

A COMFORTABLE HELMET

Materials: 3 oz. of Jaeger " Super-Spun " ("J.S." Quality) Fingering, 4-ply, (9d. per oz.), 1 pair of No. 12 Jaeger knitting needles, and 1 small button.

Measurements: Width all round the head unstretched, 20 inches.

Tension: 8 stitches to 1 inch in width, and 14 rows to 1 inch in depth.

Abbreviations: K. = knit; p.= purl; sts. = stitches; rep. = repeat; sl. = slip; tog. = together; inc. = increase or increasing; dec. = decrease or decreasing.

Casting on: If you cast on with two needles work into the back of all cast on sts. to produce firm edges, but if you use the thumb method this is not necessary.

THE CENTRE PANEL

Begin at the front edge. Cast on 29 sts. and work 15 inches moss-st. Cast off.

THE SIDE PANELS

Begin at the top. Cast on 13 sts. and work in moss-st., casting on 2 sts. at the beginning of every row until there are 49 sts. on the needle. Continue on these sts. for 4.5 inches. Now shape the sides as follows : **1st row** - Cast off 6, moss-st. to end. **2nd row** - Moss-st. Rep. the 1st and 2nd rows once more, then the 1st row once (31 sts.). **6th row** - Cast off 2, moss-st. to end. **7th row** - Cast off 4, moss-st. to end (25 sts.). Rep. the 6th and 7th rows until 11 sts. remain, then dec. 1 st. at both ends of every row until 5 sts. remain, then continue on these sts. For 5.5 inches. Cast off. Work another panel exactly like the first until 5 sts. remain, then work 0.5 inch on these sts. Cast off.

THE FRONT BAND

Cast on 7 sts. and work as follows : **1st row** - Sl. 1, k. to end. **2nd row** - S1.1, k.1, p.3, k.2. Rep. these 2 rows until the work measures 38 inches from the beginning. Cast off.

THE MAKING UP

Press the work on the wrong side with a warm iron and damp cloth. Sew in the side panels, and press the seams. Fold the band in half lengthwise, then sew all round the edge of the helmet, leaving 0.5 inch free at the end of the long strap to form the buttonhole. Press the seam. Sew on the button to correspond with the buttonhole.