

Helmet Liners for the Canadian Troops

Materials: 100g of worsted weight **100% wool** (must be wool – no acrylic content at all) – black, brown, tan, grey or khaki (camouflage colours)

4 mm / 40 cm circular needle

5 mm / 40 cm circular needle

5 mm double pointed needles

Gauge: 5 sts = 1 inch / 20 sts = 10 cm

Neck Ribbing: With smaller circular needle, cast on 84 sts loosely. Place a marker and join in the round. Knit with k2, p2 ribbing for 6 inches (15 cm).

Cap: Change to larger circular needle, knit 32 sts from the smaller needle. Leave remaining stitches on smaller circular needle and ignore – this will be a stitch holder while the rest of the cap is knit.

Cast on 59 additional stitches to the larger circular needle. Place a marker to mark the beginning of the round. Join and knit every stitch for 4" (10 cm).

1st decrease row -- *knit 11, knit 2 together (k2tog)*, repeat to end of round.

Next row – knit.

2nd decrease row -- *knit 10, k2tog*, repeat to end of round.

Next row – knit.

Continue decreasing in this manner (with one less st between k2tog's). *Change to double pointed needles when necessary.* When the round of k2, k2tog is reached, begin decreasing on every round until a total of 2 sts remain on needles. Cut yarn with a tail long enough to weave through the remaining 2 sts and weave in.

Face Ribbing: With the smaller circular needle and the waiting stitches, pick up the additional 59 sts that were cast on when starting the cap portion. Increase 1 st to a total of 60 picked up sts (plus the waiting 52 sts, for a total of 112 sts). Join in the round and do k2 p2 ribbing for 1 inch. On the last row of ribbing, decrease 4 sts by purling 2 together in four evenly distributed places around the face. Be careful not to make it too tight. Cast off loosely and weave in the ends.



THANK YOU!!!