WALKING CAST TOE SOCK

Equipment Needed

Yarn - 2 ozs. 4/14 sock yarn of suitable color.
Needles - Four double-pointed needles to fit the Red Cross needle gauge for
socks. Gauges available from area office.

Scale - 7 stitches to the inch, 9 rows to the inch. Make a sample to find out
how many stitches are required for you to knit an inch. If your scale is not
the one given here, try a smaller or larger needle until you obtain this scale.
If you have to use a different size needle from that called for above, it will
not in any way alter the garment, provided you knit 7 stitches to the inch and
9 rows to the inch.

INSTRUCTIONS FOR MAKING

Cast on 84 stitches on 3 needles: 28 stitches on first needle, 28 stitches on
second needle, and 28 stitches on third needle.
Knit 2, purl 2, for 2 inches. Knit plain for 3 1/2 inches. Divide stitches for
opening in sole of sock, placing 42 stitches on first needle, 21 stitches
on second needle, and 21 stitches on third needle.
Starting on first needle (42 stitches), knit 6. Cast off loosely 30 stitches.
Knit 5. Knit plain around to the first needle. On first needle knit 6,
cast on loosely 30 stitches, knit 6. Stitches are now 42 on first needle,
21 on second needle, and 21 on third needle. Knit plain for 4 inches.

Shaping for Toe

Row 1. First needle - Knit 1, slip 1, knit 1, pass slipped stitch over knit
stitch. Knit to within 3 stitches of the end, knit 2 together, knit 1.
Second needle - Knit 1, slip 1, knit 1, pass slipped stitch over knit stitch.
Knit to end of the needle.
Third needle - Knit to within 3 stitches of end. Knit 2 together, knit 1.

Row 2. Knit plain for one round.
Repeat rows 1 and 2 until you have 14 stitches on first needle, 7 stitches
on second, and 7 stitches on third needle. Slip 7 stitches from second
needle to third needle (14 stitches on each of the two needles). Break wool,
leaving 12 inches. Thread into yarn needle. Hold sock with yarn end at right
of back needle. Keeping wool under knitting needles, weave front and back
together as follows:

*Pass yarn needle through first stitch of front needle as if knitting and slip
stitch off knitting needle.
Pass through second stitch of front needle as if purling. Leave stitch on
needle.
Pass through first stitch of back needle as if purling, slip stitch off.
Pass through second stitch of back needle as if knitting, leave stitch on
needle.
Repeat from* until all stitches are off needle. Run end down side of sock
to avoid ridge across toe.
NOTICE - To reinforce the corners and prevent curling, crochet loosely in slip stitch one or two rows around opening and draw the ends together by darning (this is to prevent wear from the cast wheel which is passed through the opening).

Attach two or three yards of the yarn for darning purposes.

Chapter label should be sewed loosely on inside at top of sock.

Do not tie in pairs.

Do not press ribbing.

Do not start another sock with left-over yarn.

Please return all unused yarn to chapter.

THE AMERICAN NATIONAL RED CROSS

Washington, D. C.
MAN'S COAT SWEATER

Equipment Needed:
Yarn—1 1/2 pounds 4/8 or 3/6 sweater yarn, dark navy blue, olive drab, or dark colors.

Needles—2 needles to fit Red Cross needle gauge for heavy sweaters. Gauges available from area office. Slightly smaller needles may be used for ribbing.

Buttons—7.

Scale:
5 stitches to the inch, 6 rows to the inch. Make a sample to find out how many stitches are required for you to knit an inch. If your scale is not that given here, try a smaller or larger needle until you are knitting 5 stitches to the inch and 6 rows to the inch.

Always join new yarn at end of row. Never knot or splice yarn in middle of row.

Measurements:
Medium—Chest 34-36 inches.
Large—Chest 38-40 inches.

INSTRUCTIONS FOR MAKING

<table>
<thead>
<tr>
<th>Body</th>
<th>Medium</th>
<th>Large</th>
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<tbody>
<tr>
<td>Back—cast on</td>
<td>88</td>
<td>96</td>
</tr>
<tr>
<td>Knit 2, purl 2 for</td>
<td>4</td>
<td>4</td>
</tr>
<tr>
<td>If smaller needles are used for ribbing, change to the larger sized needles and work in stockinette stitch with the exception of first and last 2 stitches in row which should be knit garter stitch to form neat underarm seam for from ribbing.</td>
<td>12</td>
<td>12 inches</td>
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</table>

To Shape Armhole

Knit the first and slip on stitch holder. Knit remaining stitches.
Knit 2, purl and slip these stitches on stitch holder. Knit 2, purl to the last 2 stitches, knit 2.
You now have on needle
Continue in stockinette stitch with the exception of the first and last 2 stitches which should be knit garter stitch for

<table>
<thead>
<tr>
<th>Right Shoulder</th>
<th>Medium</th>
<th>Large</th>
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</thead>
<tbody>
<tr>
<td>Knit</td>
<td>22</td>
<td>24</td>
</tr>
<tr>
<td>Slip remaining stitches on stitch holder. Knit 2, purl</td>
<td>24 stitches</td>
<td>24 stitches</td>
</tr>
<tr>
<td>Knit every row (garter stitch) for 12 rows (6 ridges) on these</td>
<td>24 stitches</td>
<td>24 stitches</td>
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</tbody>
</table>
To Shape Neck

Knit stockinette stitch with the exception of last 2 stitches at armhole which should be knit garter stitch for

Cast on at neck edge

Knit in stockinette stitch with the exception of 9 border stitches at center front and last 2 stitches at armhole which should be knit in garter stitch until armhole measures from garter stitch the same as back armhole, ending with a purl row.

Cast on

You now have on needle

Knit in stockinette stitch with the exception of 9 border stitches at center front and last 2 stitches at armhole which should be knit in garter stitch for

Knit 2, pur1 2 with the exception of 9 border stitches at center front which should be continued in the garter stitch for

Bind off loosely, knitting the knot stitches and purling the purled stitches.

Left Shoulder

Slip from stitch holder to needle for left front leaving on stitch holder for neck.

Join yarn at armhole and knit 12 rows (6 ridges) ending at armhole.

Knit 2, pur1 to end of row.

Knit stockinette stitch with the exception of 2 stitches at armhole which should be knit in garter stitch for ending at neck edge.

Cast on

Front—Knit in stockinette stitch with the exception of the 9 border stitches at center front and last 2 stitches at armhole which should be done in the garter stitch for ending with a purl row.

Make buttonholes as follows:

Beginning on right side of garment at front edge knit 4, bind off 4 stitches, knit to end of row. Next row, knit 2, pur1 to last 9 stitches, knit 2, cast on 4 stitches, knit 3. This completes buttonhole.

Work 3 inches between buttonholes.

(6 buttonholes in body of sweater)

When front armhole measures from garter stitch the same as back armhole, ending with a knit row, cast on

You now have on needle

Continue to knit in stockinette stitch with the exception of the 9 border stitches at center front and 2 stitches at underarm which should be knit in the garter stitch for

Knit 2, pur1 2, with the exception of the 9 border stitches which should be knit in the garter stitch for

Bind off loosely, knitting the knot stitches and purling the purled stitches.

Sleeves

Pick up and knit around armhole including stitches on stitch holder

Knit in stockinette stitch with exception of first 2 and last 2 stitches which should be knit in garter stitch for

Beginning with next knit row decrease at both ends every sixth row by knitting together third and fourth stitches from ends until sleeve measures from top of sleeve at shoulder

You now have on needle

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<td>56</td>
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</table>
Take off any extra stitches on last row before starting cuff.

Knit 2, purl 2 for ........................................ 4

Bind off by knitting the knit stitches and purling the purled stitches.

Neck

Beginning with right front pick up from front of neck 18
Pick up from right shoulder ............................ 20 stitches
Slip from stitch holder at back of neck ............. 10
Pick up from left shoulder ............................. 30 stitches
Pick up from left front ................................ 10
You now have on needle ................................. 20 stitches

Next—1st row: Knit 9, purl 2, knit 2 in ribbing to last 9 stitches, knit 9.

2nd row: Knit 9, purl 2, knit 2 in ribbing to last 9 stitches, knit 9.

3rd row: Knit 3, bind off 4 stitches for buttonhole. Knit 2, work in ribbing to last 9 stitches, knit 9.

4th row: Knit 9, purl 2, knit 2 in ribbing to last 9 stitches, knit 2, cast on 4 stitches, knit 3.

There will now be 7 buttonholes in all.

5th row: Knit 9, purl 2, knit 2 in ribbing to last 9 stitches, knit 9.

6th row: Knit 9, purl 2, knit 2 in ribbing to last 9 stitches, knit 9.

7th row: Knit 9, purl 2, knit 2 in ribbing to last 9 stitches, knit 9.

8th row: Bind off loosely, knitting the knit stitches and purling the purled stitches.

There will now be 7 buttonholes in all.

Sew up side, armhole seams, and sleeve.

Finish buttonholes with oversew or buttonhole stitch.

Sew on buttons to match buttonholes.

Press with warm iron and damp cloth. (Do not press ribbing.)

Chapter label should be sewed inside at back of neck.

Size of sweater should be given either on chapter label or on a separate tag.

Do not start another garment with leftover yarn.

Please return all unused yarn to chapter.

THE AMERICAN NATIONAL RED CROSS

Washington, D. C.
CAP FOR BANDAGED HEAD.

Made of 1/8 of a pound of light weight khaki or light weight dark gray wool. 5 sock needles used.

On one needle cast on 30 stitches. Knit plain 52 rows or 26 ribs. You will then have an oblong 30 stitches by 26 stitches.

With 2nd needle pick up 26 stitches on the side; also pick up one stitch at each corner, making 28 stitches on the needle. With 3rd needle pick up 30 stitches; with 4th needle pick up 26 stitches, and one additional stitch at each corner, making 28 stitches on the needle.

When the stitches on the four sides are picked up and the four additional ones for the corners, there should be 30 stitches on the first and third needles, 28 stitches on the second and fourth needles, making 116 in all. Proceed then as if knitting a helmet, that is, knit 2, purl 2. Do this for 10 inches. Then bind off loosely. You will then have a loosely knitted cap for a bandaged head.
U. S. NAVY - ICELAND SWEATER
(Ribbed Pull-over with Turtle-Neck)

Equipment Needed

Yarn: 30 ozs. 4/4 sweater yarn, dark navy blue, for body.
6 ozs. 4/4 sweater yarn, dark navy blue, for ribbing.

Needles: One pair No. 8 needles for body.
One pair No. 4 needles for ribbing.

Instructions for Making

Front: Using No. 4 needles and light wool, cast on 96 stitches.
K 1, P 1 for 5½ inches.
Tie in extra heavy wool and change to No. 8 needles.
First row: *K 1, P 1 for 8 sts., K 2 together. Repeat from * to last 2 stitches.
K 2 together. (68 sts. now on needle.)
Note: Keep pattern of ribbing even though sometimes in knitting 2 together it
brings two knitted or two purled stitches together. Do this throughout
the sweater in spite of increasing or decreasing.
Second row: P 1, K 1.
Third row: K 1, P 1.
Fourth row: P 1, K 1. (This gives a "popcorn" border.)
Next row: K 1, P 1.
Repeat this row until work measures 12½ inches from beginning of heavy wool.
Cast off 3 sts. at beginning of next two rows for armholes.
Decrease 1 st. each end of needle every other row three times (74 sts. now on
needle).
Work without shaping for 22 rows.
First Shoulder: K 1, P 1 for 30 sts. Turn. Work back and forth on these 30 sts.
as follows:
First row: K 1, P 1 across.
Second row: K 1, P 1 to last 3 sts. P 2 together. P 1.
Third row: K 1, P 2 together. Work in pattern to end of row.
Fourth row: K 1, P 1 to last 3 sts. P 2 together. P 1.
Fifth row: K 1, P 2 together. Work in pattern to end of row.
Sixth row: K 1, P 1 to last 3 sts. P 2 together. P 1.
Seventh row: Work across in pattern without decreasing.
Eighth row: K 1, P 1 to last 3 sts. K 2 together. P 1.
Work 3 rows without shaping. Bind off these 24 stitches.
Slip first 14 sts. of remaining 46 on to stitch holder or spare needle for front
of neck.
Second Shoulder: Join in wool and work on remaining 50 sts. as follows:
First row: K 1, P 1.
Second row: K 1, P 1.
Third row: K 1, K 2 together. Work in pattern to end of row.
Fifth row: K 1, K 2 together. Work in pattern to end of row.
Seventh row: K 1, K 2 together. Work in pattern to end of row.
Eighth row: Work in pattern across row.
Ninth row: K 1, P 2 together. Work in pattern to end of row.
Work two rows without shaping. Bind off these 24 stitches.
Back: Work the same as for front until all narrowing after casting off for armholes is completed. Work without shaping for 6 1/2 inches. Bind off 26 sts. K 1, P 1 for 22 sts. Bind off remaining 28 sts.

Sleeves: Using No. 4 needles and light wool, cast on 43 stitches. K 1, P 1 for 5 1/2 inches. Tie in heavy wool and using No. 8 needles proceed as follows: Knit 4 *.
Increase once in next stitch, knit 7. Repeat from * to last 4 sts., increase once in next stitch, K 3. (54 sts. now on needle.) Proceed as follows:
First row: P 1, K 1.
Second row: K 1, P 1.
Third row: P 1, K 1.
Fourth row: K 1, P 1.
Repeat the 4th row, increasing one stitch at each end of needle in the following 6th row and every 6th row thereafter until there are 74 stitches on the needle. Be especially careful to keep pattern when increasing.
Continue in ribbing (K 1, P 1) without increasing until work measures 20 inches, including cuff. Knit 2 together at each end of every row until 60 sts. remain, then cast off 2 sts. at the beginning of every row until 24 sts. remain, then cast off these 24 sts. Work another sleeve in the same manner. With a damp cloth and warm iron press carefully. Sew up right shoulder seam only.

Collar: Using No. 4 needles and light wool, with right side of work facing, join in wool and knit up 24 sts. along the left side of neck, K 1, P 1 across the 14 sts. of the front (previously left on stitch holder) knit up 24 sts. along the right side of neck and K 1, P 1 across 22 sts. of the back (left on needle) (84 sts.) K 1, P 1 on the 84 sts. for 6 1/4 inches. Bind off loosely with a large needle, knitting the knit stitches and purling the purled stitches. Sew up other shoulder and collar. Sew in sleeves, matching armholes. Sew up sleeves and sides.

Chapter Label should be sewed inside the back at neck of sweater. Do not start another garment with left-over yarn. Please return all unused yarn to Chapter.
AFGHAN

(Requires 3/4 yard)

The afghan should be about 40" by 60". It may be made of twenty-four squares 10" by 10" or four strips 10" by 60". The squares or strips may be made all of one color or of a combination of colors. Sometimes odd bits of yarn can be worked up every attractively.
CHILD’S SWEATER, Brooks Type
(Heavy-weight yarn)

Warm clothing is one of the most desperate needs of families forced from homes, and sweaters for small refugees like the above are among the most important items.

Equipment Needed:

Yarn—½ to ¾ lb. 4/8 sweater yarn.

Needles—Two needles to fit the Red Cross Needle Gauge for heavy sweaters. Needles slightly smaller may be used to advantage for sweating. Gauges available from Headquarters.

Scale:

5 stitches to the inch, 6 rows to the inch. Make a sample to find out how many stitches it requires for you to knit an inch. If your scale is not that given here, adjust the number of stitches cast on to fit your own scale. The sample of your knitting is also necessary because the yarn may vary slightly, making adjustments necessary in the number of stitches cast on.

General Instructions:

Always join new yarn at end of row. Never knot or splice yarn in middle of row.
These knitting directions are given as a guide. Other simple sweater instructions may be used so long as the garment is the proper size and of correct proportions. These instructions may be varied by using a circular needle (adjusting the directions accordingly), using four needles for making the cuffs, and other changes desired by the individual knitter, so long as the finished garment is accurate.

Measurements:

|-------|--------|--------------|---------------|----------------------|

Body (Front and Back)

<table>
<thead>
<tr>
<th>Size</th>
<th>4</th>
<th>6</th>
<th>8</th>
<th>10</th>
<th>12</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cast on</td>
<td>56</td>
<td>60</td>
<td>64</td>
<td>68</td>
<td>72</td>
</tr>
<tr>
<td>Knit 2, purl 2 for</td>
<td>2</td>
<td>2</td>
<td>2</td>
<td>2</td>
<td>2</td>
</tr>
</tbody>
</table>

Knit in stockinette stitch (knit 1 row, purl 1 row) with the exception of the first and last stitches of each row which should be knit (garter stitch) to make a neat underarm seam, until sweater measures from beginning.

To begin armhole:

Knit and then slip on stitch holder the first stitch.
Knit slip on stitch holder the last stitch.
Knit stockinette stitch, with the exception of the first and last stitches of each row which should be worked in garter stitch, same as underarm, on remaining ending in purled row.
Knit.
Knit 2 together, knit 1. Take off on a stitch holder the remaining stitches left on needle (with garter stitch border at armhole), decreasing in next 3 knit rows, by knitting together 2d and 3d stitches from neck.
Work in garter stitch on remaining needle for 10 rows, or ending at neck. Break off yarn.

Leave on the stitch holder for front or neck.

Slip on needle the last stitch.
Work to correspond with first shoulder, ending at armhole. Purl back to neck.
For back of neck, cast on same needle and purl stitches from 1st shoulder.
Work in stockinette stitch (with the exception of the garter stitch).

Cast on at each end of next row
Work in stockinette stitch until back measures same as front, with ribbing of K 2, P 2, same as front. Bind off loosely, knitting the knit stitches and purling the purled stitches.
**Sleeves**

Pick up around armhole and knit .........
Knit even in stockinette stitch (garter stitch border as at underarm.)
Decreasing at both ends of row every...
by knitting together 3d and 4th stitches from each end .......
There should be in last row .........
Knit plain in stockinette stitch until sleeve measures ...........
Take off any extra stitches in last row before starting cuff.
Work in ribbing of knit 2, purl 2, for two inches.
Bind off loosely, knitting the knit stitches and purling the purl ed stitches.
Armhole should measure when finished

***Neck***

Pick up stitches around neck as follows:
30 stitches from back, 18 from each shoulder and 20 stitches from front of neck. Work in ribbing of knit 2, purl 2, for 3/4 inch. Bind off very loosely.
Neck should measure 20 inches around when finished.
Join sleeve and underarm seams.
Block by using damp cloth and warm iron.

*Chapter Label*—should be sewed inside the back at top of sweater. Either indicate size on label or add tag showing size.

*Directions for Folding and Bundling:* Straighten sweater on table, fold sleeves inward, fold and tie securely in bundles of five. Each bundle should be marked, indicating the number of garments of each size.

Do not start another garment with left-over yarn.
Please return all unused yarn.
GLOVES
(For Service Men)

Equipment Needed:

*Yarn—4-oz. 4/8 sweater yarn, dark Navy blue, or olive drab.

*Neddles—Four double-pointed needles to fit Red Cross Needle Gauge for socks. Gauges available from Area Offices.

Scale:

Six stitches to the inch, 8 rows to the inch. Make a sample to find out how many stitches are required for you to knit an inch. If your scale is not that given here, try a smaller or larger needle until you obtain this scale. If you have to use a different size needle from that called for above, it will not in any way alter the garment provided you knit 6 stitches to the inch and 8 rows to the inch.

Measurements: 5" across hand. 10 1/2" from bottom to tip of third finger.

INSTRUCTIONS FOR MAKING

RIGHT HAND GLOVE: Cast on 56 stitches, 20 on each of two needles and 16 on the third. Knit 2, purl 2 for 3 inches, increasing one stitch on first and last stitches of third needle in the last round. Proceed as follows:

1st round: P 1, K 5, P 1, knit plain to the end of the round. Repeat this round twice. (The purled stitches mark gusset for thumb.)

4th round: P 1, increase once in the next stitch, K 3, increase once in the next stitch, P 1, knit plain to end of round.

5th round: P 1, K 7, P 7, knit plain to end of the round. Repeat this round 4 times.

16th round: Increase 2 sts. between the 2 purled sts. in this and every 6th round following until there are 13 sts. between the purled stitches. Work 6 rounds without increasing, casting on 3 sts. at the end of the last round.

In the next round slip the first 15 sts. on to a thread or stitch holder for the thumb, continue the round in plain knitting. Work 13 rounds without shaping.

NOTE: In casting on stitches at the base of the fingers in the following directions, be sure to pull your thread tightly so as to avoid forming holes. Any holes which do appear should be darned.

1st FINGER: Knit the first 5 sts., slip all but the last 11 sts. on to a thread or stitch holder, cast on 2 sts. and knit the last 11 sts. Divide these 18 sts. evenly on three needles. Work 26 rounds in plain knitting.
27th round: K 2 tog. 9 times. Break off wool. Run the end through the remaining stitches, draw up tightly and darn in securely on wrong side.

2nd FINGER: Knit the next 7 sts. of the round, cast on 2 sts., knit the last 7 sts. of the round, and knit up the 3 sts. at the base of 1st Finger. Divide these 19 sts. on three needles. Work 30 rounds in plain knitting.

31st round: K 2 tog. 9 times, K 1. Finish off as given for 1st Finger.

3rd FINGER: Knit the next 7 sts. of the round, cast on 2 sts., knit the last 7 sts. of the round and knit up 2 sts. at the base of the 2nd Finger. Divide these 18 sts. evenly on three needles. Continue and finish off as given for 1st Finger.

4th FINGER: Knit the remaining stitches and knit up 4 sts. at the base of the 3rd Finger. Divide these 14 sts. on to three needles. Work 19 rounds in plain knitting.

20th round: K 2 tog. 7 times. Finish off as given for the 1st Finger.

THE THUMB: Knit the 15 sts. which were left for the thumb and knit up 4 sts. from the opening. Divide these sts. on three needles. Work 21 rounds in plain knitting.

22nd round: K 2 tog. 9 times, K 1. Finish off as given for 1st Finger.

Weave in on the wrong side a portion of the thread left hanging at the base of each finger and thumb. Also weave in thread left hanging when stitches were cast on to start the glove.

LEFT HAND GLOVE: Work as given for Right Hand Glove until fingers are reached.

1st FINGER: Knit the first 11 sts., slip all but the last 5 on to a thread, cast on 2 sts. and knit the last 5 sts.

Work the remainder of the glove as given for the Right Hand Glove, but commencing at the back to knit up stitches for the fingers.

With a damp cloth and hot iron press carefully.

Chapter Label should be sewed inside one of the gloves at wrist.

Fasten gloves together to form a pair.

Do not start another pair of gloves with left over yarn.

Please return all unused yarn to Chapter.

THE AMERICAN NATIONAL RED CROSS
Washington, D. C.
MUFFLER

Equipment Needed: Yarn 4/10, about one pound, any color not too bright.
Needles - Use two needles to fit the Red Cross gauge for mufflers, etc.

Scale: 11 stitches to two inches, 13 rows to two inches. Make a sample to determine whether or not your scale is the same as that given. If not, adjust the knitting directions to your own knitting by casting on fewer or more stitches, depending on whether you knit loosely or tightly. The sample of your knitting is also necessary because the yarn may vary slightly, making adjustments necessary in the number of stitches cast on.

Needle Diagram:

INSTRUCTIONS FOR MAKING

Cast on 60 stitches
   to make full 11 inches in width.
K 2, P 2 for 9 inches
Knit plain for 66 inches
K 2, P 2 for 2 inches

Bind off loosely, knitting the knit stitches and purling the purled stitches.

Chapter Label: Should be sewed in one corner.

DIRECTIONS FOR FOLDING AND BUNDLING

Fold in half 5 times
Tie securely in packages of five.
MAN'S SOCK

Equipment Needed: 4 ozs. 4/14 sock yarn of suitable color.

Needles: Four needles to fit the Red Cross needle gauge for socks. Gauges available from area offices.

Scale: 7 stitches to the inch, 9 rows to the inch. Make a sample to find out how many stitches are required for you to knit an inch. If your scale is not that given here, try a smaller or larger needle until you obtain this scale. If you have to use a different size needle from that called for above, it will not in any way alter the garment provided you knit 7 stitches to the inch and 9 rows to the inch.

When knitting the second sock of a pair, always count the rows of the first sock to insure uniform size when finished. These knitting directions are given as a guide. Other simple sock directions may be used as long as the garment is the proper size and of correct proportions.

INSTRUCTIONS FOR MAKING

The sock when finished should measure: foot, 10 1/2, 11, or 11 1/2 inches; leg, 14 inches.

On 3 needles and with a double thread cast on loosely 60 sts., having 20 on each of 3 needles. Join, being careful not to twist sts. Work with double thread for first row only. This helps to prevent fraying.

Work in ribbing of knit 2, purl 2 for 3 inches.
Work in plain knitting for the next 8 inches.

Heel: Divide sts. as follows: 30 on 1st needle (for heel) and 15 sts. each on 2nd and 3rd needles. On heel needle always slip first stitch. * Knit 1 row. Turn. Slip 1, purl 1, slip 1, purl 1, to end of row. Repeat from * until there are 27 rows (3 inches).

To Turn Heel: Begin to turn heel on wrong side.
Slip 1, P 16, P 2 together, P 1, turn.
Slip 1, K 5, Slip 1, K 1, pass slipped st. over K st., K 1, turn.
Slip 1, P 6, P 2 together, P 1, turn.
Slip 1, K 7, Slip 1, K 1, pass slipped st. over K st., K 1, turn.
Slip 1, P 8, P 2 together, P 1, turn.
Slip 1, K 9, Slip 1, K 1, pass slipped st. over K st., K 1, turn.
Continue in this fashion (P 10, K 11, P 12, K 13, P 14, etc.) until there are 18 stitches on needle.

Gusset: (With right side of garment on the outside and working to the left.)
Knit up 13 stitches on side of heel. (This gives 31 sts. on 1st needle.)
K stitches of 2nd and 3rd needles on to one needle. (2nd needle)
Knit up 13 stitches on other side of heel, and knit 9 stitches from 1st needle. (3rd needle)

There are now on: 1st needle, 22 sts.
2nd needle, 30 sts.
3rd needle, 22 sts.

1st needle. (a) K to within 3 sts. of end, K 2 together, K 1.
2nd needle. (b) K plain.
3rd needle. (c) K 1, slip 1, K 1, pass slipped st. over K st., K to end.
(d) K around plain.

Repeat a, b, c, d, until you have: 15 stitches on 1st needle, 30 stitches on 2nd needle, 15 stitches on 3rd needle.
Knit plain until foot measures 8, 8 1/2, or 9 inches from back of heel.

Kitchener Toe:
1st needle. (e) K to within 3 sts. of end, K 2 together, K 1.
2nd needle. (f) K 1, slip 1, K 1, pass slipped st. over K st., K to within 3 sts. of end, K 2 together, K 1.
3rd needle. (g) K 1, slip 1, K 1, pass slipped st. over K st., K to end.
(h) K 2 rows plain.

Repeat e, f, g, h, three times (making 4 times in all).
Then narrow every other row 5 times.
K the stitches on your 1st needle onto your 3rd needle.

Break yarn (leaving 12-inch length) : thread into worsted needle.
Hold sock so that the worsted needle is at your right and, always keeping yarn under knitting needles, weave front and back together as follows: * pass worsted needle through 1st stitch of front knitting needle as if knitting, and slip stitch off the knitting needle.

Pass through 2nd st. as if purling—leave st. on.
Pass through 1st st. of back needle as if purling—slip st. off.
Repeat from * until all stitches are off needles.

To avoid ridge across end of toe, weave end of yarn down side.

Chapter Label should be sewed loosely on inside of top of one sock.

Finished Socks: Tie loosely together in pairs at top of leg in such a way that the hand can be inserted for inspection.
If the sock is thin at point of gusset, reinforce by darning on wrong side very lightly with split thread of yarn.
Attach two or three yards of the yarn for darning purposes.

Size of Socks should be marked either on Chapter label or on a separate tag.

Do not press ribbing.

Do not start another pair with left-over yarn.

Please return all unused yarn to Chapter.

THE AMERICAN NATIONAL RED CROSS
Washington, D. C.
MAN’S "V" NECK SWEATER
SLEEVELESS
U. S. Army, Air Corps, and Marine Corps

Equipment Needed:

Yarn: 10-12 ozs. 4/8 sweater yarn, olive drab.

Needles: 2 single-pointed needles to fit the Red Cross Needle Gauge for heavy sweaters. Gauges available from your Area Office. Needles slightly smaller may be used for the ribbing.

Scale:

5 stitches to the inch, 6 rows to the inch. Make a sample to find out how many stitches are required for you to knit an inch. If your scale is not that given here, try a smaller or larger needle until you obtain this scale. If you have to use a different size needle from that called for above, it will not in any way alter the garment provided you knit 5 stitches to the inch and 6 rows to the inch.

Measurements:

Length Shoulder to Bottom—23 1/2 inches. Small: Chest 32-34.

" " " " 24 1/2 " Medium: Chest 35-37.

" " " " 25 1/2 " Large: Chest 38-40.

This garment is worked up the back and down the front with no shoulder shaping.

INSTRUCTIONS FOR MAKING

Body Back:

<table>
<thead>
<tr>
<th>Cast on</th>
<th>Small</th>
<th>Medium</th>
<th>Large</th>
</tr>
</thead>
<tbody>
<tr>
<td>Work in ribbing of Knit 2, Purl 2 for</td>
<td>80</td>
<td>88</td>
<td>96 stitches</td>
</tr>
<tr>
<td>Work in stockinette stitch (Knit and Purl alternate rows) for</td>
<td>4</td>
<td>4</td>
<td>4 inches</td>
</tr>
<tr>
<td>with the exception of the first and last 2 stitches which should be knit (garter stitch) to make a neat underarm seam. End with a knit row.</td>
<td>10</td>
<td>11</td>
<td>12 inches</td>
</tr>
</tbody>
</table>

To Shape Armholes:

Bind off 3 stitches at the beginning of next two rows.

Next:

1st row: K 5, P to last 5 stitches, K 5.
2nd row: Knit entire row.
3rd row: Same as 1st row.
4th row: K 5, K 2 together, K to last 7 stitches, K 2 together, K 5.

Repeat these 4 rows twice. There should now be 48 stitches on needle.

Keeping garter stitch border at armhole edges (by knitting first and last 5 stitches in each row), work in stockinette stitch until armhole measures 8 inches from first shaping. End with a knit row.

Next:

A: Knit 5, Purl 12 16 18 stitches
Knit 34 36 38 stitches
Purl 12 15 18 stitches
Knit 5

B: Knit entire row.

Repeat A and B for 1 inch, ending with A row.

Knit 22 25 28 stitches
and put on stitch holder. Bind off 24 25 28 stitches
for back of neck. Knit 22 25 28 stitches
Next row: Knit 5, Purl to last 5 stitches, Knit 5.
Shoulder:

1st row: Knit entire row.

2nd row: Knit 5, Purl to last 5 stitches, Knit 5.
Repeat these two rows three times.

To Shape Neck:

1st row: K 5, increase by knitting front and back of next stitch, K 5 to end of row.

2nd row: K 5, P to last 5 stitches, K 5.

3rd row: Knit entire row.

4th row: Same as 2nd row.

5th row: Same as 1st row.

6th row: K 5, P to last 5 stitches, K 5.

Increase alternately every fourth and second rows in the above manner until there are on needle, ending with a purl row. Break wool and put these stitches on a stitch holder.

Slip stitches from stitch holder to needle for other shoulder. Join wool at neck edge. Knit 5, Purl to last 5 stitches, Knit 5.
Repeat directions for ‘Shoulder’ above. Work down neck shaping as on first side, making increases, however, on 7th stitch from neck edge, rather than 6th as before.
There should now be 34 38 42 stitches on needle. Do not break wool.
Next:

1st row: Knit 34 38 42 stitches

Tie wool to end from first shoulder and knit the 34 38 42 stitches from the stitch holder.

2nd row: Knit 5, Purl 24 28 32 stitches
Knit 10, (for center front finishing) Purl 24 28 32 stitches
Knit 5.

Continue to knit the center 10 stitches in this manner on the next three purl rows in order to finish neck neatly at center front.

Measure front against back armhole edge, allowing one inch for shoulder (½” each for front and back at top). If work on front has now reached the point of last decrease in back, which is 12 rows (or 6 ridges in border) above the 3 bound off stitches at underarm, proceed with next step. Otherwise work in stockinette stitch until this point is reached before proceeding.

On next knit row increase two stitches by knitting front and back of 6th stitch from each end of row. Work a purl row, a knit row, and another purl row even. Repeat these four rows twice.
Cast on 3 stitches at the beginning of the next two rows. There should now be 80 88 96 stitches on needle.

Body Front:

Knit in stockinette stitch with the exception of the first and last 2 stitches which should be knit garter stitch for.

Knit 2, Purl 2 for 10 11 12 inches
Bind off loosely, knitting the knit and purling the purl stitches. Sew up side seams using an overcast stitch.

Chapter Label should be sewed inside at back of neck.

Do not start another garment with left-over yarn.

Please return all unused yarn to Chapter.

THE AMERICAN NATIONAL RED CROSS

Washington, D. C.  Uploaded 11.2007
WATCH CAP
(U. S. Navy)

Equipment Needed:
Yarn—4 ozs. 4/8 sweater yarn, DARK NAVY BLUE.
Needles—4 needles to fit Red Cross Needle Gauge for socks, babies' knitted wear, etc. Gauges available from Area Offices.

INSTRUCTIONS FOR MAKING

Cast on 140 sts. and proceed as follows:
1st row: K 1, P 1.
2nd row: P 1, K 1.

Repeat these two rows twice, making a total of 6 rows.

Put stitches on three needles, 46 sts. on the first two, and 48 sts. on the third. K 1, P 1 in rounds for 12 inches.

Knit plain without ribbing for 1 inch.

Break thread leaving about 12 inches, and draw thread through all stitches. Gather as tightly as possible, then sew firmly together to entirely close opening and make a pleated effect, first sewing together in one direction, and then in the opposite direction, etc.

Press with a damp cloth and warm iron.
Sew together strip at border.

Chapter Label should be sewn on inside edge at back.

Do not start another cap with left-over yarn.

Please return all unused yarn to Chapter.

THE AMERICAN NATIONAL RED CROSS
Washington, D. C.