



KNIT 'N Style

Real Fashion
for Real Knitters

Helmet Liners

Let's protect those who are protecting us, by sending hand-made warmth to a soldier.

SIZE

- Hat is sized to fit an adult head.

FINISHED MEASUREMENT

- 22" circumference

MATERIALS

- (1) 100g (210 yd) ball **Plymouth Yarn Galway Worsted** (100% wool)
- **One ball will make 2 hats.**
- Only helmet liners made from 100% wool will be accepted. Acrylic yarn melts at high temperature and is unacceptable for this project.
- Color must be appropriate to the military: tan, brown, gray, olive, or black.
- Size 8 US (5mm) 16" circular needles OR SIZE TO OBTAIN GAUGE
- Size 8 US (5mm) double pointed needles
- 1 stitch marker, yarn needle

GAUGE

- 18 sts = 4" in St st

TO SAVE TIME, TAKE TIME TO CHECK GAUGE.

STITCH GLOSSARY

St st: Stockinette stitch (knit every round)

CO: cast on

Rnd: round

K2tog: knit 2 stitches together

sts: stitches

HAT

With circular needle, CO 90 sts. Being careful not to twist, place marker and join.

Rnd 1-4: K1, P1 rib around.

Rnd 5: Inc in first st, knit around [91 sts].

Continue St st until piece measures 4" above rib.

Shape Top

Change to double pointed needles when necessary.

Rnd 1: (Knit 11, K2tog) [84 sts]

All even Rnds 2-14: Knit

Rnd 3: (K10, K2tog) [77 sts].

Rnd 5: (K9, K2tog) [70 sts].

Rnd 7: (K8, K2tog) [63 sts].

Rnd 9: (K7, K2tog) [56 sts].

Rnd 11: (K6, K2tog) [49 sts].

Rnd 13: (K5, K2tog) [42 sts].

Rnd 15: (K4, K2tog) [35 sts].

Rnd 16: (K3, K2tog) [28 sts].

Rnd 17: (K2, K2tog) [21 sts].

Rnd 18: (K1, K2tog) [14 sts].

Rnd 19: (K2tog) [7 sts].

FINISHING

Cut yarn leaving a 6". Using the yarn needle, thread tail through remaining 7 sts. Pull tight and fasten off. Weave in ends.

Pattern provided by www.squidoo.com/knittedhelmetliners

Please send finished helmet liners to:
Yarn Heaven Helmet Liners
1300 W Arkansas Lane
Arlington, TX 76013

Another pattern for a full-face helmet liner can be found at
<http://www.yarnheaven.com/knithelmetliner.html>