

# ATTENTION KNITTERS!

You can support our servicemen and women in Afghanistan.

Winter is fast approaching. They need:  
helmet liners  
neckgators  
scarves

Directions are available at  
Coveted Yarn or the Office of Veterans' Services

Completed pieces may be dropped off at  
The Office of Veterans' Services  
12 Emerson Avenue

Call 978-273-1070 for pickup

978.281.9740

If you wish to knit "beyond your pocketbook" some yarn is  
available courtesy of non-knitters. Call Veterans' Services  
978-281-9740 for further information.



# "HELMETLINER" KNITTING INSTRUCTIONS

(Known as a "Wooly Pulleys" by our Armed Forces)

## Materials:

Any soft, worsted (100 grams/3.5 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 yds.

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

1 stitch marker.

Gauge: 4.5 stitches per inch in stockinette stitch

Be sure to check your gauge to ensure the helmetliner 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, puri 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". ("Knit even" means to knit every stitch).

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

1<sup>st</sup> decrease row: \*Knit 11, Knit 2 together,\* repeat to end of round.

Next row: Knit even.

2<sup>nd</sup> 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.

Face Ribbing: 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. Join in circle and do Knit 2, Purl 2 ribbing for 1 inch. On last row of 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.

(The original pattern was designed by Bonnie Long, Knit Wits, 3419 Chatham Rd. Springfield, IL 62704. 217-698-6100. Revised 1-19-05. All rights reserved. Copies may be made only for the purpose of donating helmets to our active service personnel. In any case design attribution must remain. Operation Helmetliner, Inc. has made changes to the original pattern for clarity and to incorporate suggestions from our Armed Forces).

# SCARVES FOR TROOPS

## KNITTING AND CROCHETING INSTRUCTIONS

### Materials:

Any soft, 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 is:

1. Inherently non-flammable, so it won't melt against the skin in the event of an accident, and
2. It is a good insulator even when wet.

Colors: 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".

Note: Any stitch EXCEPT stockinette stitch if knitting as it curls, so please do not use it.

Cast off. Weave in ends.

## KNITTED NECK GATORS

### Supplies:

1. Soft 100% worsted weight wool yarn in tan, brown, gray, or black. These are the only colors allowed by the military. Only 100% wool is allowed, because it is inherently non-flammable, which is important in the event of an accident.
2. Size 6, 7, or 8 – 6" circular needle

### Directions:

Cast on 112 stitches very loosely. Join (you know the bit about not twisting and such) and rib (knit 1, purl 1 OR knit 2, purl 2) for about 9". Cast off very loosely. Weave in the ends.