



*Unwind your mind,
Soothe your soul,
and Knit yourself silly!*

Knitted Helmet Liners

(3rd revision Galveston, 11/2009)

This pattern is for helmet liners, also known as “wool pulleys,” for soldiers. The original pattern is by Bonnie Long.

Knitting Instructions for Wool Helmet Liners for Soldiers:

Materials:

Worsted weight 100% wool yarn. 100 gm will make one liner.

Colors allowed by the military are black, charcoal, brown, tan, and olive drab.

Size 8 - 16” circular needles or size to get gauge, same size double pointed needles.

Size 6 - 16” circular needles for the ribbings.

One stitch marker.

Gauge: 4 ½ sts/inch in stockinet stitch.

Neck: With smaller circular needles, cast 84 stitches loosely. Place marker. Join in round and work in K2, P2 rib for 7 inches.

To make hat portion: With larger circular needles, knit 32 stitches off smaller needles. Leave smaller circular needles in remaining stitches. Cast on 59 additional stitches. Place marker to mark beginning of round. Join in round. Knit even for 4 inches.

1st dec. row: *K11, K2 tog,* repeat to end of round.

Next row: Knit even.

2nd dec. row: *K10, K2 tog,* repeat to end of round.

Next row: Knit even.

Change to double pointed needles when necessary.

Continue decreases as established until K2, K2 tog. Next row: K1 K2 tog. around (14sts) Next row: K2 tog. around (7 stitches on needles). Cut yarn 8 - 9 inches long, feed through remaining stitches, pull tight, secure end, and weave in.

Ribbing around Face: With smaller needles still in neck portion, pick up and knit stitches around face. (Total number of stitches must be divisible by 4.) Join in circle and work in K2, P2 ribbing for 1 inch.

On last row of ribbing, decrease 8 times evenly spaced around row by P2 tog . (Two decreases close together in the corners will avoid gaps here.) This will pull the ribbing in close to the soldier’s face. Bind off snugly in ribbing and work in tail.





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Support Our Troops... Crochet a Helmet Liner

Materials:

Size K and H hooks
6 oz. soft worsted weight 100% wool yarn
Accepted colors are tan, brown, olive, gray and black (black is preferred)

Size: Adult Large

Crochet Notes:

Made in rounds – that is, do not join and do not turn.

Other Notes:

The headgear our military issues are usually made of synthetic fibers or blends and our troops in places like Afghanistan, Iraq and Kosovo are still cold. Please use a soft 100% wool worsted weight yarn to keep them warm.

- Rnd 1Form a ring around your finger, work 6 sc in ring
Rnd 22 scs in next 6 sts (12 sts)
Rnd 3(sc in next st, 2 scs in next st) 6 times (18 sts)
Rnd 4(sc in next 2 sts, 2 scs in next st) 6 times (24 sts)
Rnd 5(sc in next 3 sts, 2 scs in next st) 6 times (30 sts)
Rnd 6(sc in next 4 sts, 2 scs in next st) 6 times (36 sts)
Rnd 7(sc in next 5 sts, 2 scs in next st) 6 times (42 sts)
Rnd 8(sc in next 6 sts, 2 scs in next st) 6 times (48 sts)
Rnd 9(sc in next 7 sts, 2 scs in next st) 6 times (54 sts)
Rnd 10(sc in next 8 sts, 2 scs in next st) 6 times (60 sts)
Rnd 11(sc in next 9 sts, 2 scs in next st) 6 times (66 sts)
Rnd 12(sc in next 10 sts, 2 scs in next st) 6 times (72 sts)

Work over 72 sts until piece measures 7 inches.

Chain 22 ,skip 20 sts, continue working around until piece measures 10 more inches.

Fasten off and weave in ends. Attach yarn anywhere in face hole and sc around with H hook. Fasten off and weave in all ends.



Abbreviations:

Rnd	round
Sc, scs	single crochet single crochets
St, sts	stitch, stitches