

HELMET LINER with SHORT ROW FACE REVISION



KNITTING INSTRUCTIONS FOR WOOL HELMET LINERS FOR MILITARY PERSONEL

This pattern is a revision, with improved face fit, of the basic helmet liner pattern. It was written to supply our military with helmet liners. If you use this pattern for personal use, please also consider making at least one to donate to an active military serviceperson.

Materials:

Cascade 220 or any soft 100% wool yarn that will knit to gauge. Approx.

175 yards (5 hanks of 220 will make 6 hats). MUST use 100% wool.

Colors allowed by the military are black, charcoal, brown, tan, olive drab, ONLY.

Size 8 - 16" circular needle, or size to get gauge, same size double point needles, and

Size 6 - 16" circular needles for the ribbings.

One stitch marker.

Gauge: 4.5 st/in. in st st.

Sizes: Regular Adult (XL Adult).

Neck: With smaller circular needle, cast on 84 (92) stitches loosely. Place marker. Join in round and knit 2x2 rib for 4.5 (5) inches.

Short Row Sequence for Face: Remove marker. Using the larger needle, knit 32 (36) stitches, and leave them on the larger needle for later. You should have 52 (56) sts on your smaller needle and will now begin knitting back and forth on them, keeping in K2, P2 rib, as follows:

Right side:

short row 1: Work across 51 (55) sts, loosely wrap and turn.

short row 2: Work 50 (54) sts, loosely wrap and turn.

short row 3: Work 48 (52) sts, loosely W&T.

short row 4: Work 46 (50) sts, loosely W&T.

short row 5: Work 44 (48) sts, loosely W&T.

short row 6: Work 42 (46) sts, loosely W&T.

short row 7: Work 40 (44) sts, loosely W&T.

short row 8: Work 38 (42) sts, loosely W&T.

short row 9: Work 36 (40) sts, loosely W&T.

short row 10: Work 34 (38) sts, loosely W&T.

short row 11: Work 32 (36) sts, loosely W&T.

short row 12: Work 30 (34) sts, loosely W&T.

LAST row: (RS): K2, P2 all the way across through the last st on the smaller needle, picking up the wraps as you come to them, and knitting or purling them together with the wrapped st. This will pick up all the wraps on the left

side of the face. The wraps on the right side will be picked up on the first round of the face ribbing.

Leave these 52 (56) sts just knit on the smaller needle, to be worked later in the face ribbing. You will now begin to knit just the sts on the larger needle.

Dividing Round for Cap Portion:

With larger needle, and in all stockinette st now, K the 32 (36) sts on the needle.

Cast on 59 (62) additional stitches, using the backward loop method, and place marker to mark beg of round.

Join in round with the first st on the larger needle, and K even for 4".

Shape Crown:

(For size XL only: *K12, K2 tog* around. Next round: K around.)

Both sizes: *K 11, K 2 tog*, repeat to end of round.

Next row: Knit even

Next row: *K 10, K 2 tog*, repeat to end.

Next row: Knit even.

Continue decreases as established, changing to dp needles when necessary, until K2, K2 tog. After this, decrease every row until 7 stitches on needles.

Cut yarn 8-9" long, feed through remaining stitches and weave in.

RIBBING AROUND FACE:

Using smaller needle with 52 (56) st on it, pick up an additional 60 (64) sts from the upper face opening, from left to right, for a total of 112 (120) stitches around face. You will be at the right corner of the

face opening. Place marker for start of round.

Work in 2x2 ribbing (K2, P2) for 1 inch. You will be picking up the rest of the wraps at the beginning of this round, working them together with the wrapped sts as you come to them.

On last row of ribbing, work as follows:

(K2, P2tog) twice,

K2, P2 over the next 34 (38) sts, then,

P2tog, K2, P2tog,

K2, P2, K2,

P2tog, K2, P2tog,

K2, P2 over the next 42 (46) sts, then,

P2tog, K2, P2tog,

K2, P2.

This will pull the ribbing in close to the face. BO in ribbing and work in tail. BO around face should be fairly snug.

Original helmet liner designed by Bonnie Long:

http://www.citizensam.org/html/patterns/knitting_instructions_helmetliner.html

Short Row Revision, copyright: Bonnie Evans 10/16/05.

This pattern may not be sold or used in any way to generate profit.

To donate completed helmet liners, mail to:

**CITIZEN S.A.M. (Citizen Support for America's
Military)**

P.O. Box 10565

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