

RED CROSS
KNITTING
INSTRUCTIONS
for
WAR WORK

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Number 1
For the Services

ISSUED BY
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Instructions and Revisions—Courtesy
Patons & Baldwins, Ltd.

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Knitted Articles for All Branches of the Service

All good, well-made garments are gratefully received, and if knitters will carefully follow these instructions the garments will be well shaped. Wool is too precious to waste. Use only the wools called for.

1. Use the specified weight, colour and type of wool.
2. Join the wool by splicing—do not knot.
3. Cast on all ribbing stitches loosely—cast off the sts. the same way allowing plenty of stretch, using larger needle if one has any difficulty.
4. Wash socks—then dry and press on wooden sock stretchers of correct size.
5. 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.
6. Press all other garments.
7. Use words, "Small," Medium," or "Large," in sweaters to show size.
8. If substitute yarns are used, be sure to work to our given tension.

PLAIN HEAVY SERVICE SOCKS

Original Red Cross Instruction

MATERIALS: 5-6 ozs. SPECIAL HEAVY RED CROSS SERVICE YARN or HEAVY 4 ply SCOTCH FINGERING.

For Average Knitter set of 4 No. 11 Steel Knitting Needles. For Tight Knitter set of 4 No. 10 Steel Knitting Needles. For Loose Knitter set of 4 No. 12 Steel Knitting Needles. (points at both ends). Bell gauge.

Colour: See pages 2 and 3.

MEASUREMENTS: All sizes from 10-12 required.

Length of leg from top of 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 needle 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. Graft toe. For Grafting see page 28.

For Alternate Toe see page 11.

HEAVY SERVICE SOCKS

With Shaped Leg, Double Heel and Flat Toe

MATERIALS: 7 ozs. SPECIAL HEAVY RED CROSS SERVICE YARN. Set of 4 No. 11 Steel Knitting Needles (points at both ends).

Colour: See pages 2 and 3.

MEASUREMENTS: Length of leg to bottom of heel flap 13½ ins.

Tension: 6½ sts.=1 inch.

Check your tension—see page 27.

Cast on 60 sts. (20, 20, 20) Work 4 ins. ribbing (K1. P1.). Continue in plain knitting until work measures 7 ins., from beginning. Tie coloured thread to mark beginning of round.

To shape leg: 1st round: 1st. needle: K1. K2tog. Knit to end of needle. 2nd needle: Knit. 3rd needle: Knit to last 3 sts. K2tog. t.b.l. K1. Knit 10 rounds plain knitting. Repeat these 11 rounds twice. (54 sts. in round). Continue even in plain knitting until work measures 11 ins. from beginning ending with 3rd needle.

To make heel: Knit first 14 sts. off 1st. needle and slip last 13 sts. off 3rd needle onto one needle. These 27 sts. are for heel. Divide remaining 27 sts. on 2 needles and leave for instep. Working on the 27 heel sts. proceed:—1st row: K1. P25. K1. 2nd row: K1. *Sl. 1 K1. being very careful not to tighten wool behind the slipped sts. This prevents a ridge. Repeat from * to end of row. Repeat these 2 rows 13 times (approx. 2½ ins.). Next row: K1. P25. K1.

To shape heel: 1st row: K15. Sl. 1. K1. p.s.s.o. K1. Turn. 2nd row: P5. P2tog. P1. Turn. 3rd row: K6. Sl. 1. K1. p.s.s.o. K1. Turn. 4th row: P7. P2tog. P1. Turn. 5th row: K8. Sl. 1. K1. p.s.s.o. K1. Turn. 6th row: P9. P2tog. P1. Turn. 7th row: K10. Sl. 1. p.s.s.o. K1. Turn. 8th row: P11. P2tog. P1. Turn. 9th row: K12. Sl. 1. K1. p.s.s.o. K1. Turn. 10th row: P13. P2tog. P1. Turn. 11th row: K14. Sl. 1. K1. p.s.s.o. Turn. 12th row: P14. P2tog. (15 sts. on needle). Knit back 7 sts. This is centre of heel. Put instep sts. onto one needle. (This is 2nd needle). There are 8 sts. on 1st needle, 27 sts. on 2nd needle and 7 sts. on 3rd. needle.

To shape instep: 1st needle: K8. Pick up and knit 16 sts. along side of heel inserting the needle through the knot formed by the stitch knitted at beginning and end of each row. 24 sts. on 1st needle. 2nd needle: Knit across the 27 instep sts. 3rd needle: Pick up and knit 16 sts. along other side of heel and knit remaining 7 sts. 23 sts. on 3rd needle. Proceed:—1st round: Knit across each needle. 2nd round: 1st needle: Knit to last 4 sts. K2tog. K2. 2nd needle: Knit. 3rd needle: K2. K2tog. t.b.l. Knit to end of needle. Repeat these 2 rounds until there are 14 sts. on 1st needle. 27 sts. on 2nd needle and 13 sts. on 3rd needle. (54 sts. in round). Continue even in plain knitting until work measures (from where sts. were picked up at heel):—6¾ ins. for size 10½. 7¼ ins. for size 11. 7¾ ins. for size 11½.

To shape toe: 1st round: 1st. needle: Knit to last 3 sts. K2tog. K1. 2nd needle: K1. K2tog. t.b.l. Knit to last 3 sts. K2tog. 3rd needle: K1. K2tog. t.b.l. Knit to end of needle. 2nd and 3rd rounds: Knit across each needle. Repeat last 3 rounds once. 7th round: Work as 1st round. 8th round: Knit across each needle. Repeat 7th and 8th rounds until there are 22 sts. in round. Knit the sts. of 1st needle onto end of 3rd needle. Graft toe. For Grafting, see page 28.**

KNEE CAP

MATERIALS: 4 ozs. SPECIAL HEAVY RED CROSS SERVICE YARN. Two No. 9 Knitting Needles.

Colour: See page 2.

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

Check your tension—see page 27.

Cast on 38 sts. Knit 10 rows Garter st. **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 to 56 sts. on needle. Knit 37 rows even in Garter st. Proceed:—**1st row:** K17. K2tog. Knit to last 19 sts. K2tog. K17. **2nd row:** Knit. Repeat 1st. and 2nd rows to 38 sts. on needle. Knit 10 rows Garter st. Cast off.

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

HALF MITT WITH FINGER SECTIONS

MATERIALS: 4 ozs. SPECIAL HEAVY RED CROSS SERVICE YARN. Set of 4 No. 11 Steel Knitting Needles (points at both ends).

Colour: See pages 2 and 3.

MEASUREMENTS: Width all round hand at thumb 8 ins.

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

Check your tension—see page 27.

RIGHT MITT: Work from ** to ** as given for Gloves, see page 9. Knit 10 rounds plain knitting. Work 12 rounds ribbing (K2, P2). Proceed:—

To make finger sections: 1st finger: Rib first 4 sts. Slip all but last 10 sts. onto a thread. Cast on 2 sts. Rib last 10 sts. Divide these 16 sts. on 3 needles. Join in round. Rib 4 rounds. Cast off in ribbing.

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

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

4th finger: Rib remaining sts. from thread. Pick up 2 sts. at base of 3rd finger. Rib 2 rounds. Cast off in ribbing.

The Thumb: Knit the 16 sts. which were left for thumb and pick up and knit 4 sts. at base of thumb. Divide these 20 sts. on 3 needles. Knit 6 rounds even. Work 6 rounds ribbing. (K2, P2). Cast off in ribbing.

LEFT MITT: Work as given for Right Mitt until finger sections are reached.

To make finger sections: 1st finger: Rib first 14 sts. Slip remaining sts. onto a thread. Cast on 2 sts. Divide these 16 sts. on 3 needles. Join in round. Finish finger and work remainder of mitt as given for Right Mitt.

HALF MITTS Without Finger Sections

MATERIALS and MEASUREMENTS as given for Half Mitts with finger sections (see above). These Mitts are worked exactly as given for Half Mitts, see above, until the 10 rounds plain knitting above the thumb gusset have been worked. Work 16 rounds ribbing (K2, P2). instead of 12 rounds. Cast off in ribbing. Work the thumb as given for thumb of Half Mitts. Work another Mitt to correspond.

RIFLE MITTS

MATERIALS: 3 ozs. SPECIAL LIGHT RED CROSS SERVICE YARN. Set of 4 No. 13 Steel Knitting Needles (points at both ends).

Colour: See page 2.

Tension: 9 sts.=1 inch.

Check your tension—see page 27.

RIGHT MITT: Cast on 60 sts. (20. 20. 20). Work 4 ins. ribbing (K1, P1).

To make gusset for thumb: 1st round: P1. (Inc. 1 st. in next st. K1.) twice. P1. Knit to end of round. ****Next 3 rounds:** Knit, purling the sts. which were purled in previous round. **5th 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 to end of round. ****Repeat from ** to ** until there are 20 sts. between the 2 purled sts. Next 3 rounds:** Knit, purling the sts. which were purled in previous round. **Next round:** K1. Cast on 6 sts. Slip next 20 sts. onto a thread and leave for thumb. Knit to end of round. (62 sts. in round). Knit even in rounds until work measures 2 ins. from the 6 cast-on sts.

To make finger: K8. Slip all but last 10 sts. onto a thread. Cast on 4 sts. Knit last 10 sts. Divide these 22 sts. on 3 needles. Knit 3 ins. even. **Next round:** (K2tog.) 11 times. Break wool. Thread end through remaining sts. Draw up and fasten securely.

To make mitt section: Slip 22 sts. from thread onto one needle, the remaining 22 sts. onto 2nd needle. Join wool at base of 1st. finger. Pick up and knit 4 sts. Knit 10 sts. from first 22 sts. and slip them onto needle with the 4 picked-up sts. Knit remaining 12 sts. onto 2nd needle. Knit the 22 sts. from 3rd needle. Knit the first 2 sts. from 1st needle and slip them onto 3rd needle. Sts. are now divided 12. 12. 24. Knit even in rounds until work measures $2\frac{1}{2}$ ins. from the 4 picked-up sts.

To shape top: 1st round: 1st. needle: Knit. **2nd needle:** Knit to last 3 sts. K2tog. K1. **3rd needle:** K1. Sl. 1. K1. p.s.s.o. Knit to end of needle. Knit 2 rounds even. Repeat last 3 rounds once. **7th round:** As 1st. round. **8th round:** Knit. Repeat last 2 rounds once. **11th round: 1st needle:** K1. Sl. 1. K1. p.s.s.o. Knit to end of needle. **2nd needle:** Knit to last 3 sts. K2tog. K1. **3rd needle:** K1. Sl. 1. K1. p.s.s.o. Knit to last 3 sts. K2tog. K1. Repeat last round 3 times. Slip remaining 4 sts. from 2nd needle onto 1st. needle. Graft top. For Grafting, see page 28.

The Thumb: Knit the 20 sts. which were left for thumb. Pick up and knit 6 sts. at base of thumb. Divide these 26 sts. on 3 needles. Knit $2\frac{1}{2}$ ins. even. **Next round:** (K2tog.) 13 times. Break wool. Thread end through remaining sts. Draw up and fasten securely.

LEFT MITT: Work exactly as given for Right Mitt until finger is reached. Proceed:—

To make finger. K18. Slip remaining sts. onto a thread. Cast on 4 sts. Divide these 22 sts. on 3 needles. Join in round. Finish finger and work remainder of Mitt as given for Right Mitt.

TWO-WAY MITTS

MATERIALS: 4 ozs. SPECIAL HEAVY RED CROSS SERVICE YARN. Set of 4 No. 11 "Aero" Steel Knitting Needles (points at both ends).

Colour: See pages 2 and 3.

MEASUREMENTS: Width all round hand at thumb 8 ins. Tension: $6\frac{1}{2}$ sts.=1 inch.

Check your tension—see page 27.

RIGHT MITT—To make flap: With 2 needles cast on 26 sts. **1st row:** *K1. P1. Repeat from * to last 2 sts. K2. Repeat 1st. row 11 times. Break wool. Leave on spare needle.

The Mitt: Work from ** to ** as given for Gloves, see page 9. Rearrange sts. as follows:—

1st needle: (the needle with the sts. of thumb gusset) 26 sts. **2nd needle:** 11 sts. **3rd needle:** 11 sts. Knit 6 rounds even in plain knitting ending with 3rd needle. **Next round:** K3. (P1. K1.) 11 times. Knit to end of round. Repeat this round 5 times. **Next round:** K2. Cast off next 22 sts. in ribbing. Knit to end of round. **Next round:** Place the needle containing the flap sts. behind the first 2 sts. on 1st. needle. Knit together 1. st. from each needle twice. Rib across the next 22 sts. on spare needle. Place the last 2 sts. on spare needle behind the last 2 sts. on 1st. needle and knit together 1. st. from each needle twice. Knit to end of round. **Next round:** K3. (P1. K1) 11 times. Knit to end of round. Repeat this round 5 times. Knit 10 rounds even slipping the last st. off the 1st. needle onto 2nd needle and knitting the 1st. st. off the 1st. needle onto 3rd needle in last round. The sts. are now divided 24. 12. 12.

To shape top: **1st round:** 1st needle: K1. K2tog. t.b.l. Knit to last 3 sts. K2tog. K1. **2nd needle:** K1. K2tog. t.b.l. Knit to end of needle. **3rd needle:** Knit to last 3 sts. K2tog. K1. **2nd round:** Knit. Repeat these 2 rounds to 16 sts. in round. Slip sts. off 2nd needle onto end of 3rd needle. Graft top. For Grafting see page 28.

The Thumb: Work exactly as given for Thumb of Gloves, see page 9. Sew the ends of the flap in position on wrong side of mitt.

LEFT MITT: Work exactly as given for Right Mitt to end of gusset shaping and rearrange sts. as follows:—**1st needle:** (the needle with the sts. of thumb gusset). K7. Slip last 19 sts. of round onto this needle. Divide remaining 22 sts. on 2nd and 3rd needles. Knit 6 rounds even in plain knitting ending with 3rd needle. Work remainder of mitt to correspond with right mitt.

BROADCAST MITTS

MATERIALS: 2 ozs. SPECIAL LIGHT RED CROSS SERVICE YARN. Set of 4 No. 11 Steel Knitting Needles (points at both ends). 2 Safety Pins.

Colour: see pages 2 and 3. Tension: 8 sts.=1 inch.

Check your tension—see page 27.

Cast on 60 sts. loosely (20. 20. 20). Work 6 ins. ribbing (K2. P2). Slip first 8 sts. of round onto one safety pin. Slip next 8 sts. of round onto 2nd safety pin. Cast on 8 sts. and continue working in rounds of ribbing for 4 ins. Cast off in ribbing.

(Continued on page 9)

GLOVES

MATERIALS: 4 ozs. SPECIAL HEAVY RED CROSS SERVICE YARN. Set of 4 No. 11 Steel Knitting Needles (points at both ends).

Colour: See pages 2 and 3.

MEASUREMENTS: Width all round hand at thumb 8 ins. Tension: $6\frac{1}{2}$ sts. = 1 inch.

Check your tension—see page 27.

RIGHT GLOVE: **Cast on 48 sts. loosely (16. 16. 16). Work $3\frac{1}{2}$ ins. ribbing (K2. P2). Knit 6 rounds plain knitting. Proceed:—

To make gusset for thumb: **1st round:** P1. (Inc. 1 st. in next st. K1) twice. P1. Knit to end of round. ***Next 2 rounds:** Knit, purling the sts. which were purled in previous round. **4th 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 to end of round. * Repeat from * to * until there are 16 sts. between the 2 purled sts. **Next 2 rounds:** Knit, purling the sts. which were purled in previous round. **Next round:** K1. Cast on 4 sts. Slip next 16 sts. onto a thread and leave for thumb. Knit to end of round. ** Knit 13 rounds. Proceed:—

To make fingers: **1st finger:** Knit first 4 sts. Slip all but last 10 sts. onto thread. Cast on 2 sts. Knit last 10 sts. Divide these 16 sts. on 3 needles. Join in round. Knit 3 ins. plain knitting. **Next round:** (K2tog.) 8 times. Break wool. Thread end through remaining sts. Draw up and fasten securely. **Finish all fingers and thumb in same manner.**

2nd finger: Knit next 6 sts. of round. Cast on 2 sts. Knit last 6 sts. or round and pick up and knit 3 sts. at base of 1st. finger. Divide these 17 sts. on 3 needles. Knit $3\frac{1}{2}$ in. **Next round:** (K2tog.) 8 times. K1.

3rd finger: Knit next 6 sts. of round. Cast on 2 sts. Knit last 6 sts. of round and pick up and knit 2 sts. at base of 2nd finger. Divide these 16 sts. on 3 needles. Knit 3 ins. **Next round:** (K2tog.) 8 times.

4th finger: Knit remaining sts. from thread. Pick up and knit 4 sts. at base of 3rd finger. Divide these 14 sts. on 3 needles. Knit $2\frac{1}{2}$ in. **Next round:** (K2tog.) 7 times.

The Thumb: Knit the 16 sts. which were left for thumb, and pick up and knit 4 sts. at base of thumb. Divide these 20 sts. on 3 needles. **Next 2 rounds:** Knit, dec. twice over the 4 sts. which were picked up at base of thumb. (16 sts. in round). Knit $2\frac{1}{2}$ ins. **Next round:** (K2tog.) 8 times.

LEFT GLOVE: Work as given for Right Glove until fingers are reached. Proceed:—

To make fingers: **1st finger:** Knit first 14 sts. Slip remaining sts. onto a thread. Cast on 2 sts. Divide these 16 sts. on 3 needles. Join in round. Finish finger and work remainder of glove as given for Right Glove, beginning at back of glove to knit up sts. for remaining fingers.

BROADCAST MITTS

(Continued from page 8)

To make half thumb: Knit the 16 sts. from the two safety pins, and pick up and knit 8 sts. at base of thumb. Divide these 24 sts. on 3 needles. Join in round. Work 8 rounds ribbing (K2. P2). Cast off in ribbing. Make another mitt to correspond. Mark division for fingers. With a wool needle sew backwards and forwards 3 times, then around and around, to form a firm bar at end of knitting.

WHOLE MITTS

MATERIALS: 4 ozs. SPECIAL HEAVY RED CROSS SERVICE YARN. Set of 4 No. 11 Steel Knitting Needles (points at both ends).

Colour: See pages 2 and 3.

MEASUREMENTS: Width all round hand at thumb 8 ins.

Tension: 6½ sts. = 1 inch.

Check your tension—see page 27.

Work from ** to ** as given for Gloves, see page 9. Knit 25 rounds plain knitting. Proceed:—

To shape top: *K6. K2tog. Repeat from * to end of round. Knit 5 rounds even. **7th round:** *K5. K2tog. Repeat from * to end of round. Knit 4 rounds even. **12th round:** *K4. K2tog. Repeat from * to end of round. Knit 3 rounds even. **16th round:** *K1. K2tog. Repeat from * to end of round. Knit 2 rounds even. **19th round:** *K2tog. Repeat from * to end of round. Break wool. Thread end through remaining sts. Draw up and fasten securely.

The Thumb: Knit the 16 sts. which were left for thumb and pick up and knit 4 sts. at base of thumb. Divide these 20 sts. on 3 needles. Knit 20 rounds. **21st round:** *K3. K2tog. Repeat from * to end of round. **22nd and 23rd rounds:** Knit. **24th round:** *K2tog. Repeat from * to end of round. **25th round:** Knit. Break wool. Thread end through remaining sts. Draw up and fasten securely. Work another mit to correspond.

TURTLE NECK TUCK-IN

MATERIALS: 4 ozs. SPECIAL HEAVY RED CROSS SERVICE YARN. Set of 4 No. 9 Knitting Needles (points at both end).

MEASUREMENTS: Length of Front (collar turned over) 11¼ ins. Length of Back (collar turned over) 7¼ ins.

Colour: See pages 2 and 3.

Tension: 5½ sts. = 1 inch.

Check your tension—see page 27.

Starting at top of collar cast on 80 sts. loosely (28. 28. 24). Work 5½ 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 1st needle onto it. Slip the remaining 8 sts. from the end of the 1st 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 1st 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 3½ ins. ending with 4th row. Knit 8 rows Garter st. Cast off.

The Front Bib: Join the wool to the beginning of 1st 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 7½ ins. ending with 3rd row. Knit 8 rows Garter st. Cast off.

TO MAKE UP: 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 collar.

SLEEVELESS SWEATER With "V" Neck

Average Size

MATERIALS: 10 ozs. SPECIAL HEAVY RED CROSS SERVICE YARN. Two No. 7 Knitting Needles. One Stitch Holder.

Colour: See pages 2 and 3.

Tension: 4½ sts. = 1 inch.

Check your tension—see page 27.

This garment is worked up the Back and down the Front with no shoulder shaping.

****BACK:** Cast on 80 sts. Work 4 ins. ribbing (K2. P2). Continue even in Stocking st. until work measures 14 ins. from beginning, ending with knit row.

To shape armholes: Cast off 3 sts. beginning next 2 rows. Proceed:—1st row: K5. Purl to last 5 sts. K5. 2nd row: Knit. 3rd row: As 1st row. 4th row: K5. K2tog. Knit to last 7 sts. K2tog. K5. Repeat these 4 rows twice (68 sts. on needle). Keeping Garter st. borders at armhole edges, continue even in Stocking st. until armhole measures 8 ins. from first shaping ending with knit row. Proceed:—

1st row: K5. P12. K34. P12. K5. 2nd row: Knit. Repeat these 2 rows for 1 inch ending with 1st row. Next row: K22. Cast off 24 sts. for back of neck. K22. Next row: K5. P12. K5. Leave remaining 22 sts. on st. holder.**

To work shoulder: 1st row: Knit. 2nd row: K5. P12. K5. Repeat these 2 rows 3 times.

To shape neck: 1st row: K5. Inc. 1 st. in next st. Knit to end of row. 2nd row: K5. Purl to last 5 sts. K5. 3rd row: Knit. 4th row: As 2nd row. 5th row: As 1st. row. 6th row: K5. Purl to last 5 sts. K5. Repeat these 6 rows until there are 34 sts. on needle. Break wool and leave these sts. on spare needle. Join wool at neck edge and work other shoulder to correspond ending with purl row, being careful to have shaping at neck edge. Do not break wool. Next row: K34. and knit the 34 sts. from spare needle (68 sts. on needle). Next row: K5. P24. K10. P24. K5. Next row: Knit. Repeat last 2 rows 4 times. Next row: K5. Purl to last 5 sts. K5. ***Keeping Garter st. border at armhole edges continue even until armhole measures same as Back to last armhole decreasing, then shape to correspond, that is inc. 1 st. each end of needle inside borders on next and every following 4th row twice (74 sts. on needle). Cast on 3 sts. beginning next 2 rows (80 sts. on needle). Continue in Stocking st. until same length as Back ending with 4 ins. ribbing. Cast off in ribbing.***

TO MAKE UP: Press carefully. Sew side seams.

PLAIN HEAVY SERVICE SOCKS

(Continued from page 4)

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. Graft toe. For Grafting see page 28.

SLEEVELESS SWEATER With High Neck

Average Size

MATERIALS, COLOUR AND TENSION as given for Sleeveless Sweater with "V" Neck, page 11.

Work from ** to ** as given for Sleeveless Sweater with "V" Neck, see page 11.

To work shoulder: 1st row: Knit. 2nd row: K5. P12. K5. Repeat these 2 rows 9 times. Break wool and leave these sts. on spare needle. Join wool at neck edge and work other shoulder to correspond, ending with purl row. Do not break wool. **Next row:** K22. Cast on 24 sts. Knit the 22 sts. from spare needle. (68 sts. on needle). **Next row:** K5. P12. K34. P12. K5. **Next row:** Knit. Repeat last 2 rows 4 times. **Next row:** K5. Purl to last 5 sts. K5. Work from *** to *** as given for Sleeveless Pullover with "V" Neck, see page 11. **TO MAKE UP:** Press carefully. Sew side seams.

ALTERNATIVE SLEEVELESS SWEATER

With "V" Neck

Average Size

MATERIALS: 12 ozs. SPECIAL HEAVY RED CROSS SERVICE YARN. Two No. 10 and two No. 9 Knitting Needles. One Stitch Holder.

Colour: See page 2.

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

Check your tension—see page 27.

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. until work measures $13\frac{1}{2}$ 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. K2tog. Knit to last 8 sts. K2tog. t.b.l. K6. 4th row: K6. P29. K12. P29. K6. Keeping 12 sts. in centre in Garter st. 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. K2tog. Turn. Leave remaining sts. on st. holder. 2nd row: K29. Purl to last 6 sts. K6. Keeping Garter st. borders at both edges 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 measures $8\frac{1}{2}$ ins. from first shaping.

To shape shoulder: Keeping border at neck edge, at armhole edge cast off 6 sts. every alternate row 3 times. Work $2\frac{1}{2}$ ins. Garter st. 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 Garter st. 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 measures $8\frac{1}{2}$ ins. from first shaping.

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

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

HEAVY TURTLE NECK SWEATER With Sleeves

Average Size

MATERIALS: 20 ozs. SPECIAL HEAVY RED CROSS SERVICE YARN. Two No. 10 and two No. 9 Knitting Needles. Set of 4 No. 10 Steel Knitting Needles (points at both ends). One Stitch Holder.

Colour: See pages 2 and 3.

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

Check your tension—see page 27.

FRONT: With No. 10 needles cast on 104 sts. Work $2\frac{1}{2}$ ins. ribbing (K1. P1). Change to No. 9 needles and continue even in Stocking st. until work measures 18 ins. from beginning ending with purl row.

To shape armholes: Cast off 6 sts. beginning next 2 rows, then dec. 1 st. each end of needle every alternate row to 82 sts. on needle. Continue even until armhole measures 7 ins. from first shaping.

To shape neck: With right side of work facing K27. Turn. Keeping armhole edge even, at neck edge dec. 1 st. every alternate row 3 times. Continue even until armhole measures 8 ins. from first shaping.

To shape shoulder: At armhole edge cast off 8 sts. every alternate row 3 times. Slip next 28 sts. onto st. holder and work remaining sts. to correspond to other shoulder.

BACK: Work exactly as given for Front, omitting neck shaping, until armhole measures 8 ins. from first shaping.

To shape shoulders: With right side of work facing, cast off 8 sts. beginning next 6 rows. Do not break wool.

COLLAR: Sew shoulder seams. With right side of work facing, using set of 4 needles with points at both ends, knit across sts. at back of neck. Pick up and knit 8 sts. along left side of neck. Knit across sts. on st. holder at front of neck. Pick up and knit 8 sts. along right side of neck. Working in rounds, continue even in ribbing (K1. P1) for 6 ins. Cast off loosely in ribbing.

SLEEVES: With No. 10 needles cast on 46 sts. Work $2\frac{1}{2}$ ins. ribbing (K1. P1). **Next row:** K5. *Inc. 1 st. in next st. K6. Repeat from * to last 6 sts. Inc. 1 st. in next st. K5. (52 sts. on needle). Change to No. 9 needles. **Next row:** K1. Purl to last st. K1. Continue in Stocking st. inc. 1 st. each end of needle on 7th and every following 8th row to 72 sts. on needle. Continue even until sleeve measures 18 ins. from beginning.

To shape cap: *Cast off 2 sts. beginning next 2 rows, then 1 st. beginning following 2 rows.* Repeat from * to * to 24 sts. on needle. Cast off remaining sts. **TO MAKE UP:** Press pieces carefully. Sew all seams. Sew in sleeves.

PLAIN KNITTED SCARF

MATERIALS: 10 ozs. SPECIAL HEAVY RED CROSS SERVICE YARN. Two No. 8 Knitting Needles.

Colour: See pages 2 and 3.

MEASUREMENTS: Length 46 ins. Width 12 ins.

Cast on 56 sts. Knit 46 ins. in plain knitting. (Garter st.). Cast off.

PLAIN HELMET

MATERIALS: 2 ozs. SPECIAL LIGHT RED CROSS SERVICE YARN. Set of 4 No. 10 and set of 4 No. 8 Knitting Needles (points at both ends).

Colour: See page 2.

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

Check your tension—see page 27.

With No. 10 needles cast on 120 sts. loosely (40, 40, 40). Work $4\frac{1}{2}$ ins. ribbing (K2, P2). Change to No. 8 needles and continue even in plain knitting until work measures $6\frac{1}{2}$ ins. from beginning.

To make face opening: 1st round: P40, K80. **2nd round:** K120. Repeat last 2 rounds twice. **7th round:** P6. Cast off 28 sts. purlways. P6, K80, K6 sts. from 1st needle onto end of 3rd needle. Slip last 6 sts. from 1st needle onto 2nd needle. Working backwards and forwards on 2 needles, proceed:—

To make sides of head: 1st row: S1, 1, K5. Purl to end of row. **2nd row:** S1, 1, purlways. P5. Knit to end of row. Repeat last 2 rows 9 times. Slip last 6 sts. onto unused needle and cast on 28 sts. Knit first 6 sts. from other side of cap onto same needle. Knit next 80 sts. 120 sts. in round (40, 40, 40).

To make forehead: 1st round: P40, K80. **2nd round:** Knit. Repeat last 2 rounds twice. Continue even in plain knitting until work measures $11\frac{1}{2}$ ins. from beginning ending with 3rd needle.

To shape crown: 1st round: K6. Slip these sts. onto 3rd needle. K13, K2tog, K13, K2tog. Slip remaining 4 sts. onto 2nd needle. Slip first st. from 3rd needle onto 2nd needle. *K13, K2tog. Repeat from * to end of 3rd needle. **2nd and every alternate round:** Knit. **3rd round:** *K12, K2tog. Repeat from * to end of round. **5th round:** *K11, K2tog. Repeat from * to end of round. **7th round:** *K10, K2tog. Repeat from * to end of round. **9th round:** *K9, K2tog. Repeat from * to end of round. Continue in this manner working 1 st. less between decreasing rounds every alternate round to 16 sts. in round. **Next round:** (K2tog.) 8 times. Break wool. Thread end through remaining sts. Draw up and fasten securely.

TOQUE Useful for a Sleeping Cap

MATERIALS: 4 ozs. SPECIAL HEAVY RED CROSS SERVICE YARN. Set of 4 No. 8 Knitting Needles (points at both ends).

Colour: See page 2.

Tension: 5 sts.=1 inch.

Check your tension—see page 27.

Cast on 92 sts. loosely (32, 32, 28). **1st round:** *K2, P2. Repeat from * to end of round. Repeat 1st round for $3\frac{1}{2}$ ins. **Next round:** Purl. Repeat 1st. round for 1 inch. Turn work inside out. Knit 3 ins. even dec. 2 sts. in last round.

To shape crown: 1st round: *K16, K2tog. Repeat from * to end of round. **2nd and alternate rounds:** Knit. **3rd. round:** *K15, K2tog. Repeat from * to end of round. **5th round:** *K14, K2tog. Repeat from * to end of round. Continue decreasing in this manner, every alternate round to 25 sts. in round. Break wool. Thread end through remaining sts. Draw up and fasten securely.

BALACLAVA HELMET

MATERIALS: 4 ozs. SPECIAL LIGHT RED CROSS SERVICE YARN (7 ozs. will make 2 helmets). Set of 4 No. 10 Knitting Needles (points at both ends). One Stitch Holder.

Colour: See pages 2 and 3.

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

Check your tension—see page 27.

Using 2 of the set of 4 needles cast on 36 sts. **1st row:** K1. Inc. 1 st. in next st. Knit to last 3 sts. Inc. 1 st. in next st. K2. **2nd row:** Knit. Repeat these 2 rows to 66 sts. on needle. Continue even in Garter st. until work measures 7 ins. from beginning. Leave these sts. on spare needle and work another piece to correspond. Proceed:—K44. onto 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 28sts. onto st. holder. Leaving these sts. for the face opening, turn. Knit $6\frac{1}{2}$ ins. Garter st. on remaining sts. Proceed:—

1st. row: K68. S1, 1, K1. p.s.s.o. Turn. **2nd row:** K33. S1, 1, K1. p.s.s.o. Turn. 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. (K2, P2) 6 times. K2, P1. Pick up and knit 17 sts. With a 2nd needle pick up and knit 20 sts. along edge of plain knitted rows. Working on 24 of the 34 sts. which were left, (K2, P2) 6 times. With a 3rd needle, working on remaining 10 sts. (K2, P2) twice. 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. ribbing (K2, P2). Cast off in ribbing.

RIBBED HELMET (No Chest Pieces)

MATERIALS: 4 ozs. SPECIAL HEAVY RED CROSS SERVICE YARN. Set of 4 No. 9 Knitting Needles (points at both ends).

Colour: See page 2.

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

Check your tension—see page 27.

Cast on 96 sts. loosely (32, 32, 32). Work 8 ins. ribbing (K4, P4). **Next round:** Cast off 32 sts. in ribbing for face opening. Working backwards and forwards on remaining 2 needles continue even in ribbing for $1\frac{1}{2}$ ins. Cast on 32 sts. in place of the cast-off sts. and working in rounds continue even in ribbing until work measures $14\frac{1}{2}$ ins. from beginning.

To shape top: 1st round: 1st needle: K1, K2tog. Rib to last 2 sts. K2tog. **2nd and 3rd needles:** As 1st. needle. Repeat this round to 6 sts. in round. Break wool. Thread end through remaining sts. Draw up and fasten securely.

SEAMAN'S SCARF

MATERIALS: 11 ozs. SPECIAL LIGHT RED CROSS SERVICE YARN. Two No. 10 Knitting Needles.

Colour: See page 3.

MEASUREMENTS: Length 66 or 72 ins. Width 14 ins. Cast on 96 sts. Knit required length in plain knitting (Garter st). Cast off.

QUEBEC HELMET

MATERIALS: 3 ozs. SPECIAL LIGHT RED CROSS SERVICE YARN. Set of 4 No. 10 Steel Knitting Needles (points at both ends).

Colour: See pages 2 and 3.

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

Check your tension—see page 27.

Using 2 of the set of 4 needles cast on 37 sts. **1st row:** K1. Inc. 1. st. in next st. Knit to last 3 sts. Inc. 1. st. in next st. K2. Repeat 1st row to 47 sts. on needle. Continue even in Garter st. until work measures 4 ins. from beginning. Leave these sts. on spare needle and work another piece to correspond. Proceed:—

K31. onto 1st. needle Taking a 2nd needle K16. and K16. from spare needle. Taking a 3rd needle K31. Working in rounds, work 3 ins. ribbing (K1. P1). Rib 7 sts. of 1st. needle onto end of 3rd needle. Proceed:— (P1. K1) 16 times. P1. Leave these 33 sts. (in centre of front bib) on st. holder. * Inc. 1. st. in next st. knitways. Inc. 1 st. in next st. purlways.* Repeat from * to * to last st. Inc. 1. st. in next st. knitways. (122 sts. on needles). Divide these 122 sts. on 2 needles. (60. 62). Working backwards and forwards on these 2 needles, proceed:—

1st row: K1. P1. K2. *P2. K2. Repeat from * to last 2 sts. on 2nd needle. P1. K1. **2nd row:** K2. *P2. K2. Repeat from * to end of 2nd needle. Repeat these 2 rows for 6 ins. ending with 1st row.

To shape top: 1st row: (K2. P2) 21 times. K1. S1. 1. K1. p.s.s.o. Turn. **2nd row:** (P2. K2) 12 times. P1. P2tog. Turn. **3rd row:** (K2. P2) 12 times. K1. S1. 1. K1. p.s.s.o. Turn. Repeat 2nd and 3rd rows until all sts. are on one needle. (50 sts. on needle). Break wool. Beginning again on the 33 sts. which were left, (P1. K1) 16 times. P1. Pick up and knit 12 sts. along edge of face. With a 2nd needle pick up and knit 12. sts. along remainder of edge. Working on 32 sts. of the 50 sts. which were left, (K1. P1) 16 times. With a 3rd needle working on remaining 18 sts. (K1. P1) 9 times. Pick up and knit 25 sts. along other side of face and P1. from 1st. needle. (132 sts. in round). Work $1\frac{1}{2}$ ins. ribbing (K1. P1). Cast off in ribbing.

BODY BELT

MATERIALS: 4 ozs. SPECIAL LIGHT RED CROSS SERVICE YARN. Two No. 11 and two No. 9 Knitting Needles.

Colour: See pages 2 and 3.

Tension: 7 sts.=1 inch.

Check your tension—see page 27.

With No. 11 needles cast on 180 sts. **1st row:** K2. *P1. K1. Repeat from * to end of row. Repeat this row for 3 ins. Change to No. 9 needles and repeat 1st. row until work measures 11 ins. from beginning. Change to No. 11 needles and repeat 1st. row for 3 ins. Cast off in ribbing.

TO MAKE UP: Press carefully. Sew up seam.

AERO CAP—(Continued from page 20)

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.

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 VERT SOFT WOOL.

MATERIALS: 4 ply ANDALUSIAN. 3 ozs. will make two caps. Two No. 11 Knitting Needles. $1\frac{1}{6}$ yd. Elastic, $\frac{3}{8}$ inch. wide.

Colour: See page 2.

Tension: $8\frac{1}{2}$ sts.=1 inch.

Check your tension—see page 27.

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. 1st. 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 increasings 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 Neckband: 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 Neck bands.

SEAMAN'S SOCKS

With Double Heel and Flat Toe

MATERIALS: 8 ozs. SPECIAL HEAVY RED CROSS SERVICE YARN. Set of 4 No. 11 Steel Knitting Needles (points at both ends).

Colour: See page 2.

MEASUREMENTS: Length of leg to bottom of heel flap, 18 ins.

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

Check your tension—See page 27.

Cast on 64 sts. loosely (20. 20. 24). Work 13 ins. ribbing (K2. P2).

**** To shape leg; 1st round: 1st needle:** K2tog. Rib to end of needle. **2nd needle:** Rib. **3rd needle:** Rib to last 4 sts. K2tog. P2. (Keep these 2 purl sts. for seam sts.). Rib 5 rounds even. Continue decreasing in this manner on next and every following 6th round to 56 sts. in round.

To make heel: Divide sts. (having 2 seam sts. for centre) as follows:—Knit first 13 sts. off 1st needle and slip last 15 sts. off 3rd needle onto one needle. These 28 sts. are for heel. Divide remaining 28 sts. on 2 needles and leave for instep. Working on the 28 heel sts. proceed:—

1st row: K1. P26. K1. **2nd row:** *K1. Sl. 1. being very careful not to tighten wool behind the slipped sts. This prevents a ridge. Repeat from * to last 2 sts. K2. Repeat these 2 rows 13 times. (Approx. $2\frac{1}{2}$ ins.).

To shape heel: 1st row: K1. P14. P2tog. P1. Turn. **2nd row:** K4. Sl. 1 K1. p.s.s.o. K1. Turn. **3rd row:** P5. P2tog. P1. Turn. **4th row:** K6. Sl. 1. K1. p.s.s.o. K1. Turn. Continue in this manner, working 1 st. extra every row until all sts. are on one needle, ending with knit row. (16 sts. on needle). Put instep sts. onto one needle. (This is 2nd needle). Divide remaining heel sts. evenly on 1st and 3rd needles. Proceed:—

To shape instep: 1st needle: Pick up and knit 14 sts. along side of heel, inserting the needle through the knot formed by the st. knitted at beginning and end of each row. 22 sts. on 1st needle. **2nd needle:** Rib across the 28 instep sts. **3rd needle:** Pick up and knit 14 sts. along other side of heel. Knit remaining 8 sts. 22 sts. on 3rd needle. Proceed:—**1st. round: 1st needle:** Knit. **2nd needle:** Rib. **3rd needle:** Knit. **2nd round: 1st needle:** Knit to last 3 sts. K2tog. K1. **2nd needle:** Rib. **3rd needle:** K1. K2tog. t.b.l. Knit to end of needle. Repeat these 2 rounds until there are 14 sts. on each of 1st. and 3rd needle, and 28 sts. on 2nd needle. (56 sts. in round). Keeping 1st. and 3rd needles in Stocking st. and 2nd needle in ribbing, continue even until work measures (from where sts. were picked up at heel):—

$6\frac{1}{2}$ ins. for size 11. 7 ins. for size $11\frac{1}{2}$. $7\frac{1}{2}$ ins. for size 12.

To shape toe: 1st round: 1st needle: Knit to last 3 sts. K2tog. K1. **2nd needle:** K1. K2tog. t.b.l. Knit to last 3 sts. K2tog. K1. **3rd needle:** K1. K2tog. t.b.l. Knit to end of needle. Knit 2 rounds even. Repeat these 3 rounds to 28 sts. in round. Knit sts. of 1st. needle onto end of 3rd needle. Graft toe. For Grafting, see page 28.

ALTERNATIVE SEAMAN'S LONG STOCKINGS

Original Red Cross Instruction

MATERIALS: 12 ozs. HEAVY 3 ply WHEELING YARN. Set of 4 No. 7 Knitting Needles (points at both ends).

Colour: See page 2.

Tension: 5 stitches= 1 inch.

Check your tension—see page 27.

Cast on 72 stitches on 3 needles (24, 24, 24). Work in round of rib of K2, P2 for $3\frac{1}{2}$ ins. Slip 1 st. from each end of centre needle on to 1st. and 3rd needles (25, 22, 15).

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

1st round—1st needle: K15, K2tog., K2, K2tog. b (i.e. into back of sts.). **K4. 2nd needle:** Knit **3rd needle:** K4, K2tog., K2, K2tog., b K15, Knit 9 rounds.

11th round—1st needle: K14, K2tog. K2, K2tog. b. **K3. 2nd needle:** Knit. **3rd needle:** K3, K2tog., K2, K2tog. b, K14, Knit 9 rounds.

21st round—1st needle: K13, K2tog., K2, K2tog. b., K2. **2nd needle:** Knit. **3rd needle:** K2, K2tog., K2, K2tog. b., K13, Knit 9 rounds.

31st round—1st needle: K12, K2tog., K2, K2tog., b., K1. **2nd needle:** Knit. **3rd needle:** K1, K2tog., K2, K2tog. b., K12. Knit 9 rounds.

41st round—1st needle: K11, K2tog., K2, K2tog. b. **2nd needle:** Knit. **3rd needle:** K2tog., K2, K2tog. b. K11 (15, 22, 15). Work in knit rounds till work measures $22\frac{1}{2}$ inches from start. Now divide for heel.

Next round: K12. Turn. Slip the last 12 sts. from 3rd needle onto 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:** Sl, K23.

Next row: Sl, P23. Rep. last 2 rows 8 more times. Turn heel thus: K15, Sl, K1, p.s.s.o., turn. *P7, P2tog., turn, K7. Sl, K1, p.s.s.o. turn. Rep. from * till 9 sts. remain. P7, P2tog., 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. K2tog., K1, **2nd needle:** Knit. **3rd needle:** K1, K2tog. 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., K2tog., K1, **2nd needle:** K1, K2tog. b., K to last 3 sts., K2tog., K1, **3rd needle:** K1, K2tog., 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, K2tog. b., K2, K2tog., K1. **3rd needle:** Knit. Cast off by folding sts. in half and casting off 2tog. all along row. Alternatively graft. For Grafting, see page 28.

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

SEAMAN'S LONG STOCKINGS

MATERIALS: 12 ozs. SPECIAL HEAVY RED CROSS SERVICE YARN OR WHEELING. Set of 4 No. 10 and set of 4 No. 9 Knitting Needles (with points at both ends).

Colour: See page 2.

MEASUREMENTS: Length of leg to bottom of heel flap, 26 ins.

Tension: 6 sts.=1 inch with No. 10 needles.

Check your tension—see page 27.

With No. 9 needles cast on 84 sts. loosely (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. K2tog. 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. P2tog. 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. P2tog. Repeat from * 7 times. (64 sts. in round). **Next round:** *K2. P2. Repeat from * to end of round. Repeat last round until work measures 7½ ins. from beginning. Change to No. 10 needles. Continue in ribbing (K2. P2) until work measures 20½ ins. from beginning. Work remainder of stocking as given from ** in Seaman's Socks, see page 18.

AERO CAP

MATERIAL: 4 ozs. SPECIAL HEAVY RED CROSS SERVICE YARN. Two No. 9 Knitting Needles. 3 buttons.

Colour: See page 3.

Tension: 5½ sts.=1 inch.

Check your tension—see page 27.

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 3½ 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 on 3rd and every alternative row to 20 sts. on needle, then every row to 12 sts. on needle. Proceed:—

1st row: (Buttonhole). K1. P2tog. K1. P1. Cast off 2 sts. K1. P1. K2tog. K1. **2nd row:** K1. K2tog. P1. Cast on 2 sts. K1. P2tog. K1. **3rd row:** K1. P2tog. K1. P1. K2tog. K1. **4th row:** K1. K2tog. P2tog. K1. **5th row:** (K2tog) twice. Cast off.

Join wool to remaining 32 sts. and work to correspond. TO MAKE UP—See page 16.

AERO HELMET

MATERIALS: 4 ozs. SPECIAL HEAVY RED CROSS SERVICE YARN. Two No. 8 Knitting Needles. Two Stitch Holders.

Colour: See page 3.

Tension: 5 sts.=1 inch.

Check your tension—see page 27.

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. *K3tog. (P1. K1) 10 times. P1. Repeat from * 3 times. K3tog. (P1. K1) 6 times. **2nd and alternate rows:** K2. *P1. K1. Repeat from * to end of row. **3rd row:** K2. (P1. K1) 4 times. *P3tog. (K1. P1) 9 times. K1. Repeat from * 3 times. P3tog. (K1. P1) 5 times. K1. **5th row:** K2. (P1. K1) 3 times. P1. *K3tog. (P1. K1) 8 times. P1. Repeat from * 3 times. K3 tog. (P1. K1) 5 times. **7th row:** K2. (P1. K1) 3 times. *P3tog. (K1. P1) 7 times. K1. Repeat from * 3 times. P3tog. (K1. P1) 4 times. K1. **9th row:** K2. (P1. K1) twice. P1. *K3tog. (P1. K1) 6 times. P1. Repeat from * 3 times. K3tog. (P1. K1) 4 times. **11th row:** K2. (P1. K1) twice. *P3tog. (K1. P1) 5 times. K1. Repeat from * 3 times. P3tog. (K1. P1) 3 times. K1. **13th row:** K1. (K1. P1) twice. *K3tog. (P1. K1) 4 times. P1. Repeat from * 3 times. K3tog. (P1. K1) 3 times. **15th row:** K2. P1. K1. *P3tog. (K1. P1) 3 times. K1. Repeat from * 3 times. P3tog. (K1. P1) twice. K1. **17th row:** K2. P1. *K3tog. (P1. K1) twice. P1. Repeat from * 3 times. K3tog. (P1. K1) twice. **19th row:** K2. *P3tog. K1. P1. K1. Repeat from * 4 times. Break wool. Thread end through remaining sts. Draw up and fasten securely. Sew up back seam.

BED SOCKS

MATERIALS: 6 ozs. SPECIAL HEAVY RED CROSS SERVICE YARN. Set of 4 No. 8 Knitting Needles (points at both ends).

Colour: See page 3.

MEASUREMENTS: Length of leg to bottom of heel flap 13½ ins. Tension: 5 sts.=1 inch.

Check your tension—see page 27.

Cast on 48 sts. (16.16.16). Work 3½ ins. ribbing (K2. P2). **Next round:** (eyelets). *W1.fwd.K2tog. Repeat from * to end of round. Continue in ribbing until work measures 11 ins. from beginning ending with 3rd needle.

To make heel: Rib first 12 sts. off 1st. needle and slip last 12 sts. off 3rd needle onto one needle. These 24 sts. are for heel. Divide remaining 24 sts. on 2 needles and leave for instep. Work 21 rows Stocking st. on the heel sts. knitting the first and last st. of every row and ending with purl row.

To shape heel: 1st row: K13. Sl. 1. K1. p.s.s.o. K1. Turn. **2nd row:** P4. P2tog. P1. Turn. **3rd row:** K5. Sl. 1. K1. p.s.s.o. K1. Turn. **4th row:** P6. P2tog. P1. Turn. Continue in this manner working 1 st. extra every row until all sts. are on one needle, ending with purl row. (14 sts. on needle). Knit back 7 sts. This is centre of heel. Put instep sts. onto one needle. (This is 2nd needle). There are 7 sts. on each of 1st. and 3rd needles and 24 sts. on 2nd needle.

To shape instep: 1st needle: K7. Pick up and knit 12 sts. along side of heel, inserting the needle through the knot formed by the stitch knitted at beginning and end of each row. 19 sts. on 1st. needle. **2nd needle:** Rib across 24 instep sts. **3rd needle:** Pick up and knit 12 sts. along other side of heel. Knit remaining 7 sts. 19 sts. on 3rd needle. Proceed:—

1st round: 1st needle: Knit. **2nd needle:** Rib. **3rd needle:** Knit. **2nd round: 1st needle:** Knit to last 4 sts. K2tog. K2. **2nd needle:** Rib. **3rd needle:** K2. K2tog. t.b.l. Knit to end of needle. Repeat these 2 rounds until there are 12 sts. on each of 1st. and 3rd needles and 24 sts. on 2nd needle. (48 sts. in round). Continue even until foot measures (from where sts. were picked up at heel):—5½ ins. for size 10. 6 ins. for size 10½. 6½ ins. for size 11.

To shape toe: 1st round: *K6. K2tog. Repeat from * to end of round. Knit 3 rounds even. 5th round: *K5. K2tog. Repeat from * to end of round. Knit 3 rounds even. Continue decreasing in this manner on next and every following 4th round to 18 sts. in round. Next round: (K2tog) 9 times. Break wool. Thread end through remaining sts. Draw up and fasten securely on wrong side of work. Work another Bed Sock to correspond.

TO MAKE UP: Press carefully. Using 3 strands of wool 70 ins. long make a twisted cord and thread through eyelets in ribbing. Make 2 tassels and attach one to each end of cord.

To make the tassels: Cut a piece of cardboard 1½ 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 ½ inch from the fold. Draw needle through top and sew tassel to end of cord.

MEDIUM WEIGHT AMPUTATION COVERS

MATERIALS FOR LEG COVERS: SPECIAL LIGHT RED CROSS SERVICE YARN. Use White only. **13 inch Length** requires 1½ ozs. **18 inch Length**, 2½ ozs. **25 inch Length**, 3½ ozs. Set of 4 No. 8 and set of 4 No. 7 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 inch and 18 Lengths.

Tension: 6½ sts.=1 inch with No. 8 Needles.

Check your tension—see page 27.

The instructions are written for the Leg Covers. The Arm Covers are written in brackets thus:—().

13 inch Length: (Width as for Light Weight Cover, see page 24). With No. 7 needles cast on 116 sts. loosely. (36. 40. 40.) (Arm Cover—96 sts. 32. 32. 32). (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. 8 needles and continue even in ribbing until work measures 3 ins. from beginning. 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 decreases 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. 8 sts. in round spacing the decreases 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. 7 sts. in round. **Next 2 dec. rounds:** Knit, dec. 6 sts. in rounds. **Next 2 dec. rounds:** Knit, dec. 5 sts. in round. **9th dec. round:** (Arm Cover—7th dec. round). Knit, dec. 5 sts. in round. 59 sts. in round. (Arm Cover—55 sts.) ** Work 2 rounds even. **Next dec. round:** Knit, dec. 11 sts. in round. ** Repeat from ** to ** to 26 sts. in round. (Arm Cover—22 sts.). Knit 1 round. **Next round: *K2tog. Repeat from * to end of round. Break wool. Finish as for Light Weight Cover, see page 24.*****

18 inch Length: (Width as for Light Weight Cover, see page 24). With No. 7 needles cast on 116 sts. loosely (36. 40. 40.). (Arm Cover—96 sts. 32. 32. 32). (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 5 ins. from beginning. Change to No. 8 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 as for Light Weight Cover, see page 25). With No. 7 needles cast on 124 sts. loosely. (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). Continue even in plain knitting until work measures 8 ins. from beginning. **Next round:** Knit, dec. 8 sts. in round spacing the decreases on the 3 needles. Continue even until work measures 12 ins. from beginning. Change to No. 8 needles and continue even until work measures 16 ins. from beginning, then work from *** to *** as given for 13 inch Length.

TO PRESS: See Light Weight Amputation Covers, page 25.

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**, 1½ ozs. **25 inch Length**, 2 ozs. Set of 4 No. 10 and set of 4 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: 8½ sts.=1 inch with No. 10 needles.

Check your tension—see page 27.

The instructions are written for the Leg Covers. The Arm Covers are written in brackets thus:—().

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 decreasings 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 decreasings 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. 1 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:** *K2tog. 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.

(Continued on page 25)

SHOULDER WRAPS

These shoulder wraps are square and worn folded as a shawl. They are also thrown over the head of the bed to prevent draught.

KNITTED SHOULDER WRAP

MATERIALS: 10 ozs. SPECIAL LIGHT RED CROSS SERVICE YARN. Two No. 7 Knitting Needles.

Colour: See page 3. Tension: 6 sts.=1 inch.

MEASUREMENTS: Approx. 30 ins. square.

Check your tension—see page 27.

Cast on 209 sts. **1st row:** K1. P1. to last st. K1. Repeat 1st. row 7 times. **9th row:** K1. (P1. K1) 3 times. Knit to last 6 sts. dec. 6 sts. across row (P1. K1) 3 times Keeping 7 sts. each end in Moss st. and remainder in plain knitting (Garter st.) continue even until work measures 29 ins. from beginning, inc. 6 sts. across last row. Repeat 1st. row 8 times. Cast off.

ALTERNATIVE KNITTED SHOULDER WRAP

MATERIALS: Left over wools of same weight Two knitting needles.

MEASUREMENTS: Approx. 30 ins. square.

Cast on 3 sts. **1st row:** Knit. **2nd row:** Inc. 1 st. in 1st. st. Knit to last st. Inc. 1 st. in last st. Repeat these 2 rows until work measures 30 ins. at side edge. Continue in plain knitting dec. 1 st. each end of needle every alternate row to 3 sts. Cast off.

CROCHETED SHOULDER WRAP

MATERIALS: Left over wools of same weight. One Medium Crochet Hook.

MEASUREMENTS: Approx. 30 ins. square.

Crochet 36 square 5 ins. square. Join together in rows of 6. They may be joined either by sewing or crochet.

ANOTHER KNITTED SHOULDER WRAP may be made in the same manner (in blocks) by following the instruction for the Alternative Knitted Shoulder Wrap, see above, inc. until side edge measures 5 ins. instead of 30 ins. Join as given for Crocheted Shoulder Wrap.

LIGHT WEIGHT AMPUTATION COVERS

(Continued from page 24)

25 inch Length: (Width all round at widest part 20 ins.) With No. 9 needles cast on 160 sts. loosely. (52. 52. 56). (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 decreasings 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.

MAN'S CONVALESCENT JACKET

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MATERIALS: 12 ozs. SPECIAL LIGHT RED CROSS SERVICE YARN. 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.

Colour: See page 3.

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.=1 inch.

Check your tension—see page 27.

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 9½ ins. from first shaping.

To shape shoulder: 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 9½ ins. from first shaping ending with purl row.

To shape shoulder: 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.**

(Continued on page 27)

HEEL-LESS BED SOCKS

MATERIALS: 6 ozs. SPECIAL HEAVY RED CROSS SERVICE YARN. Set of 4 No. 8 Knitting Needles (points at both ends).

Colour: See page 3.

Tension: 5 sts. = 1 inch.

Check your tension—see below.

Cast on 48 sts. (16. 16. 16). Work 4 ins. ribbing (K2. P2). Continue even in plain knitting until work measures 18 ins. from beginning ending with 3rd needle. Proceed:—Slip last 4 sts. off 1st. needle onto 2nd needle, and slip first 4 sts. off 3rd needle onto 2nd needle. Sts. are now divided (12. 24. 12).

To shape toe: 1st round: 1st needle: Knit to last 3 sts. K2tog. K1. **2nd needle:** K1. K2tog. t. b. 1. Knit to last 3 sts. K2tog. K1. **3rd needle:** K1. K2tog. t. b. 1. Knit to end of needle. **2nd. round:** Knit. Repeat these 2 rounds to 16 sts. in round. Knit sts. of 1st needle onto end of 3rd needle. Graft toe. For Grafting, see page 28. Make another Bed Sock to correspond.

MAN'S CONVALESCENT JACKET

(Continued from page 26)

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.

CHECK THE TENSION

The garments in this book are worked to the exact tension given. Check your tension. Before beginning your garment take the wool and needles specified. Cast on 20 stitches. Work 20 rows stocking stitch and compare with the tension given in the instruction. All given tension is measured over stocking stitch. If your tension is too loose try a size smaller needle. If your tension is too tight try a size larger needle. Be sure to work to exact tension given if you want your garment to work to correct size.

ABBREVIATIONS

KNITTING: K=knit plain. P=purl. p.s.s.o.=pass slip stitch over. Sl. or S.=slip. Wl. fwd.=wool forward. tog.=together. ins.=inches. dec.=decrease. inc.=increase. t.b.l.=through back of loops. rep.=repeat.

CROCHET: s.c.=single crochet. d.c.=double crochet.

The star symbol—*This indicates that the directions immediately following are to be repeated. When directions call for repeating a given number of times, it is understood this is in addition to the original. Thus, repeat 3 times means 4 times altogether.

To knit "even"—The row or work is knitted without increasing or decreasing.

Important: When the instructions read—Cast off 2 sts. K2. (or similar sts.) the stitch on the right hand needle after casting off, is counted as 1 stitch.

TRADUCTION FRANCAISE DES ABRÉVIATIONS ET POINTS EMPLOYÉS

K=Tricoter à l'endroit. P= Tricoter à l'envers, p.s.s.o.=Passer la maille glissée par dessus. Wl. fwd.=Une maille jetée à l'endroit. Tog.=Ensemble. Ins.=Pouces. Dec.=Diminuer. Inc.=Augmenter. t.b.l.=Tricoter par derrière la maille.

To knit even—Tricoter sans augmenter ni diminuer. *The star symbol (*)* — L'astérisque indique que les directions qui suivent doivent être répétées. Si on demande de répéter un certain nombre de fois, il est entendu que c'est en plus de l'original, tel que * répéter 3 fois veut dire 4 fois en tout.

ARMHOLE—Emmanchure. NECK EDGE—Encolure. CAST OFF—Rabattre. GARTER STITCH—Point de jarretière, tous les rangs à l'endroit. STOCKING STITCH—Point Jersey. Un rang à l'endroit. Un rang à l'envers. MOSS or SEED STITCH—1er rang. 1 maille à l'endroit. 1 maille à l'envers. 2e rang=1 maille à l'envers vis-à-vis des mailles à l'endroit et 1 maille à l'endroit vis-à-vis des mailles à l'envers. CROCHET—s.c.=Single crochet. d.c.=Double crochet.

GRAFTING

Break wool leaving an end 12 ins. long. Thread end through a wool needle.

*Inserting the wool needle as if for knitting into 1st. st. of front needle, draw it through the st. and slip the latter off the needle; inserting the needle, as if for purling into the 2nd st. of front needle, draw the wool through and let the st. remain on the needle; taking the wool under front needle and inserting the wool needle, as if for purling, into 1st. st. of back needle, draw the wool through this st. and slip the latter off the needle; inserting the needle, as if for knitting, into the 2nd st. of 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.