

“Helmet Liner” Knitting Instructions

(Known as ‘Wooly Pulleys’ by our Armed Forces)

Materials:

Any soft, worsted (100 grams / 3.2 ounces) wool yarn that will knit to gauge, such as Cascade 220 or equivalent. The label should state that for size 7 needle, 5 stitches per 1 inch and for size 8 needle, 4 -1/2 stitches per 1 inch. Approx. 175 yards.

Only 100% soft wool yarn will be accepted because our Armed Forces are not allowed to wear synthetic fibers outside the wire. Wool is inherently non-flammable and won't melt against the skin in the event of an accident and is warm even when wet.

Colors:

ONLY black, charcoal, brown, tan, olive drab or combinations of these colors are allowed by our Armed Forces.

Size 8 – 16” circular needle, or size to get gauge

Size 8 – Double point needles

Size 6 – 16” circular needles for the ribbings

Gauge:

Be sure to check your gauge to ensure the helmet liner will fit properly when worn.

Neck Ribbing:

With smaller circular needle, cast on 84 stitches loosely. Place marker. Join in round and knit in 2x2 (meaning knit 2, purl 2) ribbing for 6 inches.

Cap: With larger circular needle, knit 32 stitches off smaller needle onto the larger size 8 circular needle. Leave smaller circular needle in the rest of the stitches. The smaller circular needle will just act as a stitch holder while you complete the cap portion with the size 8 circular and double-point needles.

Cast on 59 additional stitches, place marker to mark beginning of round, join in round, knit even for 4 inches. (“Knit even” means to knit every stitch).

Be sure to check your gauge. Even being off ½ stitch per inch will make the helmet liner useless, as it will **not** fit properly.

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

Next row: Knit even.

2nd decrease row: *K10, K2 together, * repeat to end.

Next row: knit even, meaning to knit every stitch. Change to double point (DP) needles when necessary.

Continue to decrease as established until knit 2, knit 2 together. After this, decrease every row until a total of 7 stitches remain on the double point needles. Cut yarn 8-9 inches long, feed through remaining stitches and weave in.

Face Ribbing: With a size 6 circular needle that is still in neck portion, pick up the 59 stitches that you cast on when starting the cap portion. Join in circle and do Knit 2, Purl 2 ribbing for 1 inch. On the last row of the ribbing, decrease about 8 stitches by purl 2 together in 4 locations around the face. You may need to increase or decrease the number of times you decrease (purl 2 together) so that it isn't too tight or too loose in the face ribbing. This keeps the wind from whipping underneath it.

Cast off. Weave in ends.

Website for helmet liner pattern: www.geocities.com/helmetliner

Questions: helmetliner@gmail.com