Support Our Troops…
Helmet Liner Knitting Pattern

<u>Materials</u>:

Any <u>soft</u>, worsted (100 grams/3.5 ounces) wool yarn that will knit to gauge, such as Cascade 220 <u>or equivalent</u>. 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 yds.

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

<u>Colors</u>: <u>Only</u> black, charcoal, brown, tan, gray 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
1 stitch marker.

<u>Gauge</u>: 4.5 stitches per inch in stockinette stitch. Be sure to check your gauge to ensure the helmet liner will fit properly when worn.

<u>Neck Ribbing</u>: 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.

<u>Cap</u>: 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". ("Knit even" means to knit every stitch).

Be sure to check your gauge. Even being off 1/2 stitch per inch will make the helmet liner useless, as it will <u>not</u> fit properly.

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

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 decreases 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" long, feed through remaining stitches and weave in.

<u>Face Ribbing</u>: With size 6 circular needle that is still in neck portion, pick up the 59 stitches that you cast on when starting the cap portion. Increase 1 stitch, so you now have a total of 60 stitches. Join in circle and Knit 2, Purl 2 ribbing for 1 inch. On last row of ribbing, decrease about 4 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.

Support Our Troops...
Helmet Liner Crochet Pattern

Materials:
Size K and H hooks
6 oz. soft worsted weight 100% wool yarn. <u>Only</u> black, charcoal, brown, tan, gray
or combinations of these colors are allowed by our Armed Forces.

Size: Adult Large

Abbreviations:

sc, scs	single crochet, single crochets
st, sts	stitch, stitches
tbl	through back loop
sl st, sl sts	slip stitch, slip stitches
ch	chain

Crochet Notes:
  Helmet liner cap is worked in rounds – that is, do not join and do not turn.
Ribbing around neck and face is attached by slipstitching vertical rows of single
crochet to the edge of the cap, as the rows are worked. **Please Note:** Only 100%
soft wool yarn will be accepted, because our ground forces are not allowed to
wear synthetic fibers. Wool is inherently non-flammable and won't melt against
the skin in the event of an accident and is warm even when wet.

Pattern:
Rnd 1 ....Form a ring around your finger, with size K hook, work 6 sc in ring
Rnd 2 ....2 scs in next 6 sts (12 sts)
Rnd 3 ....(sc in next st, 2 scs in next st) 6 times (18 sts)
Rnd 4 ....(sc in next 2 sts, 2 scs in next st) 6 times (24 sts)
Rnd 5 ....(sc in next 3 sts, 2 scs in next st) 6 times (30 sts)
Rnd 6 ....(sc in next 4 sts, 2 scs in next st) 6 times (36 sts)
Rnd 7 ....(sc in next 5 sts, 2 scs in next st) 6 times (42 sts
Rnd 8 ....(sc in next 6 sts, 2 scs in next st) 6 times (48 sts)
Rnd 9 ....(sc in next 7 sts, 2 scs in next st) 6 times (54 sts)
Rnd 10 ....(sc in next 8 sts, 2 scs in next st) 6 times (60 sts)
Rnd 11 ....(sc in next 9 sts, 2 scs in next st) 6 times (66 sts)
Rnd 12 ....(sc in next 10 sts, 2 scs in next st) 6 times (72 sts)

Work over 72 sts until piece measures 7 inches.
Chain 22 ,skip 20 sts, continue working around until piece measures 10 more
inches.

Fasten off and weave in ends. Attach yarn anywhere in face hole and sc around with H hook.

Fasten off and weave in all ends.

Support Our Troops...
Knitting and Crocheting
Scarf Pattern

<u>Materials</u>:

Any <u>soft</u>, worsted or bulky weight (100 grams/3.5 ounces) wool yarn (lamb's wool, alpaca, cashmere or combinations of these are acceptable).

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

<u>Colors</u>: **ONLY** black, charcoal, brown, tan, or combinations of these colors.

Finished dimensions: approx. 12 in. x 42 in. No fringe, scallops, or holes big enough to put your little finger through, just plain, as these need to be "unisex".

Please Note: If knitting, do not work in stockinette, as this stitch will cause the scarf to curl. Any stitch EXCEPT stockinette stitch if knitting as it curls, so please do not use it.

Cast off. Weave in ends.