

Helmet Liner Knitting Instructions

Andjareenas Place, in cooperation with the Military Family Resource Centre, has taken on the task of knitting helmet liners to go in the Christmas 2010 boxes for our troops.

The following is a pattern we have been using in our knitting group and we would like as many knitters as possible to knit in support of these men and women who keep our country safe.

Use any soft worsted weight wool yarn. It must be 100% wool. Wool is inherently non-flammable and won't melt against the skin in the event of an accident and is warm even when wet. We will be using only blacks, charcoal, brown tan gray or khaki green. Cascade 220 is the yarn of choice for us. One skein will make a helmet liner.

Gauge is 5 sts to the inch or 20 sts to 10 cm Be sure to check your gauge carefully to ensure the helmet liner will fit properly when worn.

4mm -40 cm circular needles

5mm- 40 cm circular needles

5mm- double pointed needles (1 set)

Check your gauge and adjust your needles accordingly

Neck Ribbing: with smaller circular needle cast on 84 sts loosely. Place a marker. Join in the round being careful not to twist and work a knit 2 purl 2 ribbing for 6 inches.

Cap: with larger circular needle, knit 32 sts from the smaller needle onto the larger circular needle. Leave smaller circular needle in the rest of the stitches. The small needle will act as a stitch holder while you complete the cap portion with the larger circular and the double pointed needles.

Cast on 59 additional stitches, place marker to mark the beginning of the round and join in the round, knit in every stitch for 4".

1st decrease row: *knit 11, knit 2 together,* repeat to end of round.

Next row: knit

2nd decrease row: *knit 10, knit 2 together,* repeat to end.

Next row: knit, change to the double pointed needles when you feel the need.

Continue decreasing as above until knit 2, knit 2 together. Decrease every row until a total of 2 sts remain on the double points. Cut yarn 10" long and weave through remaining sts and weave in.

Face Ribbing: with smaller circular needle that you set aside, pick up the 59 sts you cast on when starting the cap portion. Increase 1 stitch so you have a total of 60 stitches. Join in the round and do a knit 2 purl 2 ribbing for 1 inch. On the last row of ribbing decrease 4 stitches by purling 2 together in four evenly distributed places around the face. Be careful not to make it too tight. Cast off and weave in the ends.

Send completed helmet liner to:

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