

## HATS FOR HEROES PROJECT

### KNITTING INSTRUCTIONS FOR HELMET LINERS

Size 9 and Size 8 knitting needles

2 oz. (40 gram) Wool Yarn, color: camouflage (Patons Forest), black or dark green ("Patons Classic Wool" is available at Joann's and Michaels)

\*Only helmet liners made from 100% wool will be accepted. Acrylic yarn melts at high temperatures and is unacceptable for this project.

\*Color must be appropriate to the military (see above) - 2-100gr. balls are enough for 5 liners.

#### Instructions:

Cast on 76 stitches with size 9 needles

Row 1: K2, P2, K2, across ending with P2

Rows 2-6: Repeat first row (this makes ribbing)

Change to size 8 needles

Row 7: Knit; add 2 stitches somewhere across row (78)

Row 8: Purl

Row 9: Knit

Row 10: Purl

Repeat last two rows until hat is 7.5 inches from the start. End on a purl row.

K4, K2 together; across the row (65)

Purl

K3, K2 together; across the row (52)

Purl

K2, K2 together; across the row (39)

Purl

K1, K2 together; across the row (26)

Purl

K2 together across the row. (13)

Purl 2 together.

Thread a yarn needle and pull yarn through the stitches left on the needle twice and remove the knitting needle.

Pull tightly, and then sew seam shut.