
THE CANADIAN
RED CROSS SOCIETY

•

Knitting Instructions
for
War Work

•

Issued by
The CANADIAN RED CROSS SOCIETY
621 JARVIS STREET
TORONTO ONTARIO

February, 1940

WHAT THE ARMY NEEDS

	Page
1. Army Socks	3
2. Bed Socks	5
3. Knee Caps	6
4. Wristlet	6
5. Half Mitts	6
6. Broadcast Wristlets	7
7. Rifle Mitts	7
8. Whole Mitts	8
9. Plain Knitted Scarves	9
10. V Neck Sleeveless Sweater	9
11. High Neck Sleeveless Sweater	10
12. Alternate V Neck Sleeveless Sweater	10
13. Turtle Neck Heavy Sweater with Sleeves	10
14. Plain Helmet	11
15. Balaclava Helmet with Chest and Back Piece	12
16. Ribbed Helmet—No Chest Piece	12
17. Quebec Helmet	13

WHAT THE NAVY NEEDS

1. Socks	13
2. Seaman's Stockings	13
3. Seaman's Long Stockings	14
4. Wristlet	14
5. Half Mitts	14
6. Whole Mitts	14
7. Scarves	14
8. V Neck Sleeveless Sweater	15
9. High Neck Sleeveless Sweater	15
10. Turtle Neck Sweater	15
11. Balaclava Helmet	15
12. Ribbed Helmet	15
13. Quebec Helmet	15

WHAT THE AIR FORCE NEEDS

1. Socks	15
2. Wristlets	15
3. Broadcast Wristlets	15
4. Whole Mitts	15
5. Scarves	15
6. Regulation V Neck Sleeveless Sweater	15
7. High Neck Sleeveless Sweater	15
8. Turtle Neck Sweater	15
9. Aero Cap	15

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.
 w.l. fwd.—wool forward.
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.

WHAT THE ARMY NEEDS

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 (K 2. P 2). **Next round:** *Wl. fwd. K 2 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:** K 1. Purl to last st. K 1. **2nd row:** Knit. Repeat these 2 rows 9 times, then 1st row once. (21 rows altogether).

To turn heel: K 13. Slip 1. K 1. p.s.s.o. K 1. Turn. **2nd row:** P 4. P 2 tog. P 1. Turn. **3rd row:** K 5. Slip 1. K 1. p.s.s.o. K 1. Turn. **4th row:** P 6. P 2 tog. P 1. Turn. **5th row:** K 7. Slip 1. K 1. p.s.s.o. K 1. Turn. **6th row:** P 8. P 2 tog. P 1. Turn. **7th row:** K 9. Slip 1. K 1. p.s.s.o. K 1. Turn. **8th row:** P 10. P 2 tog. P 1. Turn. **9th row:** K 11. Slip 1. K 1. p.s.s.o. K 1. Turn. **10th row:** P 12. P 2 tog. P 1. 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 remaining 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. K 2 tog. K2. 2nd needle—Rib. 3rd needle—K 2. K 2 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):—

5½ ins. for size 10.

6 ins. for size 10½

6½ ins. for size 11.

To shape toe: **1st decreasing round**—*K 6. K 2 tog. Repeat from * to end of round. Knit 3 rounds even. **2nd decreasing round:** *K 5. K 2 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:** (K 2 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 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 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—5½ sts.= 1 inch—important.

Cast on 38 sts. Knit 10 rows plain knitting. **11th row:** K 17. Inc. 1 st. in next st. Knit to last 18 sts. Inc. 1 st. in next st. K 17. **12th row:** Knit. Repeat last 2 rows until there are 56 sts. on needle. Knit 37 rows plain knitting. Proceed:—

1st row: K 17. K 2 tog. Knit to last 19 sts. K 2 tog. K 17. **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.

WRISTLETS—

Colour—Khaki or any colour suitable for military woollens.

Wool—2 oz. makes 2 pr., 4-ply Scotch fingering.

Needles—4 No. 11 knitting needles, points both ends.

Tension—6½ sts. = 1 inch.

Cast on 48 sts. (16 on each of 3 needles). Work 6 ins. ribbing (K 2. P 2.). Cast off in ribbing. (Be sure your cast-on and cast-off edges are not too tight to allow the wristlet to pull over the hand)—important.

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—6½ sts. = 1 inch.

Mitt measures 8 inches around hand at thumb.

Cast on 48 sts. (16 on each of three needles). Work 3½ 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 15)

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, M.1, K2, M.1, K57.

Knit 3 rounds even after every given round.

5th round—K1, M.1, K4, M.1, K57.

9th round—K1, M.1, K6, M.1, K57.

13th round—K1, M.1, K8, M.1, 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 4.

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.

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 end 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 (K 1, P 1). Change to No. 9 needles and continue even in stocking st. (i.e. K 1 row, P 1 row) until work measures 13½ ins. from beginning, ending with purl row.

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

1st row: Cast off 10 sts. Knit to end of row. **2nd row:** Cast off 10 sts. K 6. Purl to last 6 sts. K 6. **3rd row:** K 6. K 2 tog. Knit to last 8 sts. K 2 tog. t.b.l. K 6. **4th row:** K 6. P 29. K 12. P 29. K 6. 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: K 6. K 2 tog. K 29. Turn. Leave remaining sts. on st. holder. **2nd row:** K 6. Purl to last 6 sts. K 6. 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.

TURTLE NECK HEAVY SWEATER WITH SLEEVES

Colour—Khaki, black.

Wool—18 oz. heavy 4-ply Wheeling, Scotch fingering 2 oz.

Needles—1 pair No. 9 needles. 1 pair No. 7.

BACK: On No. 9 needles cast on 64 sts. and rib 3 inches (K2-P2). Change to No. 7 needles and increase to 74 sts. by increasing in 2nd st. and each 7th st. thereafter. Knit in stocking stitch for 14 inches including ribbing to underarm. Cast off 5 sts. on each of next two rows, then 1 st. on each of next 4 rows leaving 60 sts. on needles. Knit 7 inches taking off 20 sts. for each shoulder leaving 20 sts. on the needles for neck. (DO NOT BIND OFF.) Attach soft wool and increase to 30 sts. by inc. 1 st. after 1st st., 3rd st. and 5th st., etc., across row, changing to No. 9 needles and rib 6 inches.

FRONT: On No. 9 needles cast on 64 sts. and rib 3 ins. (K2-P2). Change to No. 7 needles and increase to 80 sts. by increasing in 2nd st. and each 4th st. thereafter. Knit 14½ inches to underarm. Cast off 5 sts. on each of next 2 rows, then 1 st. on each of next 4 rows leaving 66 sts. on needle. Continue evenly until armhole measures 7 inches from first decreasing. On next knit row knit 27, turn, work back to armhole, knit 24, turn, work back, knit 20, turn work back. Cast off, these 20 sts. for shoulder. Knit across and work other shoulder to correspond. With wrong side of work toward you place the remaining 26 sts. on No. 9 needles increasing to 48 sts. by inc. after 2nd and each st. thereafter across row to 24th st. Attach soft wool and rib 6 inches. **Cast off loosely.**

SLEEVE: On No. 9 needles cast on 48 sts. of soft wool. Knit in rib (K2-P2) for 3 inches. Change to No. 7 needles and attach heavy wool. Knitting in stocking stitch increasing 1 st. each end of needle every 2 inches until there are 60 sts. on needle. Knit 19 inches to underarm. Cast off 2 sts. at beginning of each of next 18 rows. Then cast off 6 sts. at beginning of each of next 4 rows.

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—6½ 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 4½ ins. Change to No. 8 needles.

Knit even until cap measures 6½ 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—S.1, K5. Purl to end of row.

2nd row—S.1 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 11½ ins. End with a completed round.

To Finish Crown

1st round—K6. Slip these stitches on to 3rd needle. K13, K2 tog. K 13, 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 of 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.

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—7½ 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 6½ 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 1½ 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 15.

WHAT THE SEAMEN NEED

SOCK—

Colour—Grey preferred.

See Army section for directions, page 3.

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". Length of foot—11½-14". 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 decreases. Continue decreasing in this manner to 56 sts. in round.

To make heel: Divide sts. (having 2 plain 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. P2tog. P1. Turn. K4. S1.1. K1. p.s.s.o. K1. Turn. P5. P2tog. 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 1st. from picked up sts. with 1 st. from the instep sts. Rib across the instep sts. to last st. S1.1. 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. 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 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, 11½-14. 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. 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 Seamen's Stocking, page 13.

WHAT THE SEAMEN NEED

WRISTLET.

Colour—Navy blue or grey.

See Army section for directions, page 6.

HALF MITTS.

Colour—Navy blue or grey.

See Army section for directions, page 6.

WHOLE MITTS.

Colour—Navy blue or grey.

See Army section for directions, page 8.

SCARF.

Colour—Navy blue.

Wool—Heavy 4-ply Scotch fingering.

Needles—Two No. 8.

Measurement—Must be 14" wide and not less than 66" to 72" 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 9.

HIGH NECK SWEATER

Colour—Navy blue or grey.

See Army section for directions, page 10.

TURTLE NECK SWEATER

Heavy sweater with sleeves.

Colour—Navy blue.

See Army section for directions, page 10.

BALACLAVA HELMETS—with chest and back piece.

Colour—Navy blue or grey.

See Army section for directions, page 12.

LONG-NECKED, RIBBED HELMET.

Colour—Navy blue or grey.

See Army section for directions, page 12.

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 2½ 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.

WHAT THE AIR FORCE NEEDS

SOCKS.

Colour—Airforce blue, grey or black.

See Army section for directions, page 3.

WRISTLET.

Colour—Airforce blue.

See Army section for directions, page 6.

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 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.

WHOLE MITTS

Colour—Airforce blue.

See Army Section for directions, page 8.

HALF MITTS

Colour—Airforce blue.

See Army section for directions, page 6.

SCARF

Colour—Airforce Blue.

See Army section for directions, page 9.

SWEATER

Colour—Airforce blue.

1. Regulation V neck, sleeveless, page 9 or page 10.

2. Regulation high neck, sleeveless, page 10.

3. Turtle neck, heavy, page 10.

AERO CAP.

Colour—Airforce blue.

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

Needles—2 No. 9.

Tension—5½ 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. 1st 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 in 3rd and every alternate 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: 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 5½ ins. plain at the front. Sew buttons on cap to correspond to buttonholes. Sew another button immediately below the buttonhole inside the right point.



RED CROSS ACTIVITIES

The Red Cross Workroom closed for sewing on Friday afternoon last, and will reopen on Wednesday, January 8th, unless emergency arises. The knitting department will be open on Thursdays, December 11th, and 18th, and January 2nd, from 2 to 5 p.m.

Wanted Volunteers!

The new Red Cross Quota includes turtle-neck sweaters which are very urgently needed right now for our soldiers. Volunteers to knit these sweaters are requested to report to Mrs. F. J. McIntyre, knitting convener. The sweaters are knitted on coarse needles and work up quite quickly.

Bits of Wool Needed

So many children are working on afghan squares for the Red Cross that all available odds and ends of wool would be welcomed at the Workroom. Ladies are requested to search their work baskets for such scraps and bring them to the Workroom on Thursday afternoons.

Sock Toes

One more we are having trouble with pointed toes appearing in socks. The only way to finish a sock to is to graft it. We re-print the directions for grafting a toe, and if any knitters find this too difficult they are asked to thread their stitches on a piece of wool when

they reach the toe and bring the sock to the Workroom, where someone will gladly graft it for them.

Grafting of Toe

After foot of sock has been knitted plain till it measures 9 inches from the heel, decrease in the following manner:

Knit 6 sts. K 2 together. Repeat to end of 3 needles. Knit 5 rows plain.

Knit 5 sts. K 2 together. Repeat to end of 3 needles. Knit 4 rows plain.

Knit 4 sts. K 2 together. Repeat to end of 3 needles. Knit 3 rows plain.

Knit 3 sts. K 2 together. Repeat to end of 3 needles. Knit 2 rows plain.

Knit 2 sts. K 2 together. Repeat to end of 3 needles. Knit 1 row plain.

Then K 1 row, decreasing if necessary, so as to have 10 sts. on front needle and 5 on each of back needles.

Then divide the sts. 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 hock 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.