

Helmet Liners for our Soldiers and Officers

Material: Soft worsted weight wool, such as Rejuvenation by SR Kertzer (colour # 1709, 034, 9964, 9020 or 9798 only).

It must be 100% wool. Wool does not catch fire and melt.

Wool will turn to ash and is safer for our troops.

4mm – 40 cm circular needles.

5mm – 40 cm circular needles.

5mm – Double Pointed needles (DPN).

Tension: 20 stitches per 4 inch (10cm).

Instructions:

Neck Ribbing:

Cast on 84 sts loosely, using smaller circular needles. Place a marker to indicate beginning of row. Join in the round and knit in a *Knit 2, Purl 2 Ribbing* for 6 inches.

Cap:

With larger circular needles, Knit 32 sts. Leave remaining stitches on the small circular needles. They will act as a stitch holder while you complete the cap portion.

Cast on 59 additional stitches, place a marker to mark the beginning of the round and then join in the round. Knit in every stitch for 4 inches.

First Decrease Round: *Knit 11 sts, Knit 2 together. Repeat from * to end of row.

Next Round: Knit.

Second Decrease Round: *Knit 10 sts, Knit 2 together. Repeat from * to end of row.

Next Round: Knit.

Continue decreasing as above until 4 stitches remain. Knit 2, Knit 2 together.

Continue decreasing on every round until 2 stitches remain.

Cut the yarn 10 inches long, pull through remaining stitches and weave in ends.

Face Ribbing:

With the smaller circular needles that you set aside, pick up and knit the 59 sts you cast on when starting the *cap* portion. Increase 1 stitch (60 stitches). Join in the round and do a *Knit 2, Purl 2 Ribbing* for 1 inch.

On the last row of the ribbing, decrease 4 stitches by purling 2 stitches together in four evenly distributed places around the face. Be careful not to make it too tight.

Cast off and weave in the ends.