



THE SEAMEN'S CHURCH INSTITUTE

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Knit Helmet

Materials: 4 oz. worsted weight yarn (approx 300 yards)
16" circular knitting needles, size 8 (or size needed to achieve gauge)
double pointed needles, size 8 (or size needed to achieve gauge)

Gauge: 4 stitches to the inch, in 2x2 rib, stretched.

Directions:

Cast on 88 stitches, join for knitting in the round and place marker to indicate beginning of round.

Round 1: *K2, P2. Repeat from * to end of round.
Work in pattern until piece measures 7 inches.

Next round: Work 27 stitches in pattern; bind off the next 34 stitches in pattern and complete the round. On the following round, work 27 stitches in pattern, cast on 34 stitches with a backwards loop cast on and complete the round in pattern.

Continue working in pattern until the piece measures 12 inches from the beginning.

Crown Shaping

Decrease Round: *K2, P2 tog. Repeat from * (66 stitches)

Work in pattern as established for 9 rows: *K2, P1 Repeat from *

Decrease Round: *K1, P2tog. Repeat from * (44 stitches)

Work in pattern as established for 3 rows: *K1, P1. Repeat from *

Decrease Round: *K2tog and repeat from * (22 stitches)

Break off, leaving about 20 inches of yarn.

Thread into a needle and draw through the remaining stitches.

Pull up tightly and fasten securely.

