

A BODYBELT

Materials: 4 oz. of Jaeger "Spiral-Spun" (7d. per oz.), and 1 pair each of No. 8 and No. 11 Jaeger knitting needles.

Measurements: Length, 14 inches; width all round, 37 inches.

Tension: 6 stitches to 1 inch in width, and 15 rows to 2 inches in depth.

Abbreviations: K. = knit; p. = purl; sts. = stitches; rep. = repeat.

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 BACK

Begin at the lower edge. Cast on 110 sts. using No. 11 needles and work 2.5 inches in k.1, p.1 rib.

Change to No. 8 needles and the pattern as follows:

1st row - * P.2, k.4. Rep.

From * finishing p.2. **2nd row** - * K.2, p.4. Rep, from * finishing k.2. Continue to rep. these 2 rows until the work measures 11.5 inches

from the beginning. Change back to No. 11 needles and k.1, p.1 rib, and continue until the work measures 14 inches from the beginning. Cast off.

THE FRONT

Work this exactly like the back.

THE MAKING UP

Press the work on the wrong side with a warm iron and damp cloth. Join the side seams, and press them.