P3. Repeat from \* 7 times (72 sts. in round). **Next round:** \*K2. P2. K2. P3. Repeat from \* 7 times. Repeat last round for 2 ins.

**3rd decreasing round:** \*K2. P2. K2. P1. P2 tog. Repeat from \* 7 times (64 sts. in round). **Next round:** \*K2. P2. Repeat from \* to end of round. Repeat last round until work measures  $7\frac{1}{2}$  ins. from beginning. Change to No. 10 needles. Continue in ribbing (K2. P2) until work measures  $20\frac{1}{2}$  ins. from beginning. Work remainder of stocking as given from \*\* in Seamen's Stocking, page 25.

### SEA BOOT STOCKINGS—

**Material**—12 oz. wheeling wool.

**Needles**—Set of four No. 7 knitting needles with double points.

**Cast stitches on and off loosely.**

**Measurements**—Length, 26 inches. Foot,  $11\frac{1}{2}$  inches (or length required). Round widest part of leg, 14 inches.

**Tension**—About 5 stitches and 7 rows to one inch. Always knit into back of cast-on stitches.

Commence at top by casting on 72 sts. on three needles (24-24-24). Work in rounds of rib of K2, P2 for  $3\frac{1}{2}$  inches. Slip one st. from each end of centre needle on to 1st and 3rd needles (25-22-25).

Work in knit rounds until work measures 12 ins. from start. Now shape leg.

**1st round: 1st needle:** K15, K2 tog., K2, K2 tog. b. (i.e. into back of sts.), K4. **2nd needle:** Knit. **3rd needle:** K4, K2 tog., K2, K2 tog., b., K15. Knit 9 rounds.

**11th round: 1st needle:** K14, K2 tog., K2, K2 tog. b., K3. **2nd needle:** Knit. **3rd needle:** K3, K2 tog., K2, K2 tog. b., K14. Knit 9 rounds.

**21st round: 1st needle:** K13, K2 tog., K2, K2 tog. b., K2. **2nd needle:** Knit. **3rd needle:** K2, K2 tog., K2, K2 tog. b., K13. Knit 9 rounds.

**31st round: 1st needle:** K12, K2 tog., K2, K2 tog. b., K1. **2nd needle:** Knit. **3rd needle:** K1, K2 tog., K2, K2 tog. b., K12. Knit 9 rounds.

**41st round: 1st needle:** K11, K2 tog., K2, K2 tog. b. **2nd needle:** Knit. **3rd needle:** K2 tog., K2, K2 tog. b., K11 (15-22-15).

Work in knit rounds till work measures  $22\frac{1}{2}$  ins. from start. Now divide for heel.

**Next round:** K12. Turn. Slip the last 12 sts. from 3rd needle on to end of this needle for heel and leave remaining 28 sts. on 2 needles for front of foot. Work on 24 sts. for heel as follows: **Next row:** Purl. **Next row:** S1, K23.

**Next row:** S1, P23. Rep. last 2 rows 8 more times. Turn heel thus: K15, S1, K1, PSSO, turn. \* P7, P2 tog., turn, K7, S1, K1, PSSO, turn. Rep. from \* till 9 sts. remain. P7, P2 tog., turn, K4. Now work on 3 needles as follows:

**1st needle:** K remaining 4 sts., pick up and knit 12 sts. along side of heel. **2nd needle:** K across 28 sts. at front. **3rd needle:** Pick up and knit 12 sts. up side of heel. K remaining 4 sts. (16-28-16).

**Next round:** Knit. **Next round: 1st needle:** K to last 3 sts., K2 tog., K1. **2nd needle:** Knit. **3rd needle:** K1, K2 tog. b., K to end. Rep. last 2 rounds 4 more times (11-28-11).

Work in knit rounds for 5 inches (i.e. to within 3 inches of required length).

Slip stitch from each end of 2nd needle to 1st and 3rd needles (12-26-12). Shape Toe.

**1st round: 1st needle:** K to last 3 sts., K2 tog., K1. **2nd needle:** K1, K2 tog. b., K to last 3 sts., K2 tog., K1. **3rd needle:** K1, K2 tog. b., K to end. **2nd round:** Knit. Rep. last 2 rounds 8 more times (3-8-3).

**19th round: 1st needle:** Knit. **2nd needle:** K1, K2 tog. b., K2, K2 tog., K1. **3rd needle:** Knit. Cast off by folding sts. in half and casting off 2 tog. all along row. Alternatively graft.

Press well on wrong side with a hot iron over a damp cloth.

## GLOVES

*See Army section for directions, page 7.*

## HALF MITTS.

**Colour**—Navy blue or grey.

*See Army section for directions, page 8.*

## WHOLE MITTS.

**Colour**—Navy blue or grey.

*See Army section for directions, page 11.*

## TWO-WAY MITTS—

*See Army section for directions, page 12.*

## SCARF.

**Colour**—Navy blue.

**Wool**—Heavy 4-ply Scotch fingering.

**Needles**—Two No. 8.

**Measurement**—Must be 14 ins. wide and not less than 66 ins. to 72 ins. long.

Heavier wools may be used on even larger needles.

Cast on 86 stitches for average knitter.

## REGULATION V NECK SLEEVELESS SWEATER

**Colour**—Navy blue or grey.

*See Army section for directions, page 14.*

## HIGH NECK SLEEVELESS SWEATER

**Colour**—Navy blue or grey.

*See Army section for directions, page 14.*

## TURTLE-NECK TUCK-IN—

*See Army section for directions, page 18.*

## STEEL HELMET CAP—

*See Army section for directions, page 17.*

## BALACLAVA HELMETS—with chest and back piece.

**Colour**—Navy blue or grey.

*See Army section for directions, page 19.*

## LONG-NECKED, RIBBED HELMET.

**Colour**—Navy blue or grey.

*See Army section for directions, page 19.*

## QUEBEC HELMET.

**Colour**—Navy blue or grey.

**Material**—2 oz. 4-ply Scotch fingering.

**Needles**—1 Set No. 10 and 1 Set No. 11 Aero Needles.

On No. 10 needles cast on 50 stitches. Knit in rib of knit 2, purl 2, for 6 inches. Break wool. Starting at bottom, right side, pick up 36 stitches along side edge. Knit across the 50 stitches in rib with the second needle. With third needle pick up 36 stitches along other side edge (122 stitches on needles). Knit  $2\frac{1}{2}$  inches in ribbing, next row rib 60 stitches, knit 2 together, rib 60 stitches. Knit 3 rows, keeping in rib except where decreasing was made then follow the preceding row. Next row knit 59 stitches in rib, knit 3 together, knit 59 in rib. Continue to decrease by knitting the 3 centre stitches together every fourth row until 113 stitches remain. This should measure 6 inches from where stitches were picked up.

With No. 11 needles knit 2 together, purl 2 together, across row, leaving 57 stitches on needles. Cast on 33 stitches for under chin. Join work and knit in rib of knit 1, purl 1, for 35 rows. Divide stitches one half for front and one half for back (watch your placing). \* Change to No. 10 needles and knit in plain knitting for 3 inches, then knit 2 together at the beginning of every row until 35 stitches remain. Cast off. Repeat from \* for other side.

**For face band:** Pick up stitches all around the face opening on No. 11 needles (128 picked up underneath stitches), rib 1, purl 1, for 14 rows and cast off loosely. Cast off knit stitches as knit and purl stitches as purl.

## PULLOVER WITH TURTLE NECK AND SLEEVES

*See Army section for directions, page 20.*

## MEN'S CONVALESCENT JACKET—

*See Army section for directions, page 21.*

## LIGHT WEIGHT AMPUTATION COVERS—

*See Army section for directions, page 23.*

## WHAT THE AIR FORCE NEEDS

### SOCKS—

**Colour**—Grey in winter, black in summer, if worn with shoes.

*See Army section for directions, page 4.*

### BROADCAST WRISTLETS.

**Colour**—Airforce blue.

Four needles size 11.

Cast on 60 stitches. Knit 2, purl 2, for 6 inches.

Cast off on 2 safety-pins, 16 stitches, 8 on each.

Cast on 8 stitches under safety-pins and continue 4 inches to form palm.

Cast off.

To form half thumb, transfer stitches from safety-pins to two needles.

Pick up 8 stitches under thumb and knit 2 plain, 2 purl, 8 rows.

To divide fingers, with a darning needle sew back and forward three times, then around and around, forming a firm bar at end of knitting.

## GLOVES

*See Army section for directions, page 7.*

## HALF MITTS.

**Colour**—Airforce blue.

*See Army section for directions, page 8.*

## WHOLE MITTS.

**Colour**—Airforce blue.

*See Army section for directions, page 11.*

## TWO-WAY MITTS—

*See Army section for directions, page 12.*

## SCARF.

**Colour**—Airforce blue.

*See Army section for directions, page 13.*

## SWEATERS.

**Colour**—Airforce blue.

1. Regulation V neck, sleeveless, page 14.

2. Regulation high neck, sleeveless, page 14.

## TURTLE-NECK TUCK-IN—

*See Army section for directions, page 18.*

## STEEL HELMET CAP—

*See Army section for directions, page 17.*

## PULLOVER WITH TURTLE NECK AND SLEEVES.

*See Army section for directions, page 20.*

## MEN'S CONVALESCENT JACKET—

*See Army section for directions, page 21.*

## LIGHT WEIGHT AMPUTATION COVERS—

*See Army section for directions, page 23.*

## AERO CAP

**Colour**—Airforce blue.

**Wool**—4 ozs. double knitting or equally heavy wool.

**Needles**—2 No. 9.

**Tension**— $5\frac{1}{2}$  sts. = 1 inch.

Cast on 44 sts. **1st row:** (K1. Inc. 1 st. in next st. K18. Inc. 1 st. in next st.) twice. K2. **2nd and alternate rows:** K1. Purl to last st. K1. **3rd row:** (K1. Inc. 1 st. in next st. K20. Inc. 1 st. in next st.) twice. K2. **5th row:** (K1. Inc. 1 st. in next st. K22. Inc. 1 st. in next st.) twice. K2. Continue increasing in this manner to 100 sts. on needle. Work  $3\frac{1}{2}$  ins. even in stocking st. ending with purl row. Cast off.

**FRONT BAND:** Cast on 70 sts. **1st row:** K2. \*P1. K1. Repeat from \* to end of row. Repeat this row for 3 ins. Cast off in ribbing.

**BACK BAND:** Cast on 96 sts. **1st row:** K2. \*P1. K1. Repeat from \* to end of row. Repeat this row for 3 ins. **Next row:** K2. (P1. K1) 15 times. Cast off 32 sts. (P1. K1) 16 times. Working on last 32 sts. continue in ribbing, dec. 1 st. each end of needle in 3rd and every alternate row to 20 sts. on needle then every row to 12 sts. on needle. Proceed—

**1st row:** (buttonhole) K1. P2 tog. K1. P1. Cast off 2 sts. K1. P1. K2 tog. K1. **2nd row:** K1. K2 tog. P1. Cast on 2 sts. K1. P2 tog. K1. **3rd row:** K1. P2 tog. K1. P1. K2 tog. K1. **4th row:** K1. K2 tog. P2 tog. K1. **5th row:** (K2 tog.) twice. Cast off.

Join wool to remaining 32 sts. and work to correspond.

**TO MAKE UP:** Press pieces carefully. Sew seam of cap. Sew front band firmly in position along the lower edge of front, leaving 8 ins. plain at back. Sew the ends of the band to the cap. Sew the back band in position, overwrapping the front band at the sides and leaving  $5\frac{1}{2}$  ins. plain at the front. Sew buttons on cap to correspond to buttonholes. Sew another button immediately below the buttonhole inside the right point.

## THE AERO HELMET—

**Materials**—Special 4-ply Service Yarn (heavy weight). 4 ozs.

**Needles**—Two No. 8 knitting needles. Two stitch holders.

**Tension**—5 sts. = 1 inch. **Work to exact tension.**

Cast on 122 sts. **1st row:** K2. \*P1, K1. Repeat from \* to end of row. Repeat 1st row for 6 ins.

**To make face opening:** Rib 49 sts. Cast off 25 sts. firmly. Rib to end of row. Slip the 49 sts. onto st. holder and working on last 48 sts. rib 3 rows.

**To make ear opening:** Rib 13 sts. Cast off 3 sts. Rib to end of row. Slip the 13 sts. onto 2nd st. holder and working on last 32 sts. continue in ribbing dec. 1 st. at ear edge every alternate row twice. Rib 5 rows even, ending at ear edge. Inc. 1 st. at ear edge on 1st and 3rd rows, rib 4 rows. Break wool. Slip the 13 sts. from 2nd st. holder onto needle. Leave the 32 sts. just worked on 2nd st. holder. Join wool to the 13 sts. and rib 13 rows. **Next row:** Rib 13 sts. Cast on 3 sts. Rib across the 32 sts. from 2nd st. holder. (48 sts. on needle). Rib 3 rows. Break wool. Leave these 48 sts. on 2nd st. holder.

Slip the 49 sts. from 1st st. holder onto needle. Join wool at face edge. Rib 3 rows. **Next row:** (making ear opening). Rib 33 sts. Cast off 3 sts. Rib 13 sts. With 33 sts. instead of 32 sts. on back portion, work this side to correspond to first side being careful to have shapings at opposite side, ending at back edge. **Next row:** Rib 49 sts. Cast on 25 sts. Rib the 48 sts. from 2nd st. holder. (122 sts. on needle). Rib 13 rows. Work now measures approx. 11½ ins. from beginning.

**To shape crown:** **1st row:** K2. (P1, K1) 4 times. P1. \*K3 tog. (P1, K1) 10 times. P1. Repeat from \* 3 times. K3 tog. (P1, K1) 6 times. **2nd and alternate rows:** K2. \*P1, K1. Repeat from \* to end of row. **3rd row:** K2. (P1, K1) 4 times. \*P3 tog. (K1, P1) 9 times. K1. Repeat from \* 3 times. P3 tog. (K1, P1) 5 times. K1. **5th row:** K2 (P1, K1) 3 times. P1. \*K3 tog. (P1, K1) 8 times. P1. Repeat from \* 3 times. K3 tog. (P1, K1) 5 times. **7th row:** K2 (P1, K1) 3 times. \*P3 tog. (K1, P1) 7 times. K1. Repeat from \* 3 times. P3 tog. (K1, P1) 4 times. K1. **9th row:** K2. (P1, K1) twice. P1. \*K3 tog. (P1, K1) 6 times. P1. Repeat from \* 3 times. K3 tog. (P1, K1) 4 times. **11th row:** K2 (P1, K1) twice. \*P3 tog. (K1, P1) 5 times. K1. Repeat from \* 3 times. P3 tog. (K1, P1) 3 times. K1. **13th row:** K1 (K1, P1) twice. \*K3 tog. (P1, K1) 4 times. P1. Repeat from \* 3 times. K3 tog. (P1, K1) 3 times. **15th row:** K2, P1, K1, \*P3 tog. (K1, P1) 3 times. K1. Repeat from \* 3 times. P3 tog. (K1, P1) twice. K1. **17th row:** K2, P1. \*K3 tog. (P1, K1) twice. P1. Repeat from \* 3 times. K3. tog (P1, K1) twice. **19th row:** K2. \*P3 tog., K1, P1, K1. Repeat from \* 4 times. Break wool. Thread end through remaining sts. Draw up and fasten securely. Sew up back seam