



PRISCILLA
War Work
Book

—
Comforts for
Soldiers & Sailors



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Boston. Mass.



PUBLISHERS' NOTE

The purpose of this book is to provide the home worker with specific information in regard to the making of the many different articles which are needed for the comfort of the men "at the front."

Finished articles should be sent to a local Red Cross Chapter if possible. When this cannot be done, they may be sent to the Red Cross Division Supply Service in the nearest of the following cities:

Boston	Cleveland
New York	Chicago
Philadelphia	Minneapolis
Washington	Denver
Atlanta	San Francisco
New Orleans	Seattle
St. Louis	

It is suggested that, when possible, home workers keep in close touch with their local Red Cross Chapter in order to know for what articles there is the greatest need.

Directions for the Knitted Woolen Articles, Comfort Kits and Hospital Garments are authorized by the American Red Cross Headquarters at Washington. They may be followed with the assurance that the finished articles, if well made, will be acceptable.

The
Priscilla War Work Book

INCLUDING DIRECTIONS FOR KNITTED
GARMENTS AND COMFORT KITS

FROM THE

American Red Cross

AND KNITTED GARMENTS FOR
THE BOY SCOUT

BY

ELSA BARSALOUX

PRICE, 25 CENTS

PUBLISHED BY

The Priscilla Publishing Company

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Photograph from Underwood

and Underwood, New York



Convalescent Italian Soldiers Knit for the Men Fighting at the Front

Junior Members, Like Their Mothers, Are All Doing Their Share

Red Cross Photographs from Brown Brothers, New York

© 1917

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A LESSON IN KNITTING

IF YOU DON'T KNOW HOW TO KNIT YOU CAN EASILY LEARN
FROM THESE CAREFULLY WORKED OUT
DETAILS AND DIRECTIONS

By
Elsa Barsaloux

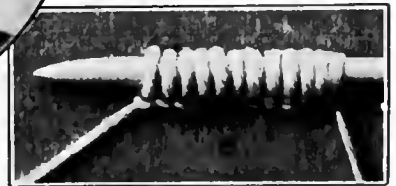
“Casting on”
stitches
the
first step



A simple process
which is
easily
mastered



Directions and illustrations
are to be followed in
numerical sequence.



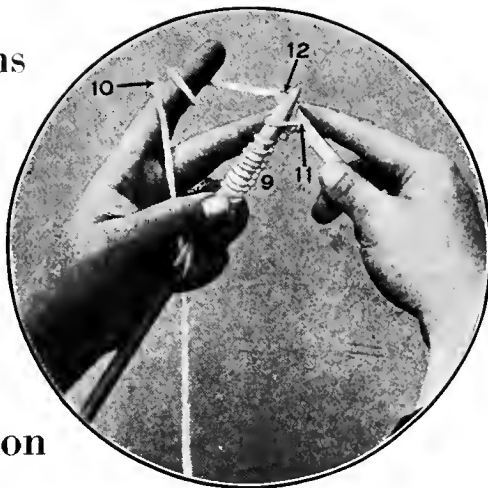
(1) Tie a slip knot on needle, hold needle in position in right hand. (2) Pass yarn around thumb and forefinger, (2) holding yarn with fourth and fifth fingers in palm of left hand. (3) Insert right-hand needle (below forefinger) underneath yarn held down by fourth and fifth fingers. (4) Pass needle over yarn between thumb and forefinger.



(5) Draw yarn over needle under yarn of forefinger. This forms a loop on right-hand needle. (6) Release yarn from thumb and forefinger.

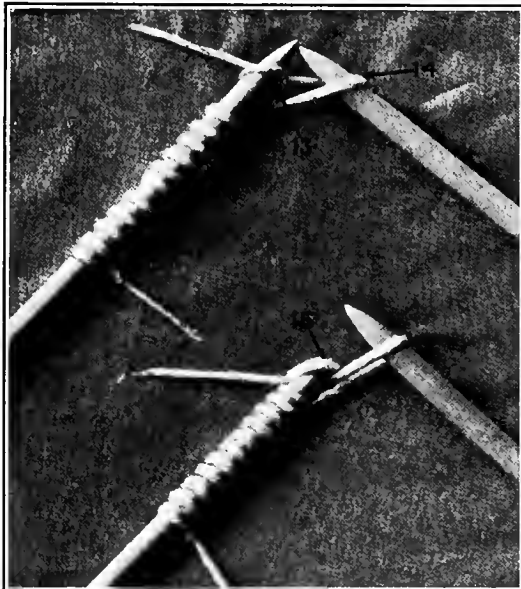
(7) Draw loop up on right-hand needle to form loop or st. repeat until desired number of sts are cast on. (8) shows sts cast on needle.

In these directions
needles and yarn
are held
in the approved
Continental fashion



TO KNIT (K)

(9) Needle passed to left hand. (10) Wrap yarn around forefinger of left hand. (11) * The right-hand needle inserted from left to right in first loop or st on left-hand needle. (12) Pass yarn over right-hand needle from right to left, then draw the yarn passed over needle (13) through loop or st on left-hand needle (14) to form the loop or st on right-hand needle.



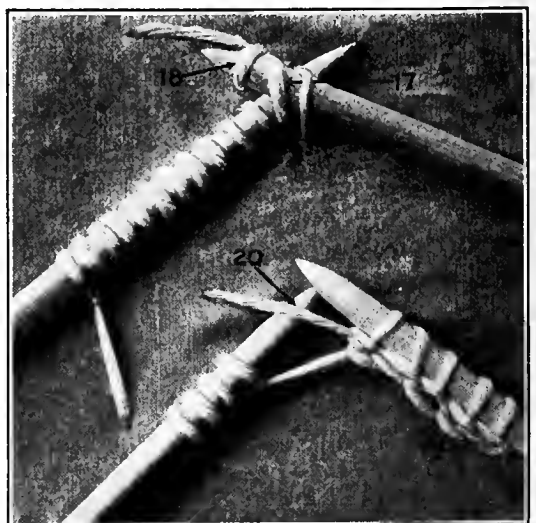
TO PURL (P)

Pass the yarn to front of needle; (17) insert right-hand needle from right to left in loop on left-hand needle; (18) pass yarn from right to left over point of right-hand needle, and draw the yarn through the loop or st on left-hand needle; slip the loop from left-hand needle, repeat until the sts are all purled on right-hand needle or the number of sts required by directions are purled. (19) The sts purled on right-hand needle. (20) Yarn passed to front of needle. (Note. — Always pass yarn to front of needle before purling a st, and pass back of needle to knit a st.)



(15) Slip loop from left-hand needle, repeat from * until sts from left-hand needle are knit on to right-hand needle. (16) One row knit, needle passed to left hand in position to start to knit next row.

To knit across and back is called a ridge.



TO SLIP A STITCH

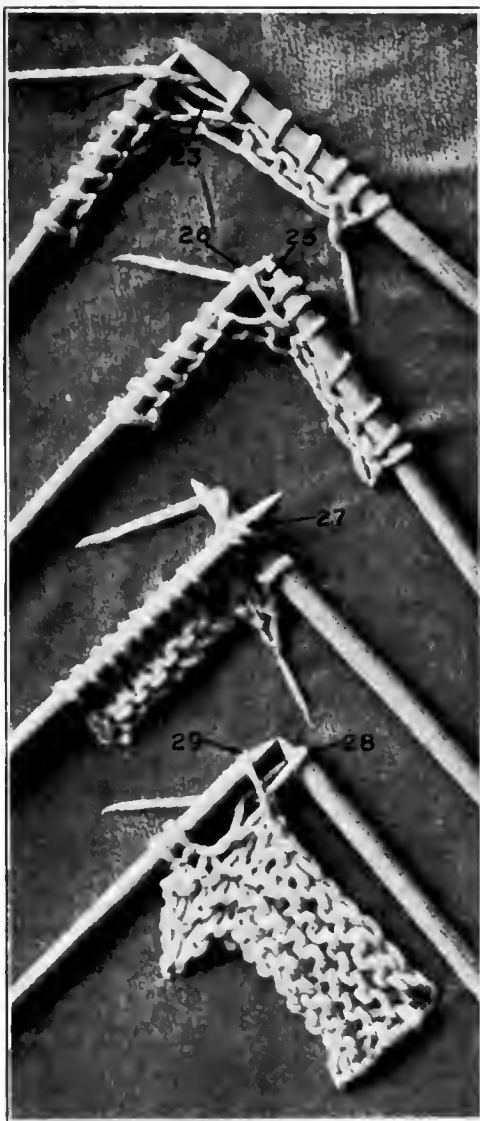
Insert right-hand needle from left to right in stitch on left-hand needle and slip the stitch from left-hand needle to right-hand needle without knitting.

TO INCREASE A STITCH

(23) Repeat from (11) to (14) inclusive; (24) leaving loop on left-hand needle (25) insert right-hand needle in same loop or st in back of left-hand needle; pass yarn from right to left hand point of needle and draw yarn through loop or st to form increased st (26) slipping loop or st from left-hand needle (this makes 2 sts out of one.)

TO DECREASE A ST OR TO KNIT TWO STS TOGETHER

(27) Insert right-hand needle from left to right through 2 loops or sts on left-hand needle, repeat from (12) to (15) inclusive.



ABBREVIATIONS

OF TERMS

USED

IN KNITTING

K — Knit.

P — Purl.

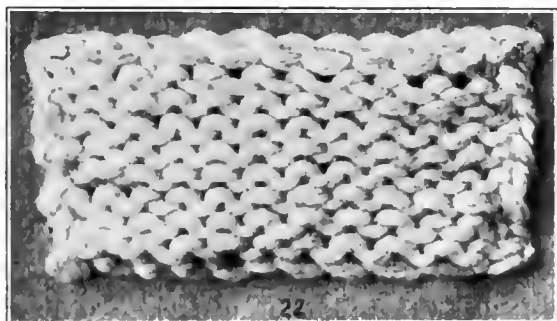
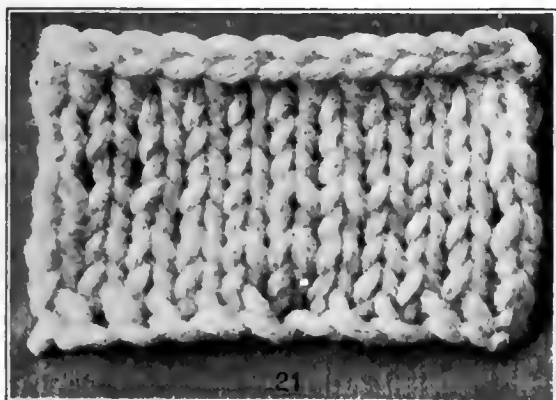
Sl — Slip.

N or K 2 tog — Narrow or decrease by knitting 2 stitches together.

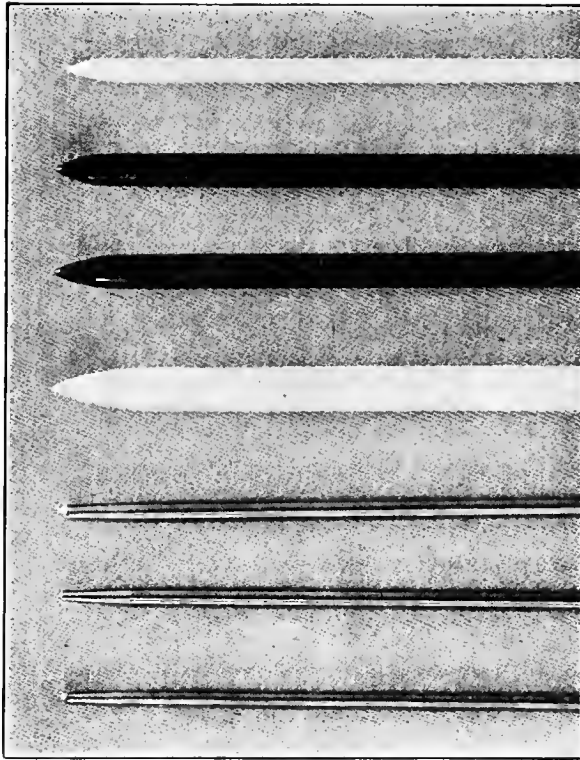
Sl and B — Slip and bind.

TO SLIP AND BIND OFF STITCHES

Repeat from (11) to (15) inclusive, twice; (29) insert left-hand needle from left to right in first loop or st on right-hand needle and pass this loop over st on right-hand needle (28) leaving loop on needle, k next st, repeat until all sts are bound off, break off, draw through last st on needle, fasten.



(21) The right side of the work (2 needles), one row knit, one row purl. (Note. — In knitting rounds as in a stocking the work will look the same.)
(22) Wrong side of work.



NEEDLES

- No. 3 Bone. — Used for Boy Scout Sweater
- No. 5 Amber. — Used for Helmet
- No. 7 Amber. — Used for Muffler and Light Sweater
- No. 9 Celluloid. — Used for Heavy Sweater
- No. 8 Steel. — Used for Boy Scout Helmet
- No. 10 Steel. — Used for Boy Scout Sweater
- No. 12 Steel. — Used for Socks and Wristlets

SIZES OF KNITTING NEEDLES

Workers are often confused as to size numbers of knitting needles. The table above shows an actual size reproduction of the needles specified for the making of the different knitted articles in this book. If larger or smaller needles are used the articles will be correspondingly larger or smaller. If a worker knits very tightly it is sometimes advisable to use a larger needle than the one specified in order that the work may have the desired tension.

GRADE OF YARN

Four-ply yarn 10's construction is the material which is officially recommended by the Woman's Bureau of the National Red Cross for the making of all the different knitted wool articles of wearing apparel, directions for which are given on the following pages. It is commonly known as knitting worsted and sometimes called light-weight Red Cross Yarn. This material usually runs four hanks to a pound; two skeins to a hank. In the directions which follow the estimates for material are based upon yarn of this grade and weight.

There is also a heavy yarn more than double the size and weight of the four-ply which is used for a heavy-weight sleeveless sweater. This yarn has been exceedingly difficult to secure, but manufacturers are now producing it in quantity. It comes in large hanks, two to a pound, heavier than eight-fold Germantown, and of similar texture to that of knitting worsted.

COLOR OF YARN

Although olive drab is preferred for army use and dark blue for navy, a dark gray mixture is acceptable for both uses if the other colors are not available

KNITTED ARTICLES

Officially endorsed

by the

AMERICAN RED CROSS



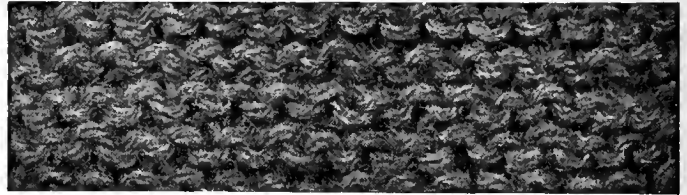
KNITTED MUFFLER

MATERIAL

2½ hanks ($\frac{5}{8}$ pound) yarn. 1 pair Red Cross Needles No. 3
or Standard Needles No. 7 (amber)

Cast on 50 stitches (11 inches) and work back and forth in plain knitting for 68 inches, slipping stitch at beginning of each row.

Endeavor to keep tension of work the same throughout length of muffer so that the width will not vary.



A Section of the Work Actual Size

GENERAL DIRECTIONS FOR KNITTED ARTICLES

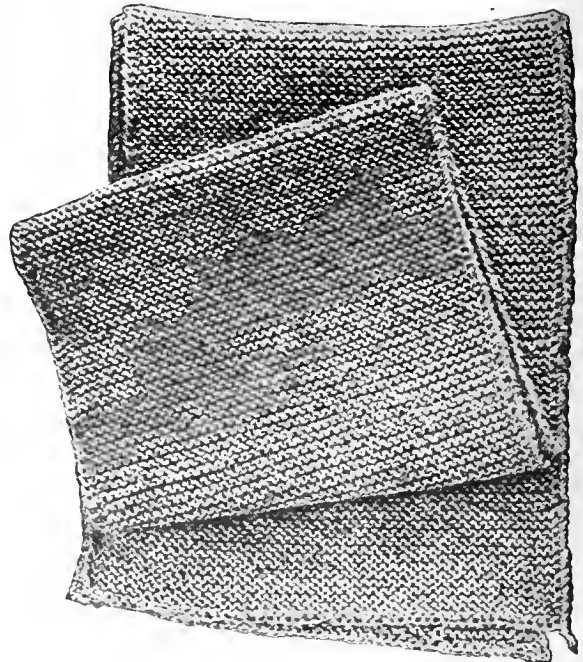
Stitches should not be cast on too tightly. Knitting should be done evenly and firmly, and all holes (caused by carelessly slipping stitches from one needle to the other) should be avoided.

Joining should be done by splicing or by leaving two or three inches at each end of the yarn to be darned in carefully.

To make an even edge always slip the first stitch of each row when knitting with two needles.

All knots, lumps or other irregularities should be most carefully avoided, especially in socks, as they are apt to blister the feet.

When taking measurements lay work smoothly on table. Do not stretch



KNITTED SLEEVELESS SWEATER



MATERIAL

3 hanks ($\frac{3}{4}$ pound) light-weight yarn. 1 pair Red

Cross Needles No. 3

or Standard Needles

No. 7 (amber)

or

2 hanks (1 pound) heavy

yarn. 1 pair Standard

Needles No. 9



LIGHT-WEIGHT SWEATER

Front. — Cast on 80 stitches.

Knit 2, purl 2 alternately for 4 inches. Each row begins with knit 2 and ends with purl 2. This forms the ribbing at bottom of sweater. Knit plain until sweater measures 25 inches in length.

Shoulders. — Knit 28 stitches, bind off (loosely) 24 for neck; knit 28. On these 28 stitches, with spare needle knit back and forth for 7 ridges and fasten yarn at neck edge.

Commencing at neck edge on other shoulder work back and forth for 7 ridges ending on shoulder edge.

Back. — Knit 28 stitches, cast on 24 for back of neck, knit 28 on other shoulder.

Knit plain for 21 inches.

Knit 2, purl 2 alternately for 4 inches and bind off.

Sew up sides, leaving 9 inches for armholes.

Work two rows single crochet around neck and one row around armholes to give a firm edge.

HEAVY SWEATER

Front. — Cast on 72 stitches.

Rib knit 2, purl 2 for 4 inches.

Knit plain until sweater measures 25 inches in length

Shoulders. — Knit 24, bind off 24, knit 24.

Knit 4 ridges for each side as described for light-weight sweater

Back. — Knit 24, cast on 24, knit 24.

Knit plain for 21 inches.

Rib knit 2, purl 2 for 4 inches.

KNITTED HELMET

Especially

Desirable

for

Aviators



Used Also

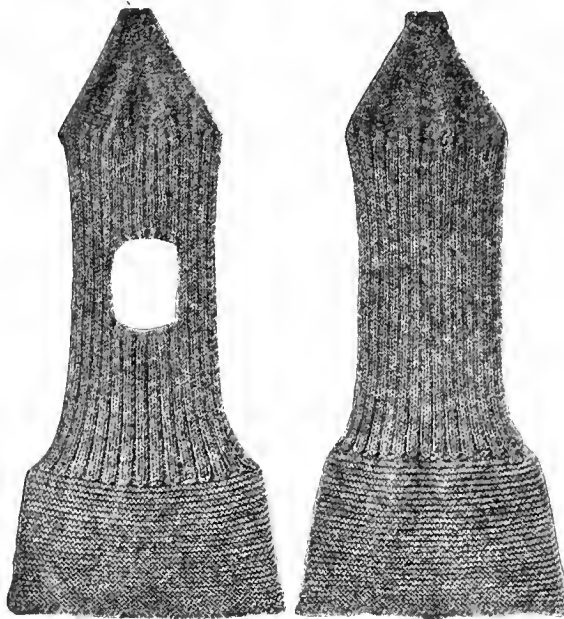
By Our Boys

in

the Navy

THE ILLUSTRATION ABOVE SHOWS HOW THE HELMET LOOKS WHEN WORN. BELOW, FRONT AND BACK VIEWS SHOW THE WORK IN DETAIL

The head section may be knitted in rounds, like a stocking, or the entire helmet may be made in two pieces and sewed together.



So that in making this helmet you may work with two single-ended or four double-ended needles, as best suits your convenience.

KNITTED HELMET No. 1

Made in two parts, which afterwards are sewed together

MATERIAL

1½ hanks yarn (¾ pound). 1 pair Red Cross Needles No. 2 or Standard Needles No. 5 (amber).

Front of Helmet.—Cast on 48 stitches (11 inches), knit plain for 25 ribs (6 inches) and knit 2, purl 2 for 35 rows. On the next row the opening for the face is made as follows: Knit 2, purl 2, knit 2, purl 2, knit 2, knit and bind off loosely the next 28 stitches and purl 1, knit 2, purl 2, knit 2, purl 2.

Run the stitches before the opening on a spare needle and on the stitches at other side of opening knit 2, purl 2 for 12 rows. The last row will end at the opening, and at that point cast on 28 stitches, to offset those bound off.

Begin at the face opening of stitches on spare needle and knit 2, purl 2 for 12 rows.

At the end of the 12th row continue all across to the end of other needle, when there should be 48 stitches on needle as at first. Knit 2, purl 2 for 24 rows.

Top of Helmet. — Knit 2, narrow (knitting 2

stitches together), knit 14, narrow, knit 14, narrow, knit 12.

Purl the entire next row.

On the 3d row knit 2, narrow, knit 13, narrow, knit 13, narrow, knit 11.

Purl 4th row.

On the 5th row knit 2, narrow, knit 12, narrow, knit 12, narrow, knit 10.

Purl 6th row.

Continue to narrow in the three places every plain knitted row with 1 stitch less between narrowings until 9 stitches are left.

Back of Helmet. — Work in same manner as for front, but omit the face opening.

Sew the stitches of upper edges together with joining stitch as for toe of sock. Sew up the side seams, leaving the plain knitting at shoulders open.

KNITTED HELMET No. 2

Same as No. 1, but made in one piece and having a smaller opening about the face

MATERIAL

1 hank of yarn (¼ pound). 4 Red Cross Needles No. 2 or Standard No. 5, bone (double ended).

Front (two needles).—Cast on 56 stitches loosely. Knit plain for 8 inches, and leave on extra needle. Knit another piece to correspond for back. These pieces must be at least 9 inches wide.

Ribbing for Head. — Slip the stitches of both pieces on to three needles, arranging for last 2 stitches of back piece to be on beginning of "First" needle, with 38 stitches of front piece added (making 40 on "First" needle). Divide rest of stitches on other two needles—36-36. Beginning with "First" needle, knit 2, purl 2 for 6 inches. Then on "First" needle knit 2, purl 2 for 18 stitches. Bind off 22 stitches for face opening. (Try to keep same arrangement of stitches on needles for further directions.) Knit 2, purl 2 forward and back on remaining 66 stitches for 1½ inches, always slipping first stitch.

Cast on 22 stitches loosely, to complete face opening, and knit 2, purl 2 for 2½ inches (adjust stitches by slipping 2 from end of "Third" needle to "First" needle, making 42 on "First" needle).

Top of Helmet. — Knit 1 round plain.

Knit 2 stitches together, knit 11, knit 2 stitches together, knit 1. Repeat to end of round.

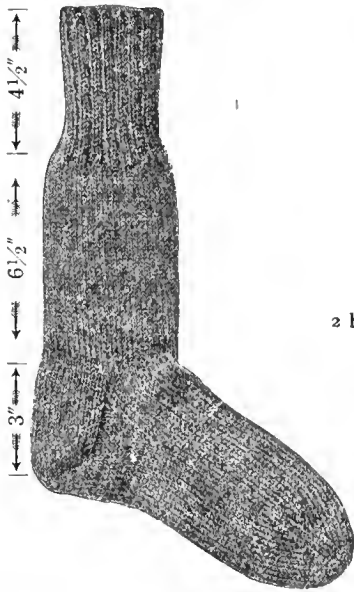
Knit 4 rows plain.

Then knit 2 stitches together, knit 9, knit 2 together, knit 1. Repeat to end of round.

Knit 4 rows plain.

Continue in this way, narrowing on every fifth round and reducing number of stitches between narrowed stitches by 2 (as 7, 5, 3, etc.) until you have 28 stitches left on needles. Divide on two needles, having 14 on "First" needle and 14 on the other, and finish the same as for the toe of sock.

MEDIUM SIZE MAN'S SOCK



Foot from tip of heel to tip of toe should measure 11 inches
Leg from tip of heel to top of leg should measure 14 inches

MATERIAL

2 hanks ($\frac{1}{2}$ pound) yarn. 4 Red Cross Needles No. 1 or Steel Needles No. 12

HINTS TO THE NOVICE

All the cautions in regard to good knitting must be faithfully observed in the making of socks. There must be no knots or ridges to cause foot blisters and no split stitches to weaken the constitution and shorten the life of the sock.

Good knitting should look fairly close, but when handled should be elastic and stretch easily to about one-third more than its measurements in working, allowing for both ease in wear and shrinkage in washing.

An eminent authority recommends that both socks be set up at one time and a section of each knit alternately in order that there may be absolute uniformity in the making of a pair. If this is done it will be necessary to have eight needles (2 sets).

TO "SET UP" A SOCK

Cast on 60 stitches, 20 on each of three needles, and join the work at the end of the third needle to the beginning of the first, as shown in Fig. 1 by knitting the first stitch of the first round. In completing this stitch the wool should be drawn quite tightly so that there will be no break in the continuity of the stitches.

In casting on the stitches for a stocking top or for any other ribbing, it is necessary that the stitches be distributed on the needles in multiples of four so that the work on each needle begins with the plain and ends with the purl stitches.

WELT OR RIBBED TOP

Commencing with the first round knit 2 plain, 2 purl for 35 rounds (4 1/2 inches). This makes an elastic top which clings closely to the leg.

LEG OF SOCK

36th round—* Knit 4 stitches plain, knit 2 together; repeat from * around. There are now 50 stitches on needles.

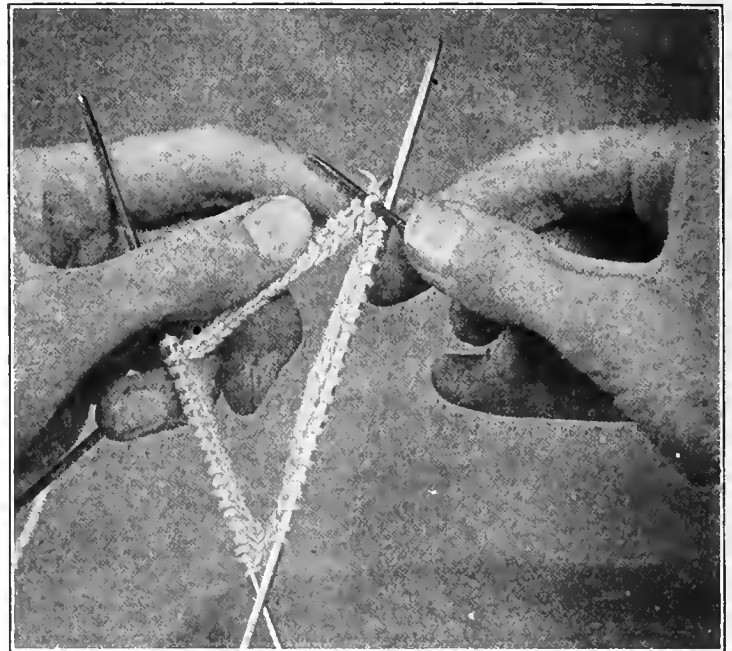


Fig. 1. Stitches cast on three needles and joined by knitting first stitch in first round

Knit 50 rounds plain or until leg measures 11 inches from top of ribbing (6½ inches of plain knitting). Always stop in the middle of any needle when intending to put the work away, so that in folding there will be no strain at the junction of the needles.

FLAP OF HEEL

Arrange half the number of stitches (25) on first needle for heel, leaving 12 and 13 stitches on the second and third needles for the instep. When transferring stitches from one needle to another be careful not to twist them.

On the 25 stitches on heel needle, knit 1 row, purl 1 row alternately for 26 rows (3 inches) always slipping first stitch of each row. Measure flap through the centre. Its length will be found to be equal to its width at the base. Finish flap at end of outside or knitted row.

TO TURN HEEL

Begin to turn heel on wrong side or purl row.

Slip 1, purl 13, purl 2 tog, purl 1, turn.

Slip 1, knit 4, slip 1, knit 1, pass slipped stitch over knitted stitch, knit 1, turn.

Slip 1, purl 5, purl 2 tog, purl 1, turn.

Slip 1, knit 6, slip 1, knit 1 and pass slipped stitch over, knit 1, turn.

Continue working back and forth in this manner having 1 more stitch between decreases in every row until all the stitches are worked in. There should be 15 stitches on the needle. Fig. 2 shows the flap or back of heel and the turning completed.

Now take the heel needle in the right hand and in the left the edge of the flap, and pick up and knit the inner half of each chain loop along the edge of the flap (13 stitches).

Next knit the 25 stitches on the two instep needles onto one needle, which becomes your second needle, drawing the

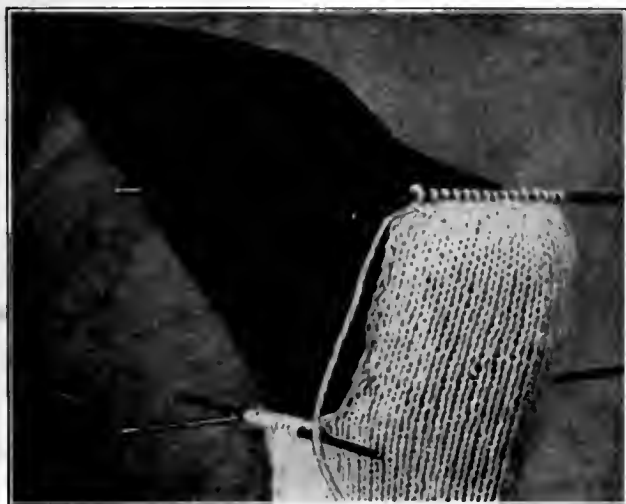


Fig. 2. Flap or back of heel and turning completed ready to pick up stitches along side of flap

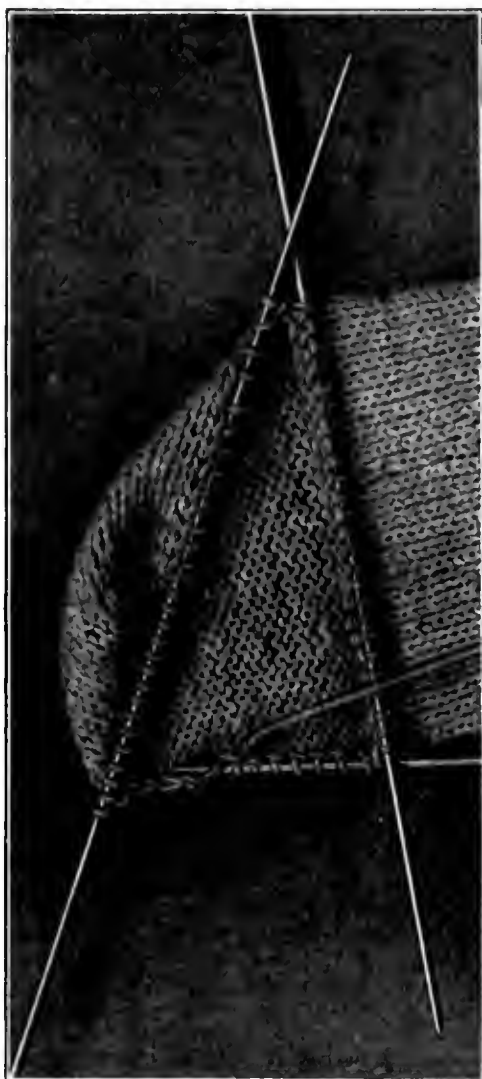


Fig. 3. Picking up the stitches on the second side of heel flap after turn is completed

wool tightly at the junction of the heel and first instep needle.

With a third needle pick up and knit the 13 loops on the other side of the heel flap and knit 7 stitches off the first needle.

You will now have 21 stitches on first needle, 25 stitches on the second and 20 stitches on the third. The end of a round must now be considered to occur between two back needles.

TO SHAPE INSTEP

*First Needle—Knit to within 3 stitches of end, knit 2 together, knit 1

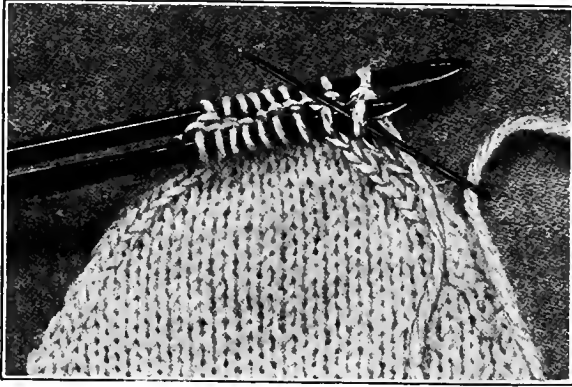


Fig. 4. Pass bodkin through first stitch on front needle as if to purl

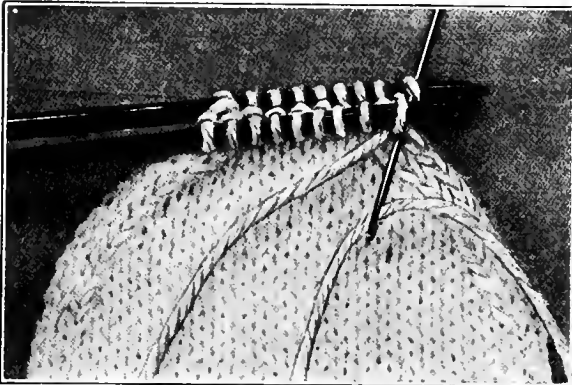


Fig. 5. Pass bodkin through first stitch of back needle as if to knit

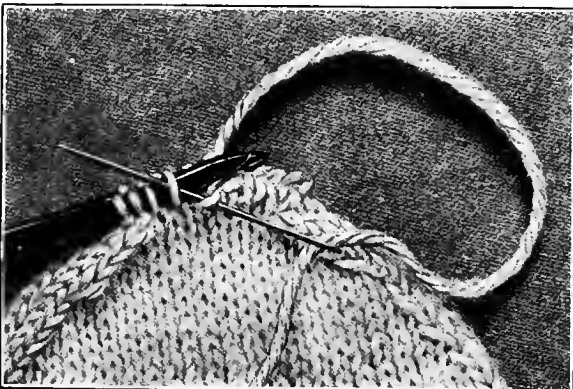


Fig. 6. Toe in process of finishing with yarn passed through stitch, as if to knit, and bodkin passing through stitch on first needle in the position of purling

Second Needle.— Knit plain.

Third Needle.— Knit 1, slip 1, knit 1, pass slipped stitch over, knit plain to end of needle. Knit 1 round plain.

Repeat from * narrowing at the end of first needle and beginning of third needle in each alternate round until there are 13 stitches on first needle, 25 stitches on second needle and 12 stitches on third needle.

Knit plain for $4\frac{1}{2}$ inches.

When putting the work away during the making of the foot, stop in the middle of the front needle.

During the working of the foot the arrangement of stitches should remain unaltered, the number on the two back needles equaling those on the front.

TO SHAPE TOE

***First Needle.**— Knit 10 stitches, knit 2 together, knit 1.

Second Needle.— Knit 1, slip 1, knit 1, pass slipped stitch over, knit 19 stitches, knit 2 together, knit 1.

Third Needle.— Knit 1, slip 1, knit 1, pass slipped stitch over, knit 9.

Knit 2 rounds plain.

Repeat process from * five times, narrowing in every third round at the end of first needle, the beginning and end of second needle and the beginning of third needle.

Then narrow every other round until there are 5 stitches on first needle, 9 stitches on second, and 4 stitches on third.

Knit the 5 stitches on the first needle onto the third. Break yarn, leaving a 12-inch end, which should be threaded into a blunt needle or small bodkin.

TO FINISH TOE

The stitches are now all on 2 needles opposite each other. Hold work so that the end of yarn is at the right-hand side of back needle and push loops well toward needle tips.

When working as in plain knitting the bodkin should point to the right and in purling to the left. The finishing yarn must always be kept below the knitting needles.

Pass bodkin through first stitch on front knitting needle as if to purl (Fig. 4), and through first stitch of back needle as if to knit (Fig. 5). *Do not slip off.* These are the preparing stitches.

*Pass through first stitch of front needle as if to knit and slip stitch off.

Pass through second stitch on front needle as if to purl. *Do not slip off.*

Pass through first stitch of back needle as if to purl and slip stitch off.

Pass through second stitch of back needle as if to knit. *Do not slip off.*

Repeat process from * until all stitches are off needles.

THUMBLESS MITTENS OR WRISTLETS No. 1

Knit back and forth on two needles

MATERIAL

$\frac{1}{2}$ hank yarn ($\frac{1}{8}$ pound). 1 pair Red Cross Needles No. 2 or Standard Needles No. 5 (amber).

Cast on 48 stitches. Rib knit 2, purl 2 for 12 inches and sew up, leaving 2 inches open space for thumb 2 inches from edge.



THUMBLESS MITTEN No. 2

Same in appearance as No. 1, but knit in rounds like a stocking

MATERIAL

$\frac{1}{2}$ hank yarn ($\frac{1}{8}$ pound). 4 Red Cross Needles No. 1, or Steel Needles No. 12

Wrist.—Cast on 52 stitches on three needles, 16 each on two and 20 on the third, and rib knit 2, purl 2 for 8 inches.

Opening for Thumb.—Knit 2, purl 2 to end of "Third" needle; turn. Knit 2, purl 2 back to end of "First" needle; turn.

Continue knitting back and forth for 2 inches, always slipping first stitch of row

Hand.—From this point continue in rounds as at first for 2 inches for the hand. Bind off loosely and buttonhole thumb opening.

HOSPITAL BED SOCKS

MATERIAL

1 hank yarn ($\frac{1}{4}$ pound). 4 Red Cross Needles No. 2 or Standard No. 5, bone, double ended.

Cast on 48 stitches on 3 needles, 16 on each. Knit plain (loosely) for 20 inches.

Toe.—Decrease by knitting 2 together until only 12 stitches are left. Arrange these on two needles, 6 on each, and weave together same as toe of sock. (See directions on page 14.)



HOSPITAL GARMENTS BY THE F



(Above) Men's hospital bed shirt, materials same as for surgeon's gown, or medium-weight unbleached muslin. Open at the back and tied similar to surgeon's gown.



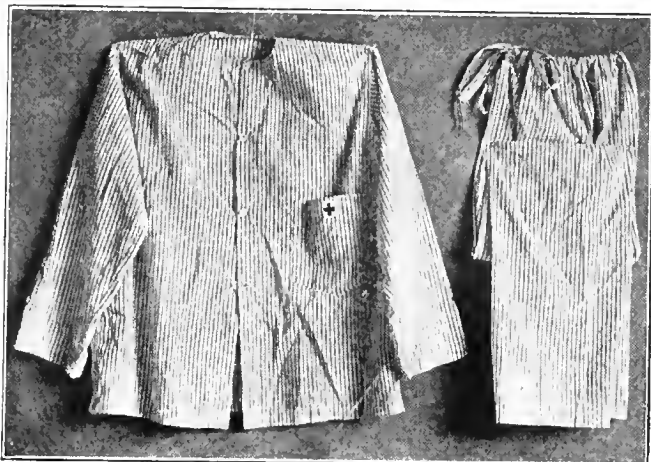
(Centre) Red Cross nurse's or surgeon's operating gown and helmet, made of twill of the grade of "Hill," "Lonsdale," or "Pepperell."



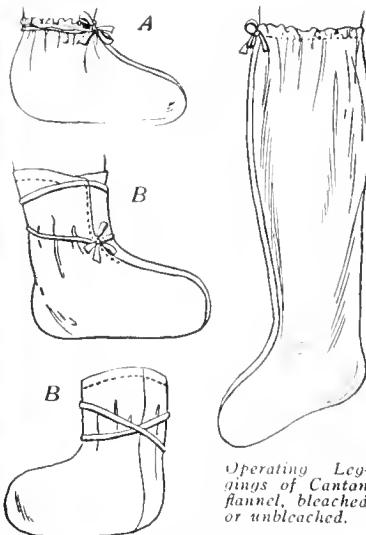
(Above right) Taped hospital bed shirt

IT is absolutely necessary, if American Red Cross supplies are to be easily packed and distributed, that all hospital garments should be made from standard patterns. Shirts and pajamas must fit, if an American boy wounded in France is to endure the least possible torture. Not the best heart to serve in the world, unless accompanied by exact and careful workmanship, is fine enough to work under the American Red Cross for the American Army and Navy, the doctors and nurses of the base hospitals "somewhere in France," and the families of our national defenders.

It is doubtful if women realize the stupendous numbers of various garments asked for in cables for immediate shipment abroad. Always the request is to send things soon, and the figures go near to millions. We can't make too many of these garments. The demand far exceeds the supply.



Pajamas of cotton oxford (cheviot): "Riverside" or equivalent. Seersucker: "Bates" or equivalent. Outing flannel: "Amoskeag 1921," "Teaseldown," or equivalent. Gray recommended.



A. Bed sock, of striped outing flannel and lined. B. Bandaged foot-sock, same material, unlined.



Patterns and materials from most retail through the nearest. Simply ask for the garments

MENTS NEEDED D CROSS

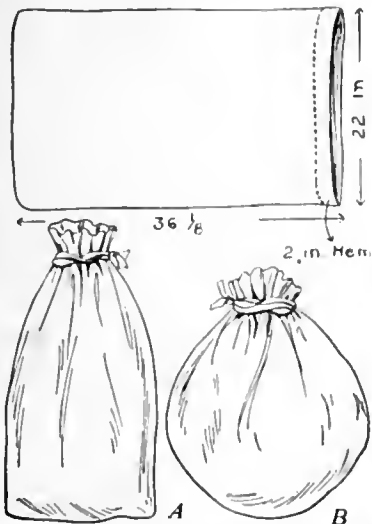
PATTERNS for these garments have been standardized by the American Red Cross and are manufactured and sold by all the different Fashion Pattern Houses at a uniform price of 10 cents each. Directions for making are supplied with each pattern, and it cannot be too strongly emphasized that these directions should be followed precisely in order that the garments be uniform.

Red Cross Emblems are used only on pajamas, hospital bed shirts, nightingales, and bath robes, and should be placed exactly as shown in illustrations. They can be secured from the Red Cross Distributing Centres mentioned on inside of front cover.

Women's Clubs and other organizations will find it an economy of time, material, and energy to delegate the cutting-out of garments to one or more members whose business it is to take care of this part of the work.



Convalescent gown, cut from single blanket, 72 by 90, or two robes cut from double blanket, 84 by 72. May be of bathrobing or Turkish bath-towel-ing.



(Above) Pillow Case of Cotton Sheetting. A. Hot-Water Bag Cover of Conton flannel, bleached or unbleached. B. Ice-Bog Cover of Hospital Gauze.



Back view of surgeon's operating gown, showing placing of ties. The back of the hospital shirt is practically the same without fullness.

may be procured
goods stores, or
d Cross Chapter.
Cross Pattern"
desire to make.

BALAKLAVA SLEEPING CAP

MATERIAL

One skein knitting worsted and four No. 4 double-ended bone needles.

Cast on 96 stitches, 32 on each needle. Rib 2 and purl 2 for 25 rows. Knit 6 and purl 2 for 22 rows. Narrow second stitch on each end of needle until you have 4 stitches on each needle.

Then thread the end of the wool with large darning-needle and buttonhole around the 8 left, leaving a small opening on top of cap. May be worn in the daytime with ribbing turned up, or as a sleeping-cap pulled down.



The Balaklava Sleeping Cap

Sleeves That May be Added to Sleeveless Sweaters

MATERIAL

Needles and Yarn (1½ hanks) same as for sweater.

ALTHOUGH the sleeveless sweater has heretofore been the only one officially accepted by the Red Cross, there has been sufficient call for sweaters with sleeves to warrant sending out direc-

tions for sleeves that can be knitted separately and set in, or knitted into the armhole of the straight sleeveless sweater with which we are all familiar.

These directions vary for the different yarns.

FOR THE HEAVY-WEIGHT YARN

This sleeve is knit across. * Cast on 54 sts, knit in garter-stitch, increasing 1 st at each end of every row, until there are 62 sts. √ Knit 6 inches on this width.

Decrease 1 at each end, knit 7 rows plain, then decrease 1 at each end of every 6th row until 44 sts remain. Continue to knit without further de-

creasing until the inside seam of sleeve measures 16 inches *without stretching*.

Change to steel needles, and knit in rounds of ribbing (k 2, p 2) for 5 inches. Bind off loosely.

* If preferred, the sleeve may be knit into the sweater, in which case there would be 62 sts taken up around arm-hole, then follow directions from √.

FOR THE LIGHT-WEIGHT YARN

This sleeve is knit up and down. Cast on 20 sts, k 2 rows (1 rib), * cast on 15, k 2 rows, repeat from *, cast on 10 sts twice with 2 rows between, k 5 ribs, then add 1 st every 2d rib at the top or straight end until 8 have been added. Knit 3 ribs, which completes half of the sleeve, which should now be 6 inches wide at lower end, *without stretching*; if it is narrower, add more ribs, after which knit 3 ribs, decrease 1 st at top of

sleeve every 2d rib 8 times. Knit 5 ribs, bind off, beginning at lower end, and knitting 1 rib between every time, 10 sts twice, 15 sts twice, and finally 20.

Sew up sleeve. With three steel needles, No. 12, pick up the stitches around cuff, one in every rib, adding or decreasing a stitch or two if necessary to make a multiple of four. Knit in ribbing (k 2, p 2) for 3 inches. Bind off loosely.

SLEEVE KNIT IN RIBS

Pick up 58 sts round arm size, 23 each side of ribbing on shoulder and 12 on ribbing. The arm size must be 20 inches. Knit once across, then narrow by knitting the second and third stitch together at the *beginning* and *end* of the needle, until you have 50 sts.

Knit and purl until sleeve measures 12 inches.

Narrow row by knitting 2d and 3d sts together at the *beginning* and *end* of needle.

Knit across five times, repeat the narrowing and knitting five times, until you have 40 sts on the needle, knit until the sleeve measures 19 inches. Knit cuff 4 inches with No. 11 steel needles, on four needles or two. Knit and purl two and two.

KNITTING TIPS FOR RED CROSS WORKERS

With Special Emphasis on the Making of a Sleeveless Sweater

From a Knitter of Experience to a Beginner

THERE are several wrinkles in the matter of knitting the different articles so strongly desired by the Red Cross Society just at present, which a knitter of long standing can pass on to the beginner to the latter's great advantage.

BEWARE OF THE "SPLIT" STITCH

First, in knitting say the body of a sweater, but in reality in any knitting at all, be most particular never to split a stitch. You cannot be too careful about this. Drop the offending stitch off your needle at once, even if you have to let it run "way down" to get at it. Picking up a dropped stitch is simple enough if you go about it in the right way. Let me tell you that, old knitter as I am, I always keep a bone crochet-hook in my knitting-bag, and then, if I happen accidentally to drop a stitch, or if I discover a split one and have to drop a stitch purposely to get at it, I get out that bone crochet-hook and pick up the erring one with the hook in the common chain stitch which every one can do. This is exceedingly simple and very quick and has the advantage that when a stitch is dropped in the "purl" all one

has to do is to turn the other side of the work and pick up the stitch with the hook in the same way, for a purl stitch on the right side of the work is a plain stitch on the wrong.

I want to lay particular emphasis on this matter of the split stitch, because the whole sweater is no stronger than that one split stitch. When the wearer pulls the sweater on, the split stitch is the one to feel the extra strain, which its delicate constitution makes it peculiarly unfitted for, poor thing! And that is where the garment will go to pieces first. A split stitch means a quickly broken one. A broken stitch runs and means the speedy ruin of the whole garment, the good wool is wasted, and, almost worst of all, the whole of the valuable time it took to knit that sweater is just thrown away.

THE NECK OF THE SLEEVELESS SWEATER

Nothing is more individual than the work of different knitters, even when the same needles and identical wool are used. Some work is loose and some is tight. Consequently it follows that different sweaters made by exactly the same directions will vary greatly in the neck size. In making my first Red Cross Sweater, if I had merely followed the printed directions no man on earth could have forced his head through the place where his head is supposed to go. I had to allow several more rows of knitting on the shoulder pieces, and did so, in fact, till I found it large enough for a

good-sized head to go through without a struggle.

Now there is very little point to a sweater a man cannot push his head through, is there? Therefore, when casting on or off for the neck, make sure there is room enough, make it too large rather than too small and cast off loosely.

When crocheting round the neck and armholes be careful not to draw in the edge. Leave the wearer ample room, better too much room than too little. He will probably have to wash his own woollen garments when the need arises, and they are sure to shrink.

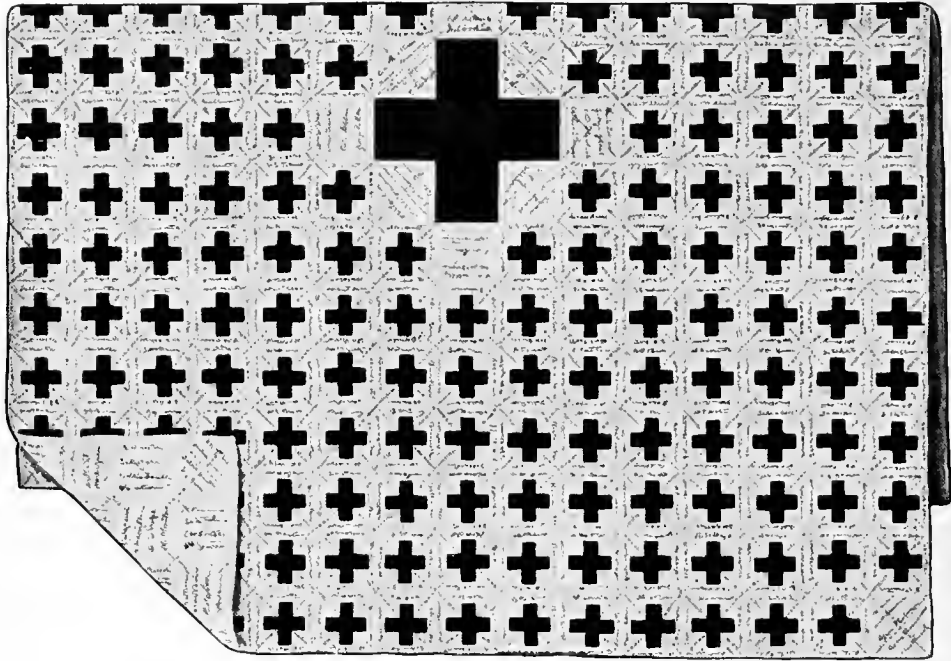
JOINING THE SIDES

When joining the sides of the sweater, be careful to take up the whole stitch every time, so as not to split the yarn. A split stitch here is particularly unfortunate because with split stitches the elasticity is lost. It is easily broken and readily worn, and has only half the endurance of its whole brethren. A whole thread will give and stretch

where a part of a thread cannot. If a joining stitch on the side gives way the whole seam will come apart.

A bodkin or tapestry needle does not split the yarn and for this reason is preferable to the darn ing-needle generally recommended for joining the underarm and sleeve seams.

One Thousand Dollars for Red Cross Work Can Be Raised by Means of a Memorial Quilt



A QUILT Campaign is especially adapted to church auxiliaries, women's clubs, and organized groups of women in small towns.

The idea is not complicated. It is simply a matter of selling squares or space to be inscribed with the name of the contributor, names to be written in water-proof ink or embroidered in red outline or chain-stitch.

Any job printer will get out the necessary blanks (illustrated below). They are most conveniently handled if made up with a binding at the left-hand end to hold the stubs, which are retained by the one who sells the space or square. The right-hand end is filled in and given as a receipt to the purchaser of the squares, and the centre, between the two lines of perforations, is to be handed to the treasurer with money collected.

The pattern of the quilt can be like the one illustrated or planned according to more original ideas. This one consisted of:

- 253 squares of white with Red Cross applied thereon, sold at 25 cents a space, 4 names to a square \$ 253
- 266 white squares on other side of quilt, each square divided into four parts, making spaces for 4 names at 25 cents each \$ 266
- 8 memorial blocks around centre cross, sold at \$25 each \$ 200
- 4 corner blocks on each side sold at \$5 each (8 in all) \$ 40
- 5 red blocks in centre forming large Red Cross sold at \$50 each to people who do not wish their names used \$ 250
- Making a total of \$1009

No. _____ Marshfield, Mass. _____ _____ 1917 Name _____ Pays for _____ Red Cross Squares at \$ _____ a square. _____	No. _____ For \$ _____ paid-to-day I have ordered _____ Square at \$ _____ cts. _____ to be made up in the RED CROSS QUILT My name to be on the square. The proceeds from this Quilt are for the Red Cross Society Name _____	No. _____ Marshfield, Mass. Received from _____ _____ cts. _____ _____ Square
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One Half Size Reproduction of the Order Blank

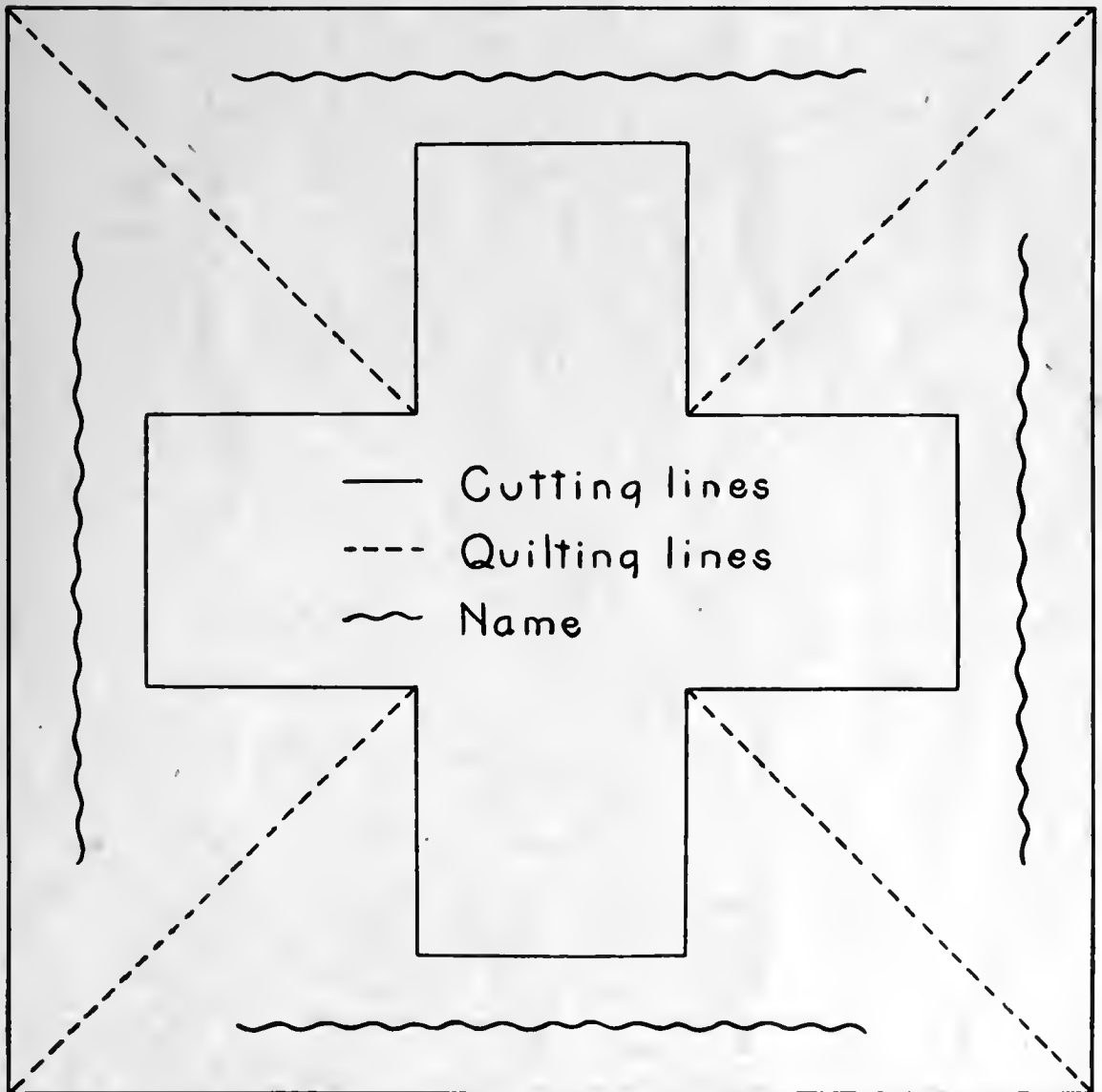
The pattern below gives the exact cutting size of the white block (6 inches), and of the red cross patch (4½ inches). This allows ¼ inch all around for seaming the blocks and applying the patches. The lines of quilting run diagonally across from corner to corner and the names are inscribed on each side of the block just above the cross.

These names should be written by one person whose hand-writing is plain and legible, if they are to be embroidered, and it is hardly necessary to add that fast-color Turkey red embroidery cotton should be used. If it seems desirable to give more of a touch of individuality to the quilt

the names can be written in pencil by the persons subscribing and afterward gone over with India ink. The pencil lead serves to keep the ink from spreading.

The back of the quilt may be made of plain white blocks each divided into four 1½-inch panels upon which names are inscribed, or the names may be placed same as on Red Cross blocks.

This quilt idea can only be used when the entire proceeds are to be devoted to Red Cross work, and is presented as one solution of the problem of raising funds with which to supply yarn to knitters who are only too glad to do the work if the material can be provided.





COMFORT KITS



It is recommended that all kits be made of a plain, inexpensive khaki-color twill.



and that a small American flag be sewed or embroidered on the outside.

Comfort Kit No. 1 (for service use)

MATERIALS

$\frac{1}{2}$ yard 36-inch goods; 4 yards tape; 1 small American flag

Cut out sections A, B, C, and D as indicated on Diagram No. 1. From these pieces make the applied pockets of the case, some flat, others slightly full, as shown on Diagram No. 2.

Fold in selvage ends of goods to form series of pockets marked E E E and large pocket marked F. Bind all edges neatly with stout tape. Attach ties of tape to flaps 1 and 2 so they can be brought together and tied over the pockets. Attach ties of tape on outside of case at H and J. These

ties should be long enough to go twice around kit and keep all secure; two loops of tape should be added as shown in diagram No. 2, that the whole kit may be hung up evenly balanced.

It is important that the openings of the pockets B, C, and D face the loops, so that small articles will not fall out when the case is hung. Snappers sewn at the edge of the pockets E and F will help to make their contents more secure. The illustration above shows the kit complete with contents.

Comfort Kit No. 2 (for service use)

MATERIALS

$\frac{1}{3}$ yard 27-inch goods; 30 inches tape; 1 small American flag

Fold and sew up into a simple bag, 12 inches square with an inch hem at the top through which is run the gathering-string of tape.

Sewing materials are attached to a hemmed piece of canton flannel, 3 x 12. The upper edge

is sewed into hem at inside top of bag. A single snap sewed at top and bottom of the strip, as shown at A and B in diagram, brings the two ends of the strip together, protecting the contents. See illustration and diagram on opposite page.

**ARRANGEMENT OF ARTICLES
IN COMFORT KIT NO. 1**

*A 1 and A 3. — Thread, heavy white and waxed khaki-color (sometimes called carpet or button thread), wound on cards.

On the outside of these pockets sew six khaki-color buttons, size for uniforms, six khaki buttons, shirt size, also six white buttons for underwear.

A 2. — Needles assorted large sizes in case; thimble large size celluloid; sewing wax.

B. — Tobacco pouch and tobacco.

C 1. — Tooth powder in tin container.

C 2. — Folding knife and spoon.

C 3. — Soap in metal or celluloid box.

C 4. — Handkerchiefs, two or three, must be khaki-color. On outside of pocket pin 12 No. 3 black safety-pins and 6 khaki-color patent trouser buttons.

D 1. — Shaving brush or safety razor.

D 2. — Shaving soap and blades.

D 3. — Comb, preferably metal, in case.

D 4. — Pipe.

E 1. — Playing-cards or other game.

E 2. — Mouth organ.

E 3. — Wash-cloth.

F. — Writing materials, pencil, and pair of heavy socks, hand or machine knitted.

*Such supplies as are khaki-color for the Army are black for the Navy.

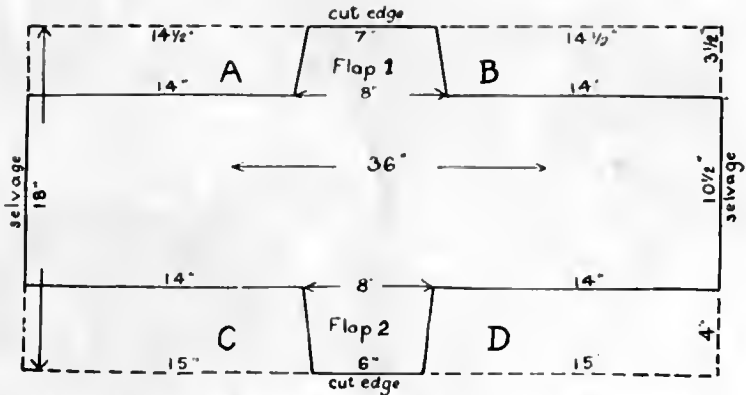


DIAGRAM NO. 1 SHOWING MEASUREMENTS AND CUTTING OUTLINES FOR COMFORT KIT NO. 1

Use Section A for pockets on Flap No. 1; Section B for pocket B; Section C for pockets C¹-2-3; Section D for pocket C on Flap No. 2 and pockets D¹-2-3-4.
All "full" pockets should be made amply large to hold their specified contents.

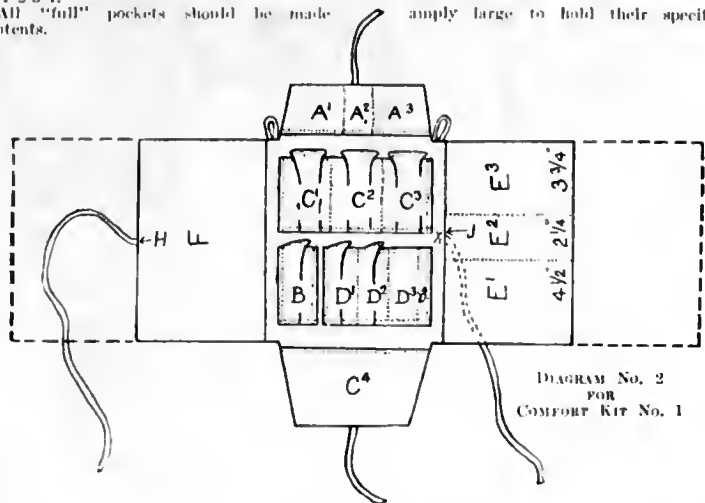


DIAGRAM NO. 2 FOR COMFORT KIT NO. 1

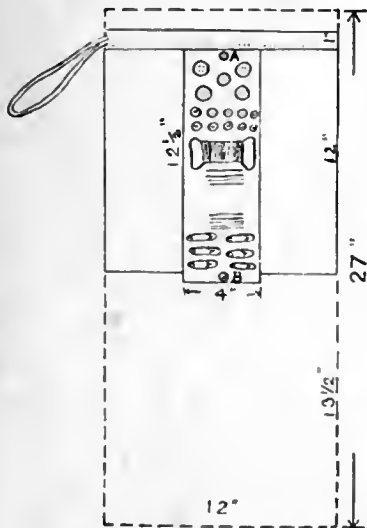
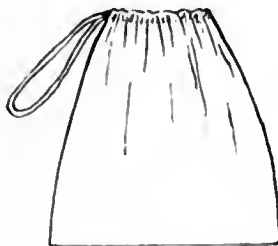


DIAGRAM NO. 3 FOR COMFORT KIT NO. 2

Comfort Kit No. 2 (below) should contain the same articles as No. 1



ARTICLES WHICH MAY BE ADDED TO KITS AT OPTION OF SENDERS

Articles marked with a star (*) are especially desirable

Blotting paper; chewing gum, chocolate (if wrapped in tin foil); cigarette paper in hooks; compressed tea tablets; compressed malted milk tablets; corn plasters; foot powder; garters; knife, two-bladed, such as boy scouts use; *mirror, metal, in case; pin-ball with pins; post-cards; puzzles; *safety razor; *safety-razor blades; safety-razor stop; *scissors (preferable, folding, with pointed ends in sheath. Not "Made in Germany" kind); shoe-laces, black for Navy, khaki for Army; talcum powder; tape, white, black, or khaki colored; toilet paper; tooth-brush in rubber case; *tooth powder in tin case.

Comfort Kit No. 3 (for hospital use)

Especially designed to be pinned to the side of a bed and contains the small things which a wounded man will want to keep near him.

MATERIALS

2 yards 27-inch goods (2 kits); 2½ yards tape and Stork Sheeting 9 x 13½ inches for each case

Measure and tear the entire strip of goods lengthwise. Then tear sidewise from the strip the following pieces for the pockets: **Pocket A**—7¼ inches torn; 6½ inches finished, allowing ¼ inch for turning in at bottom, and narrow hem at top. **Pockets B 1-5**—4 inches torn; 3¼ inches finished. **Pockets C 1-3**—two strips 5 inches torn, 4¼ inches finished; the extra fullness is needed to make the plaits. Piecing the goods for this series of pockets may be avoided by tearing off two 5-inch strips the full width of the material before dividing it lengthwise for the rest of the kit.

To make the pockets D 1-D 5, face the lower end of the long strip of goods with the 9-inch piece of stork sheeting, sewing both sides of the sheeting firmly to the kit before hemming and turning up the flap, which is then divided into pockets as indicated on diagram No. 4.

Hem upper edge of strips for C 1-3, plait and attach to case 1 inch above pockets D 1-5.

Hem strips for pockets A and B and apply B to A, sewing the partition seams in B before attaching both pockets at once to case, 1 inch above pockets marked C.

Almost every soldier has a little collection of souvenirs. The Souvenir Pocket is intended to hold these and other personal effects. Hem upper end of strip of which kit is being made, and fold over a flap 12 inches when finished. While in use this large flap pocket is turned back and hangs behind the bag, but if the soldier wishes to take his kit with him on leaving the hospital its contents can be made secure by bringing the flap forward over the small pockets and fastening it down by snaps sewn to X, Y, and Z. The whole kit can then be rolled up and tied as the contents permit.

Bind the side edges of the kit securely with the tape and attach tie ends on the outside of the point marked H. The kit is fastened to the mattress of the bed by 2 large safety-pins at the upper corners.

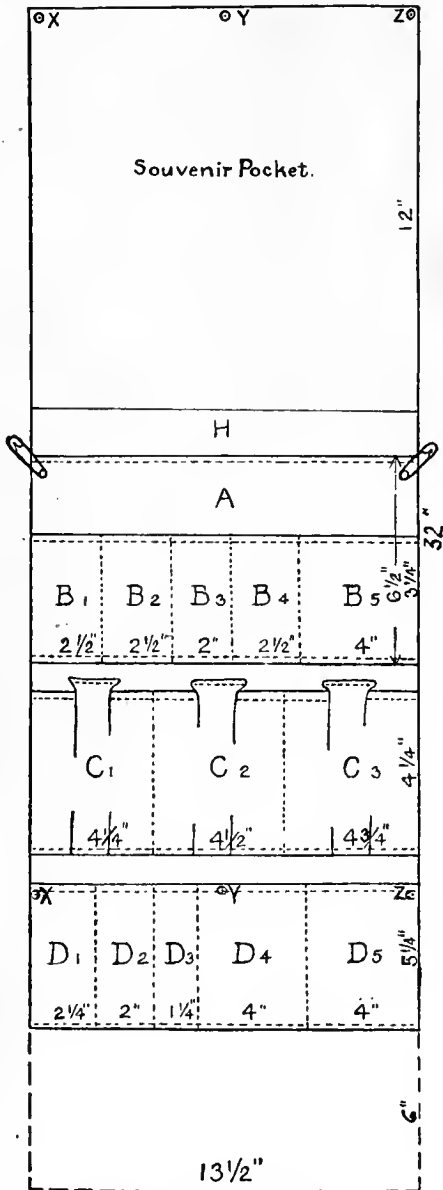


DIAGRAM NO. 4 FOR COMFORT KIT NO. 3

CONTENTS OF COMFORT KIT NO. 3

- A. Writing materials, pencil, etc.
 - B. Pipe, cigarette paper, tobacco pouch, and tobacco.
 - C. Handkerchiefs, playing-cards, and metal mirror.
 - D. Tooth-paste, tooth-brush, shaving-brush and soap, wash cloth.
- Safety-pins and sewing materials may be attached to the outside of any of these pockets, though these supplies may not be much needed in hospitals.

Do not include chewing gum, chocolate, mouth organ, or sharp instruments, such as scissors or knives.

KNITTED GARMENTS

FOR THE

BOY SCOUT

OF 12 TO 14 YEARS

by

ELSA BARSALOUX

A SLIP-ON SWEATER



MATERIAL

6 hanks Knitting Worsted.
1 pair Bone Needles No. 3 and
2 pair Steel Needles No. 10

Back.—Cast on bone needles 95 sts (these sts will measure 16 inches.) Knit in ridges for 17 inches, then decrease 1 st on each end of needle every other row until 5 sts have been decreased on each end and there are 86 sts on needle (about 14 inches). Knit in ridges until back measures 22 inches from start.

Shoulders.—On 25 sts for over shoulder knit back and forth for 3 ridges, then increase 1 st towards front every other row until 5 sts have been added, having 32 sts on needle. Leave these sts on needle for later use. With an extra ball of wool, bind off 36 sts for back of neck, and on other 25 sts k 3 ridges, then increase 1 st towards front every other row until 5 sts have been added, and there are 32 sts on needle.

Front.—Cast on 32 sts towards front, then slip the other 32 sts from other front to these sts, having 96 sts on needle, k in ridges until front is same length as back, bind off.

Sew up side seams for 16 inches.

Sleeves.—Cast on 78 sts (about 13 inches), k in ridges for 2 inches, then decrease 1 st on each end of needle every 8th row until there are 50 sts on needle. Knit in ridges until sleeve is 17 inches or required length, less 4 inches.

Cuff.—Change to steel needles, k in rounds in ribbing of k 1, p 1, for 4 inches, bind off. Sew up sleeve, and sew sleeve in place on sweater.

Collar.—Cast on 30 sts (about 5 inches), k in ridges for 18 inches, bind off. Sew collar to neck of sweater on back, and down on fronts as illustrated.

Pocket.—Cast on 24 sts, k 22 ridges, make buttonhole in centre of 3d last ridge by binding off 4 stitches, and in centre of next row casting on 4 stitches. Bind off. Sew pocket in place on sweater.

Button.—Chain 3, turn, skip 1 stitch, 8 d in next.

2d round—2 d in each st.

3d round—* 1 d in st, 2 d in next.

Repeat from * until cover is size to fit mold. Make 1 round, slip in mold, then skip every other stitch until closed.

If desired this sweater may have a 4-inch band of ribbing (k 1, p 1) across the bottom, to match the cuffs. The back is then knit in ridges for 13 inches, after which directions may be followed to finish.

KNITTED GLOVES

MATERIAL

1 hank Knitting Worsted, 2 pair Steel Needles No. 12

This Glove is Intended for
Boys of 12 to 14
Years



If Knitting is Very Tight
Use Larger
Needles

CAST on 60 sts, having 18 sts on first needle, 20 sts on second, and 22 sts on third. Rib k 2, p 2 for 19 rounds.

To decrease. 20th round—Start at first needle, k 2, p 2, k 1, slip 1, k 2 sts together, slip the slipped st over the 2 sts k together, k 1, slip 1, k 2 sts together, slip the slipped st over the 2 sts k together, repeat k 2, p 2, to end of round.

Knit in ribs of k 2, p 2 for 6 rounds.

27th round—K 2, p 1, slip 1, k 2 sts together, slip the slipped st over the 2 sts k together, p 1, slip 1, k 2 sts together, slip the slipped st over the 2 sts k together, repeat p 2, k 2, to end of round. Knit in ribs of k 2, p 2 for 6 rounds.

33th round—K 1, slip 1, k 2 sts together, slip the slipped st over the 2 sts k together, k 1, slip 1, k 2 sts together, slip the slipped st over the 2 sts k together, repeat k 2, p 2, to end of round.

Knit 12 rounds in ribs of k 2, p 2.

Left Hand.—Knit plain for 8 rounds on 48 sts, then divide these sts in half, from the purl sts at centre where the last decreasing was made, k 18 sts, and tie a thread to show where all rounds start from.

Thumb.—Knit to within 4 sts of end of round, increase 1 st, k 2, increase 1 st.

Knit 4 rounds.

6th round—K to within 6 sts of the end of round. Increase 1 st, k 4, increase 1 st.

Knit 4 rounds.

Repeat last 5 rounds, having 2 more sts between each increasing point every 5th round until there are 14 sts on needle.

Cast on 2 sts, having 16 sts on needle slip 5 sts on each of 2 needles and 6 sts on third needle. Knit 19 rounds plain, then * k 1, k 2 sts together, repeat from * ending round with k 1.

Knit 1 round plain, then repeat k 2 sts together until closed. Break off yarn, and fasten on inside of thumb.

Hand.—Pick up 2 sts where the 2 sts were cast on for thumb, having 46 sts on the three needles. Knit 10 rounds plain. Divide sts so there are 23 on each of two needles, for palm and back of hand.

First Finger.—Knit 6 sts on a knitting needle, slip 17 sts on a safety-pin for back of hand, and slip the next 17 sts on another safety-pin for palm of hand. On second needle, cast on 1 st between fingers, and on third needle k remaining 6 sts. Divide sts on three needles. Knit 24 rounds plain, * n, k 1, repeat from * until closed. Break off yarn and fasten on inside.

Second Finger.—Slip 6 sts off safety-pin onto knitting needle from back of hand, and slip 6 sts off safety-pin from palm of hand onto a knitting needle, pick up 1 st from first finger at joining of fingers, k 5 sts on each of two needles, k 3 sts on third needle, increase 1 st between fingers, having 4 sts on each of three needles, k 27 rounds, then close the same as on first finger.

Third Finger.—Slip 6 sts on each of two needles from palm and back of hand, pick up 1 st from second finger at joining, and repeat directions from first finger until closed.

Fourth Finger.—Take the 10 remaining sts from safety-pin, pick up 1 st between finger, k 18 rounds, and close same as other fingers.

Right Hand.—Knit same as for left hand until where sts are put on safety-pins. The thumb must now be on right-hand side, and the palm of glove towards knitter, then start the fingers and close same as on left hand.

KNITTED STOCKINGS

MATERIAL

2 hanks Knitting Worsted. 2 pair Steel Needles No. 12

The Leg is in Fine Ribbing as
Shown on Figure;
see page 26



This Size is for the Average
Boy of 10 to 12
Years

THE top of this stocking has a four-inch band of ribbing (knit 2, purl 2). The leg is a finer ribbing (knit 1, purl 1), and is shaped by four decreasing points in the middle of its length. The ribbing extends over the top of the foot, and the heel, sole, and toe are plain.

Leg.—Cast on 76 sts, 26 on each of two needles, and 24 on third, knit in rounds in rib of k 2, p 2, until there are 40 rounds or 4 inches. In last round increase 2 sts on the needle where the 24 sts are, so that there will be 3 needles having 26 sts on each.

Knit in rounds of k 1, p 1, until there are 48 rounds, or 5 inches. Now mark the seam sts by running in a colored or white thread in centre p st, which is to be the seam st, on first needle.

Knit in rib to within 3 sts of seam st, slip 1 st, k 2 sts together, slip the slipped st over the 2 sts knit together, p 1 (which is the seam st), slip 1 st, k 2 sts together, slip the slipped st over 2 sts, k together, k in rib to end of round.

Knit in rib of k 1, p 1, for 12 rounds.

Repeat the last 13 rounds until there are 4 decreasing points of 2 sts. Knit together on each side of seam st every 13th round until there are 10 sts on first needle, which the seam st is on.

Knit in rib of k 1, p 1, for 47 rounds.

Heel.—Slip 11 sts from 2d needle to the 10 sts on first needle, and 10 sts from the 3d needle to the 10 sts on other end of needle, having 31 sts on heel needle. Divide remaining 31 instep sts on two needles until again wanted.

Turn, p 31 sts on heel-needle. Turn, k 31 sts.

Repeat these 2 rows alternately on the 31 heel sts for 26 rows.

To Turn Heel.—Purl 19, p 2 sts together. Turn, slip 1, k 7, k 2 sts together. Turn, slip 1, p 8, p 2 sts together. Turn, slip 1, k 9, k 2 sts together. Turn, slip 1, p 10, p 2 sts together. Turn, slip 1, k 11, k 2 sts together. Turn, slip 1, p 12, p 2 sts together. Turn, slip 1, k 13, k 2 sts together. Turn, slip 1, p 14, p 2 sts together. Turn, slip 1, k 15,

k 2 sts together. Turn, slip 1, p 16, p 2 sts together. Turn, k 18, k 2 sts together, pick up 14 sts on side of heel, knit these 14 sts, knit in rib on 31 instep sts. Pick up 14 sts on side of heel, k these 14 sts, k 9 sts from first needle onto third needle, having 23 sts on third needle, 24 sts on first needle, and 31 sts on instep needle.

Gusset.—Knit 1 round plain, ribbing the 31 instep sts. * On the first or foot needle k until 2 sts are left on needle. Slip 1, k 1, pass slipped st over the k st, rib across instep needle, on 3d or foot needle slip 1, k 1, pass the slipped st over the k st, k plain to end of needle. Knit 1 round, ribbing the sts on instep needle. Repeat from * until there are 16 sts on first and 15 sts on third needles, and 62 sts in round.

Foot.—Knit in rounds, plain on foot needles and in rib on instep needle, until foot is 30 rounds or 3 inches. Increase 1 st at start on each of two needles and arrange 20 sts on each of two needles, and 24 sts on third needle.

Toe.—1st round—* Knit 6, k 2 sts together, repeat from * around.

Knit 6 rounds plain.

8th round—* K 5, k 2 sts together, repeat from * around.

Knit 5 rounds.

14th round—* K 4, k 2 sts together, repeat from * around.

Knit 4 rounds.

19th round—* K 3, k 2 sts together, repeat from * around.

Knit 3 rounds.

23d round—* K 2, k 2 sts together, repeat from * around.

Knit 2 rounds.

26th round—* K 1, k 2 sts together, repeat from * around.

Knit 1 round.

Knit 2 sts together until there are 4 sts left, bind off yarn, leave about 18 inches, repeat (k 2 sts together, draw yarn through) twice, draw yarn through on wrong side, fasten.

HELMET WITH CAPE

Worn Under Sweater or Coat, the Cape

Sections Give Additional Warmth

Across the Shoulders

MATERIAL

1½ hanks Knitting Worsted.

2 pair Steel Needles No. 8

GENERAL DIRECTIONS.—The cape sections of this helmet are knit back and forth on ridges on two needles. The stitches are then distributed on three needles and the ribbing for neck worked in rounds to the required depth. Twenty-six stitches in the centre front are then left on a spare needle and the head section worked back and forth in ridges according to directions. The end which comes over the top of the head equals in length the width of the stitches bound off on the sides. These edges are now sewed together, a stitch is picked up from each ridge on both sides of helmet, and these with the stitches left on spare needles at top and bottom of face opening are arranged on three needles and knit in ribs of k 2, p 2 in rounds the same as the neck.



Cape.—Cast on 99 sts (16 inches), k 5 ridges.
11th row—* k 12, k 2 sts together, repeat from * ending row k 1.

Knit 2 ridges.

16th row—* k 11, k 2 sts together, repeat from * ending row k 1.

Repeat the last 5 rows, having 1 st less between each decreasing point and 7 sts less every 5th row, until there are 57 sts on needle.

Knit 15 more rows plain.

Cast on 1 st on end of needle, leave sts on needle.

Repeat directions from start for back section of cape.

Neck.—Start at front section of cape, * k 2, p 2, repeat from * ending with k 2, having 58 sts on needle. Take up back section and on second needle, ** p 2, k 2, repeat from ** ending with p 2. Divide the sts on three needles as follows: Knit in ribs of k 2, p 2, on 42 sts on first and second needle, and 32 sts on third needle.

Knit in ribs of k 2, p 2, for 27 rounds, or 3 inches, then start on first needle, k 2, p 2, for 16 sts (leave the remaining 26 sts on needle to be used later for band around face), turn.

Head.—Knit in rows on 90 sts until there are 33 ridges.

Next row—Bind off 28 sts, and on next 34 sts at centre k 28 ridges, do not bind off. Then bind off 28 sts on other side, sew the centre section to side section.

Band Around Face.—Pick up 1 st from each of 34 ridges on both sides of helmet. Arrange stitches on three needles and k in ribs of k 2, p 2 on the 128 sts around face of helmet for 12 rounds. Purl 2 rounds, bind off.

KNITTED SCARF AND CHEST PROTECTOR

MATERIAL

2 hanks Knitting Worsted. 1 pair Bone Needles No. 3

Cast on 11 sts. Knit 2 rows

3d row—* Knit 1, increase in next st, repeat from * ending row with k 1.

Knit 4 rows plain.

8th row—* Knit 2, increase in next st, repeat from * ending row k 1.

Knit 4 rows plain.

13th row—* Knit 3, increase in next st, repeat from * ending row k 1, having 5 increasing points in row.

Knit 4 rows plain.

Repeat last 5 rows, having 1 more st between each increasing point every 5th row, and ending this row with k 1, until there are 61 sts on needle (10 inches).

Knit 175 ridges, or 36 inches.

* Knit 10, k 2 sts together, repeat from * ending row k 1 (having 5 decreasing points of 2 sts k together). Knit 4 rows. Repeat these 5 rows, decreasing every 5th row, and ending this row with k 1, until there are 11 sts left. Knit 1 ridge, bind off.

Fringe.—Cut yarn in strands 10 inches in length, and knot 5 strands every other st across both ends.



MUFFLER AND CAP COMBINED

MATERIAL

2½ hanks Knitting Worsted. 1 pair Bone Needles No. 3;
2 pair Steel Needles No. 8

Cast on bone needles 60 sts (about 10 inches). Knit in ridges for 34 inches, then with steel needles pick up 20 sts close to the needle on one side of end of scarf, and knit them on to the bone needle, having 80 sts on needle. This forms the cap part of muffler.

Knit 40 sts, k 2 sts together for 20 sts, then k in ridges for 34 inches again, bind off.

Face Band.—Pick up 1 st from each ridge at front of cap, k 1, p 1 for 12 ridges, bind off, sew each end neatly to each side of scarf.



KNITTED MITTENS

MATERIAL

1 hank Knitting Worsted. 2 pair Steel Needles No. 12.

Wrist.—Cast on 44 sts, 16 on each of two needles, and 12 on third. Knit in ribs of k 2, p 2, for 39 rounds (about 4 inches). Increase 1 st at the beginning and 1 st at the end of 3d needle making 14 sts on third needle.

Knit 8 rounds plain.

9th round—Start to increase for the thumb. Knit to within 4 sts of the end of round, increase 1 st, k 2, increase 1 st.

Knit 4 rounds plain.

14th round—K to within 6 sts of the end of round, increase 1 st, k 4, increase 1 st.

Knit 4 rounds plain.

Repeat the last 5 rounds, having 2 more sts between each increasing point every 5th round, until there are 14 sts. Cast on 2 sts, having 16 sts on needle, slip 5 sts on each of 2 needles, and 6 sts on third needle.



Thumb.—Knit 19 rounds, then * k 1, k 2 sts together, repeat from *, ending round with k 1. Knit 1 round plain, then repeat k 2 sts together until closed. Break off yarn, and fasten on inside.

Pick up 3 sts where the 2 sts were cast on for thumb, having 16 sts on each of two needles, and 13 sts on third needle, or 45 sts in round.

Knit 25 rounds plain.

Top.—* Knit 3, k 2 sts together, repeat from * around. Knit 4 rounds plain.

6th round—* Knit 2, k 2 sts together, repeat from * around.

Knit 3 rounds plain.

10th round—* Knit 1, k 2 sts together, repeat from * around.

Knit 2 rounds plain.

Knit 2 sts together until closed.

Break off yarn, fasten.

RATION HEATERS FOR THE SOLDIERS

MATERIAL

Old Newspapers, Candle Ends or Paraffin

IN a cold trench, in the rain perhaps, a cup of something hot is a comfort to both body and spirit.

Ration heaters for the soldiers in cantonments or at the front can be made out of newspapers and candle ends.

Method: Take eight whole sheets of newspaper and lay them together the long way. When you have them half rolled up, fold back three sheets and continue the roll to the edge of the fold. Then fold back three more edges just as the illustration shows, and finish the roll. Glue the edges of the two remaining sheets tight to the roll.

It will be difficult to get the roll tight



The papers should be rolled as tightly as possible. Children can do this work very well and enjoy it



A sharp carving knife, a pair of pruning shears or an old-fashioned hay cutter (if you live on a farm) will cut the rolls easily

enough at first, but practice will soon teach you the trick. It is better to begin the roll about the size of your wrist and work it back into a tight roll than it is to try to start it small.

The roll compactly glued together should be cut into two or three inch lengths.

Melt enough old candle ends or paraffin to cover the lengths you have cut. Boil the little rolls in this paraffin for four minutes, then take them out, let cool. In this shape they are ready to be sent out for service. They burn without smoke, which is a safeguard at the front, and two or three of them will heat a pint of liquid.

HOT-WATER BOTTLE COVER

MATERIAL

2 balls White Knitting Cotton No. 12; 1 pair Steel Needles No. 12

Cast on 56 stitches. *Knit 2, purl 2 and repeat from * until the work is 4 inches deep. Then knit back and forth plain for $9\frac{1}{2}$ inches more, or until entire work measures $13\frac{1}{2}$ inches. Next decrease 2 stitches at beginning and 2



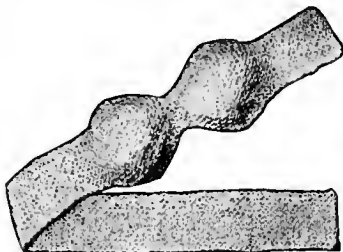
stitches at end of each needle until there are sixteen stitches left, and bind off. Make another piece in same manner and sew together. Attach a 20-inch piece of tape to seam at one side of ribbing to tie around neck of bottle.

EYE BANDAGE NO. 1

MATERIAL

1 ball White Knitting Cotton No. 6; 1 pair Steel Needles No. 12

Cast on 12 stitches; Knit plain 3 inches; Increase 1 on 4th st each row until there are 24 sts; Knit 4 ribs plain; Decrease 1 on 4th st each row until there are 8 sts; Knit



2 ribs plain; Increase 1 on 4th st each row until there are 24 sts; Knit 4 ribs plain; Decrease 1 on 4th st each row until there are 12 sts; Knit plain 15 inches; Bind off.

EYE BANDAGE NO. 2

MATERIAL

1 ball White Knitting Cotton No. 8; 1 pair Steel Knitting Needles No. 12

Cast on 42 sts; Knit 4 rows, 6 plain and 6 purl, alternating; then reverse to form pattern of blocks.



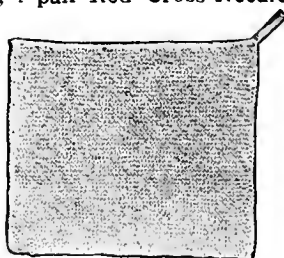
Should be $2\frac{1}{2}$ inches wide; $8\frac{1}{2}$ inches long. Sew tapes 15 inches long, one on each corner.

WASH CLOTH

MATERIAL

1 ball White Knitting Cotton No. 12; 1 pair Red Cross Needles No. 1 or 1 pair Steel Needles No. 12

Cast on 70 stitches or 10 inches, knit back and forth plain until cloth is about 10 inches square and bind



off. Sew a loop of tape to one corner. The knitting should not be tight and hard.

THREE-YARD BANDAGE AND NURSES' MITT

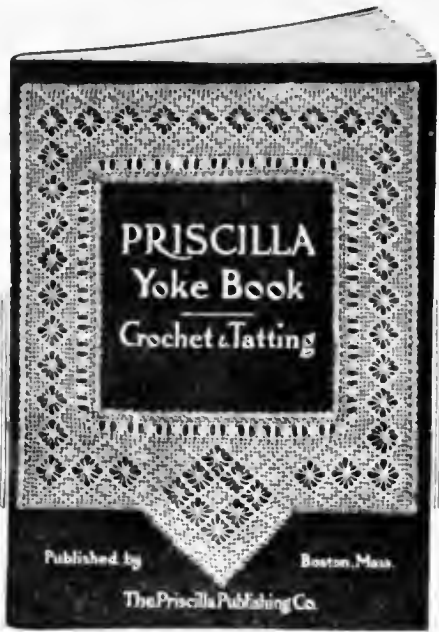
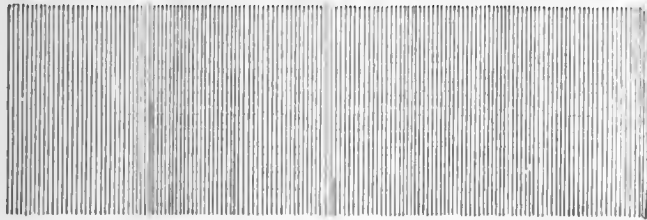
With white knitting cotton No. 12, and Red Cross Needles No. 1, or steel needles No. 12, cast on 45 stitches; Knit up 3 balls in plain knitting.

With white knitting cotton No. 6, and Red Cross needles No. 1, cast on 25 stitches; K 75 rows, fold over, sew up sides.

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