

Knit!

Knit!

Knit!



FOR THE
NAVY
AND
MERCHANT NAVY

NAVY LEAGUE OF CANADA
ONTARIO DIVISION
1118 BAY STREET, TORONTO



THE Navy League of Canada, Ontario Division, has undertaken a huge task in the matter of supplying knitted garments, sweaters, caps, scarfs, leather and fur jerkins, and other needed supplies and comforts for Canadian Seamen who enter the ports of Canada on the Atlantic and Pacific Coasts.

We have more than 30,000 sailors in the Royal Canadian Navy, in addition to the many thousands of Merchant Seamen serving on Canadian ships.

It is the desire of the Navy League to secure the co-operation of individuals and organizations interested in the welfare of these men and the service they are rendering in protecting the interests of Canadian citizens.

For the purpose of giving information as to knitted supplies the following instructions are given.

Navy League Knitting

ABBREVIATIONS

KNITTING: K—knit plain, P—purl, p.s.s.o.—pass slip stitch over, wl. fwd.—wool forward, tog.—together, ins.—inches, dec.—decrease, inc.—increase, t.b.l.—thru back of loops. Knit even—without increasing or decreasing.

THE STAR SYMBOL: * This means that the directions immediately following are to be repeated. When directions call for repeating a given number of times, it is understood that this is in addition to the original. Thus, repeat 3 times means 4 times altogether.

TO KNIT "EVEN": The row of work is knitted without increasing or decreasing.

Socks

Please make a wearable sock; wash and press, or wash and stretch.

Instructions for hand-knitted regulation Socks:

Length of foot when finished: 11 inches.

Material required: Approximately 6 ounces of heavy 4 Ply Scotch fingering wool.

Colours: Grey, Blue or Black.

For average knitting: No. 11 Needles by Bell Gauge.

For tight knitting: No. 10 Needles by Bell Gauge.

For loose knitting: No. 12 Needles by Bell Gauge.

Cast on 60 stitches, loosely (should stretch $7\frac{1}{2}$ inches double), rib 4 inches, 2 plain, 2 purl. Knit plain 7 inches (11 inches in all).

HEEL—Knit plain 28 stitches on to one needle, turn, purl back these 28 stitches, turn, knit plain. Repeat these two rows (always slipping the first stitch) 11 times (12 in all), or 24 rows.

With the inside of the heel towards you, purl 15 stitches, purl 2 together purl 1.

Turn, knit 4 stitches, knit 2 together, knit 1, turn, purl 5 stitches, purl 2 together, purl 1.

Turn, knit 6 stitches, knit 2 together, knit 1, turn, purl 7 stitches, purl 2 together, purl 1.

Turn, knit 8 stitches, knit 2 together, knit 1, turn, purl 9 stitches, purl 2 together, purl 1.

Turn, knit 10 stitches, knit 2 together, knit 1, turn, purl 11 stitches, purl 2 together, purl 1.

Turn, knit 12 stitches, knit 2 together, knit 1, turn, purl 13 stitches, purl 2 together, purl 1.

Turn, knit 14 stitches, knit 2 together, knit 1.

Pick up and knit the 12 stitches down the side of the heel piece and knit 2 stitches off the front needle.

Knit 28 stitches off the front needles on to one needle; the last 2 stitches knit to the 3rd needle, on which pick up and knit the 12 stitches at the other side of the heel piece. Divide the heel stitches on to the 2 side needles and knit right round again to the centre heel. First needle, knit to within 3 stitches of the front end of side needle, knit 2 together, knit 1.

Front needle plain. Third needle, knit 1, knit 2 together, knit plain to end of needle.

This reducing to be done every other row until there are 56 stitches on the needles (front needle 28, side needles 14 each). Knit plain until the foot from the back of the heel measures 9 inches.

KITCHENER TOE: Decrease for toe—knit 6 stitches, then knit 2 together, knit 6 stitches, knit 2 together. Repeat this to end of the three needles, then knit 5 rows plain. Then knit 5 stitches, knit 2 together, and repeat to the end of 3 needles. Then knit 4 rows plain. Then knit 4, knit 2 together, repeat to end of 3 needles.

Then 3 plain rows. Then knit 3 stitches, knit 2 together, repeat to end of 3 needles. Then knit 2 plain rows. Then knit 2 stitches, knit 2 together and repeat to end of 3 needles. Then 1 plain row. Then 1 row decreasing, if necessary, so as to leave 10 stitches on front needle and 5 on each of the back needles. Knit the back stitches on to 1 needle. Break off the wool, leaving about 10 inches. Thread this into a darning needle, put through the 1st stitch on front needle as if for purling, but do not take the stitch off. Then put the darning needle through the 1st stitch on the back needle as if for purling, and take off. *Then through next stitch on back needle, as if for knitting and do not take off. Then through the 1st stitch on front needle again knitting and slip off. Through the 2nd stitch on front purling needle and do not take off. Through the 1st stitch on back needle purling and take off. Repeat from * until all the stitches are worked off. In finishing off end of yarn, run yarn once down the toe so as not to make a ridge or lump.

Man's Plain Knitted Scarf

MATERIALS: 6 ozs. soft four ply Navy Blue Wool. 1 pair No. 8 or 9 Needles.

MEASUREMENTS: Width, 10 inches. Length, 50 inches.

When using No. 9 Needles cast on 64 stitches to make scarf 10 inches wide.

TURTLE-NECK PULLOVER LONG SLEEVES STOCKING STITCH

Instructions Courtesy Patons and Baldwins

MATERIALS: DOUBLE KNITTING, 20 ozs. (40—20 ozs.) (42—22 ozs.). Two No. 9 and two No. 7 Knitting Needles. Set of 4 No. 9 Steel Knitting Needles (points at both ends). One Stitch Holder.

MEASUREMENTS:

Chest 38 ins. 40 ins. 42 ins.

Length from top of shoulder	26	"	26½"	26½"
Length of sleeve underarm sleeve	18	"	18	"
Tension: 5½ sts.=1 inch.				

The instructions are written for size 38. Sizes 40 and 42 are written in brackets thus:—().

INSTRUCTIONS:

FRONT: With No. 9 needles cast on 104 sts. (40—108 sts.) (42—114 sts.) Work 2½ ins. ribbing (K1, P1). Change to No. 7 needles and continue even in Stocking st. until work measures 18 ins. from beginning (or desired length) ending with purl row.

To shape armholes: Cast off 6 sts. beginning next 2 rows, then dec. 1 st. each end of needle every alternate row to 82 sts. on needle (40—82 sts.) (42—86 sts.). Continue even until armhole from first shaping measures 7 ins. (40—7½ ins.) (42—7½ ins.).

To shape neck: With right side of work facing work 27 sts. (40—27 sts.) (42—29 sts.). Turn. Keeping armhole edge even, at

neck edge dec. 1 st. every alternate row 3 times. (40—3 times) (42—twice). Continue even until armhole from first shaping measures 8 ins. (40—8½ ins.) (42—8½ ins.).

To shape shoulder: At armhole edge cast off 8 sts. (40—8 sts.) (42—9 sts.) every alternate row 3 times. Slip next 28 sts. onto st. holder and work remaining sts. to correspond to other shoulder (*all sizes*).

BACK: Work exactly as given for Front, omitting neck shaping, until armhole from first shaping measures 8 ins. (40—8½ ins.) (42—8½ ins.).

To shape shoulders: With right side of work facing, cast off 8 sts. (40—8 sts.) (42—9 sts.) beginning next 6 rows. Do not break wool.

COLLAR: Sew shoulder seams. With right side of work facing, using set of 4 needles with points at both ends,—knit across sts. at back of neck. Pick up and knit 12 sts. along left side of neck. Knit across sts. on st. holder at front of neck. Pick up and knit 12 sts. along right side of neck. Working in rounds, continue even in ribbing (K1, P1) for 6 ins. Cast off loosely in ribbing.

SLEEVES: (Sizes 40 and 42 are written exactly the same.) With No. 9 needles cast on 46 sts. (*all sizes*). Work 2½ ins. ribbing (K1, P1). Next row: K5. *Inc. 1 st. in next st. K6. Repeat from * to last 6 sts. Inc. 1 st. in next st. K5. 52 sts. on needle. Change to No. 7 needles. Next row: K1. Purl to last st. K1. Continue in Stocking st. inc. 1 st. each end of needle on 7th and every following 8th row to 72 sts. on needle. (40—76 sts.). Continue even until sleeve measures 18 ins. from beginning (or desired length) (*all sizes*). **To shape top of sleeve:** *Cast off 2 sts. beginning next 2 rows, then 1 st. beginning following 2 rows.* Repeat from * to * to 24 sts. on needle. (40—28 sts.). Cast off remaining sts.

TO MAKE UP: Press all pieces carefully. Sew all seams. Sew in sleeves.



Seaman's Cap

MATERIALS: Double knitting, 4 ozs. Set of 4 No. 8 Knitting Needles (points at both ends).

INSTRUCTIONS:

TENSION: 5 sts. = 1 inch.

Cast on 92 sts. (32, 32, 28). **1st round:** *K2, P2. Repeat from * to end of round. Repeat 1st round for 3½ ins. **Next round:** Purl. Repeat 1st round for 1 inch. Turn work inside out. Knit 3 ins. even, dec. 2 sts. in last round.

To shape crown: 1st round: *K16, K2 tog. Repeat from * to end of round **2nd and alternate rounds:** Knit. **3rd round:** *K15, K2 tog. Repeat from * to end of round. **5th round:** *K14, K2 tog. Repeat from * to end of round. Continue decreasing in this manner every alternate round to 25 sts. in round. Break wool. Run end through remaining sts. Draw up and fasten securely.

SAILOR'S KNITTED MITTS

MATERIAL: Set of four No. 11 needles—Double knitting or Scotch fingering yarn 4 oz.

INSTRUCTIONS:

Cast on 50 stitches, knit 3, purl 2, till cuff measures 4½ inches. Knit 4 rows plain.

Put 11 stitches on 1 needle, and remaining stitches on other 2 needles. Start gusset for thumb on needle with 11 stitches. Knit 4, purl 1, increase 1, knit 1, increase 1, purl 1, knit 4, then knit to end of row. Knit 3 rows plain.

On thumb needle knit 4, purl 1, increase 1, knit 3, increase 1, purl 1, knit 4, knit plain to end of row.

Knit 3 rows plain, increase as before on thumb needle, every 4th row, having 2 more stitches between increases, till 16 stitches have been made.

— Knit 2 rows plain—now slip 16 stitches for thumb off on to a thread. Now cast on 6 stitches, across where thumb stitches have been slipped off. Knit around hand for 3 inches, now start shaping.

Knit 2 stitches together, knit 5 stitches, repeat around row. Knit 2 rows plain, knit 2 stitches together, knit 4 stitches, repeat around row.

Knit 2 rows plain, knit 2 stitches together, knit 3 stitches, repeat

around entire row. Knit 2 rows plain. Knit 2 stitches together around entire row. Knit 1 row plain. Knit 2 stitches together all around row.

Draw wool through loops on needle, draw firmly together, fasten securely on wrong side.

Thumb: Put 18 stitches, left for thumb on needles, pick up 6 stitches across back of thumb, knit around, knit 2 inches then knit 2 stitches together, knit 2 stitches, repeat around row. Knit 2 rows plain, knit 2 stitches together around entire row.

Knit 1 row plain. Draw wool through loops, fasten securely, same as hand. Repeat for other mitt.



Rounds

1 ✓
2 ✓
3 ✓

2
5
7
6
7

Men's Square-Neck Sleeveless Sweater

MATERIAL REQUIRED: 10 ounces 4-ply Scotch Fingering or a heavier wool than the 4-ply Sock Wool; 1 pr. No. 7 or No. 8 Needles by Bell Gauge.

INSTRUCTIONS:

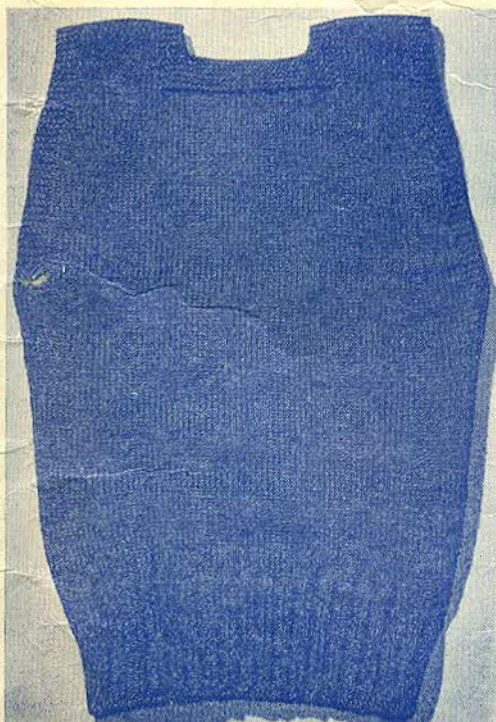
Back: Cast on 80 stitches. Knit 2 purl 2 rib knitting for 4 inches. Then in **stocking stitch** (knit 1 row, purl 1 row), for 10 inches. Then cast off 3 stitches at beginning of next 2 rows. From now on keep 5 stitches knit plain at each end of needle every purl row to form border around armholes. Continue to knit in stocking stitch and knit 2 stitches together inside the 5 stitches of border every 4th row 3 times. Continue to knit until armhole measures 8 inches, then keep centre 34 stitches knit plain on purl rows same as armhole edge for 1 more inch. Then knit 22 stitches. Cast off 24 stitches in centre for neck. Put remaining 22 stitches on pin.

On one side now knit front, keeping 5 stitches at neck and knit plain on purl rows to form border same as armhole. Knit 7 rows for shoulder. Then increase 1 stitch on 6th stitch from neck every 4th row 3 times. Knit 6 more rows, break off wool, put stitches on pin and knit the other shoulder to correspond. The shoulder strip should measure about 3 inches. Cast on 24 stitches for front of neck and put stitches on from other shoulder. Knit straight across, always keeping the 5 garter stitches at the armholes, and making 5 rows of garter stitches across front of neck the same as at the back. When you have reached the end of these 5 rows of garter stitches, increase at armholes 4 times each side (8 stitches in all), putting 4 rows between increases and always making them in the stitch just before the garter stitches. Continue until you are

about 2 inches from the end of the armhole, then make 2 more increases at either side (4 stitches in all) with 4 rows between. When you have reached the end of the armhole add 3 stitches at either side for underarm. **Note:** In measuring armholes be sure the shoulder pieces are divided evenly in half so that the front and back edge of the neck meet. Now discontinue garter stitches and decrease every 4th row on either side until you have 80 stitches again on needle. It is better to make these decreases on the plain side about 5 stitches out from the end on either side.

Continue to knit until front is same length as the back with 4 inches of ribbing.

Sew up seams.



Two-Way Mitts

MATERIALS—3 ozs. double knitting or 3-ply wheeling yarn.

Needles—Four No. 11.

INSTRUCTIONS:

RIGHT HAND MITT:

Cast on 27 sts. and work 10 rows K1, P1, break wool and leave aside but do not cast off.

Cast on 48 sts. (16-16-16) and work 4 ins. in K2, P2, work plain knitting 4 rounds.

5th round: K1, M1, K1, M1, knit to end of round.

6th and 7th rounds: Knit.

8th round: K1, M1, K3, M1, knit to end of round. Continue in this way, inc. by 2 sts. every 3rd round, and knitting 2 sts. extra between the increases until you have made 11 sts. Knit 2 rounds.

Next round: K1, take off 11 sts. on holder or thread and cast on 6 sts. on needle with 1 st. on it, knit to end of round. Knit 6 rounds plain.

Next round: K1, transfer this st. to needle just completed. Now work 27 sts. in K1, P1, and finish round plain. Work 9 more rounds, keeping the first 27 sts. in K1, P1, rib.

Next round: Cast off the 27 ribbed sts. and work plain to end of round.*****

Next round: Take the piece laid aside and knit in K1, P1, on first needle in place of 27 sts. cast off, and finish round plain. Knit 10 more rounds, keeping 27 sts. in K1, P1, and the remainder plain. Now work 4 rounds plain.

To Shape Top of Mitt:

1st needle (with 27 ribbed sts.): K1, K2 tog. through back loops. Knit to within 3 sts. from end of needle, K2 tog., K1.

2nd needle: K1, K2 tog. through back loops, knit to end of needle.

3rd needle: Knit to within 3 sts. from end of needle K2 tog., K1. Knit 1 round



plain. Repeat these 2 rounds until 18 sts. remain. Graft as for toe of sock.

Thumb:

Pick up the 11 sts. (on holder or thread) and pick up 7 more from hand and work 22 rounds plain.

23rd round: Knit 2 tog. right around.

24th round: Knit plain. Cut off wool, pull through sts. and finish off. Sew down ends of flap on inside of mitt.

LEFT HAND MITT:

Start as for right hand mitt by knitting hand flap first and leave aside; then rib cuff 4 in., K2, P2. Knit 4 rounds plain.

5th round: Knit to within last 2 sts. on last needle, then M1, K1, M1, K1. Continue as before, inc. at this point until 11 sts. have been added. Knit 2 rounds plain.

Next round: Knit to within last 12 sts. on last needle. Put 11 sts. on holder or thread, cast on 6 sts. K1. Knit 6 rounds plain. Transfer last st. on last row to 1st needle and including this st. work 26 sts. plain. Work next 27 sts. in K1, P1. Work 9 more rows like this, then cast off the 27 ribbed sts. and continue as first mitt from *****.



Sea Boot Stockings

MATERIAL: 14 ounces. Wheeling Wool—Set of 4 No. 7 knitting needles with double points. Cast stitches on and off loosely.

MEASUREMENTS:

Length—26 inches. Foot 11½ inches (or length required). Round widest part of leg—14 inches.

Tension about 5 stitches and 7 rows to one inch. Always knit into back of cast-on stitches. These should be knit loosely as they are to be worn over the trouser-leg.

INSTRUCTIONS:

Commence at top by casting on loosely 72 sts. on three needles (24, 24, 24). Work in rounds of rib of K2, P2 for 3½ inches. Slip one stitch from each end of centre needle on to 1st and 3rd needles (25, 22, 25).

Knit plain until work measures 12 inches from start. Now shape leg.

1st round—1st needle: K15, K2 tog., K2, K2 tog. b. (i.e. into back of sts.), K4. **2nd needle:** Knit. **3rd needle:** K4, K2 tog., K2, K2 tog. b., K15. Knit 9 rounds.

11th round—1st needle: K14, K2 tog., K2, K2 tog. b., K3. **2nd needle:** Knit. **3rd needle:** K3, K2 tog., K2, K2 tog. b., K14. Knit 9 rounds.

21st round—1st needle: K13, K2 tog., K2, K2 tog. b., K2. **2nd needle:** Knit. **3rd needle:** K2, K2 tog., K2, K2 tog. b., K13. Knit 9 rounds.

31st round—1st needle: K12, K2 tog., K2, K2 tog. b., K1. **2nd needle:** Knit. **3rd needle:** K1, K2 tog., K2, K2 tog. b. K12. Knit 9 rounds.

41st round—1st needle: K11, K2 tog., K2, K2 tog. b. **2nd needle:** Knit. **3rd needle:** K2 tog., K2, K2 tog. b., K11 (15, 22, 15).

Work in knit rounds decreasing every 4th row till work measures 22½ inches from start. Now divide for heel.

Next round: K12. Turn. Slip the last 12 sts. from 3rd needle on to end of this needle for heel and leave remaining 28 sts. on 2 needles for front of foot. Work on 24 sts. for heel as follows: **Next row:** Purl. **Next row:** S1, K23.

Next row: S1, P23. Rep. last 2 rows 8 more times. Turn heel thus: K15, S1, K1, PSSO, turn. *P7, P2 tog., turn, K7, S1, K1, PSSO, turn. Rep. from * till 9 sts. remain. P7, P2 tog., turn, K4. Now work on 3 needles as follows:

1st needle: K remaining 4 sts., pick up and knit 12 sts. along side of heel. **2nd needle:** K across 28 sts. at front. **3rd needle:** Pick up and knit 12 sts. up side of heel. K remaining 4 sts. (16, 28, 16).

Next round: Knit. **Next round—1st needle:** K to last 3 sts., K2 tog., K1. **2nd needle:** Knit. **3rd needle:** K1, K2 tog. b., K to end. Rep. last 2 rounds 4 more times (11, 28, 11).

Work in knit rounds for 5 inches (i.e. to within 3 inches of required length).

Slip stitch from each end of 2nd needle to 1st and 3rd needles (12, 26, 12). Shape Toe.

1st round—1st needle: K to last 3 sts., K2 tog., K1. **2nd needle:** K1, K2 tog. b., K to last 3 sts., K2 tog., K1. **3rd needle:** K1, K2 tog. b., K to end. **2nd round:** Knit. Rep. last 2 rounds 8 more times (3, 8, 3).

19th round — 1st needle: Knit. **2nd needle:** K1, K2 tog. b., K2, K2 tog., K1. **3rd needle:** Knit. Cast off by folding sts. in half and casting off 2 tog. all along row. Alternatively graft.

Press well on wrong side with a hot iron over a damp cloth.

FOOTLESS SEA-BOOT STOCKINGS

Follow sea-boot stocking directions above using No. 7. needles, and instead of a 3 inch ribbed top make a 6 inch ribbed top, and before shaping, knit until work measures 16 inches from start. Knit to heel, then knit 3 inches ribbing, 2 purl and 2 plain. (Be careful to cast on and cast off very loosely). For tubular strap under foot cast on 10 stitches using 2 No. 7. needles bring wool forward and slip first stitch as if for purling take wool back and knit second stitch. Continue in this manner for 6 inches. Cast off. Sew band on.



Turtle-Neck Tuck-In

MATERIALS: 4 ozs. double knitting or heavy 4-ply wool.

Needles: A set of four No. 9 knitting needles (points at both ends).

Measurements: Length of front bib, 12 inches. Length of back bib, 8 inches.

Tension: $5\frac{1}{2}$ sts. and 8 rows=1 inch.

INSTRUCTIONS:

Starting at top of collar cast on 80 sts. loosely (28-28-24). Work $5\frac{1}{2}$ inches in rib of K2, P2.

Front Bib: 1st row: K40 sts. and slip them onto one needle. (Divide remaining 40 sts. on two needles and leave for back bib.) Cast on 10 sts. (50 sts. on needle).
2nd row: K5, P45. Cast on 10 sts. (60 sts. on needle).
3rd row: K60. **4th row:** Slip 1, K4, P50, K5. **5th row:** Slip 1, Knit to end of row. Repeat last 2 rows until front bib measures 9 inches. End with a knit row. Repeat 5th row 8 times for border. Cast off.

Back bib: Slip remaining 40 sts. onto one needle. Join wool. Work as front bib until back bib measures 5 inches. End with a knit row. Work 5th row 8 times for border. Cast off.

Sew the 10 cast on sts. of front bib to the 10 cast on sts. of back bib at each side of collar. Press bibs carefully.

Naval Artillery (or Gunnery) Mitts

4 oz. heavy 4-ply or double knitting wool.
 Set of 4 No. 10 or No. 11 needles.

RIGHT MITT:

Cast on 48 sts. loosely on three needles. Knit 4 inches of ribbing, 2 plain, 2 purl.

Next round: Inc. 1st. in every 12th st. making 52 sts. in round. Knit 5 more rounds plain.

Next round: (beginning thumb) P1. Inc. 1 st. in next st., K1, Inc. 1 in next st., K1. P1. Knit to end of round.

PROCEED: First and 2nd rounds: Knit plain, purling the purred sts. of previous round.

3rd round: P1, inc. 1 st. in next st. Knit to the 2nd st. before next purred stitch. Inc. 1 st. in it; K1, P1. Knit plain to end of round. Repeat the last 3 rounds until there are 16 sts. between the 2 purred sts. Repeat 1st and 2nd rounds once.

Next round: K1. Cast on 4 sts. Slip next 16 sts. on a thread and leave for the thumb. Knit to end of round.

Work 13 rounds plain (10 to 13 rounds for different lengths of mitts.)

PROCEED: For first and second fingers: Knit the first 12 sts. Slip the next 24 on a thread. Cast on 2 sts. Knit the last 16. Divide these 30 sts. on three needles. (12, 6, 12 is a good way). Work 16 rounds plain. Proceed (shaping for top of fingers).

K1, K2 tog. Knit to last 3 sts. Slip 1, K1, PSSO, K1.

Second and alternate round: Knit plain. Dec. in this way 5 times; then dec. every round, until there are just 12 sts. on round. Arrange these 6-6 and weave off like the toe of a sock.

Third and Fourth fingers: Put 1st 7 of remaining sts. on 1st needle, 10 on the 2nd needle, 7 on 3rd needle. Pick up 2 sts. at base of 1st and 2nd fingers and put 1 of them on each of 1st and 3rd needles (8-10-8).

Work 16 rounds plain. Proceed (shaping for top of fingers). K10, K2 tog. K2 slip 1, K1, PSSO, K10.

2nd and alternate round: Knit plain.

Decrease in this way until there are 14 sts. in the round (6 times). Then decrease every round until there are 10 sts. in round. Knit 1 round plain after last decrease. Weave off.

THUMB: Knit the 16 sts. which were left for thumb; pick up 4 sts. at base of thumb. Divide these 20 sts. on 3 needles and knit 2 inches plain.

Next round: Knit 3, K2 tog., all round (16 sts.). Knit 3 rounds plain. K2 tog. all round. Break wool. Run end through remaining sts. and fasten off securely.

LEFT MITT:

Work as given for right mitt until finger is reached.

First and second fingers: Knit the first 16 sts. Slip the next 24 on a thread, cast on 2 sts. Knit the last 12.

Work the rest of the mitt according to directions for the Right Mitt.





Nineteen Forty Helmet

1940 HELMET

(As Illustrated Above)

MATERIAL: 4 Needles, size 9. Wool: heavy four ply or double knitting (navy blue), approximately 4 ozs.

Cast on 96 stitches, 32 on each needle.

Rib 4 plain and 4 purl ribbing for ten inches.

INSTRUCTIONS:

Cast off 32 stitches and rib the remaining stitches for 1 inch, back and forth.

Cast on 32 stitches again and rib as before for five inches.

TO SHAPE TOP—Divide the stitches evenly on the three needles.

First row: Knit together the second and third and the last two stitches on each needle. Repeat in every row until only 5 stitches are left on each needle. Draw these together with a darning needle and fasten off.

ADMIRAL BEATTY HELMET

MATERIAL: Double knitting wool, approximately 6 ozs. 4 Bone knitting needles, No. 9.

INSTRUCTIONS:

With bone needles, cast on 48 stitches, knit plain 48 rows. (24 ribs) slip off on to spare needle. Work another piece to correspond, now slip the stitches of both pieces on to 3 steel needles having 32 stitches on each needle. Knit 2, purl 2, for 5½ inches, bind off 28 stitches loosely, to make opening for the face. Knit 2, purl 2, backward and forward for 1 inch.

Cast on 28 stitches loosely, and on 3 needles, knit 2 and purl 2, for 5½ inches. Knit 1 round plain, * then knit 30 stitches plain. Knit 2 together, repeat from * round, you will then have decreased 3 stitches. Continue decreasing in these 3 places, in each round, until 27 stitches remain. Knit 2 rounds plain. Bind off, sew top together.

If desired the piece for the front can be made longer, thus giving additional service of muffler and chest protector.

Aero Cap

See cut on front page of Knitting Instructions.

MATERIALS: P & B SUPERIOR DOUBLE KNITTING. 4 ozs. Two No. 9 Beehive Knitting Needles. 3 Buttons.

Tension: 5½ sts.=1 inch.

Check tension—see page 38.

Cast on 44 sts. 1st row: (K1. Inc. 1. st. in next st. K18. Inc. 1. st. in next st.) twice. K2. **2nd and alternate rows:** K1. Purl to last st. K1. **3rd row:** (K1. Inc. 1. st. in next st. K20. Inc. 1. st. in next st.) twice. K2. **5th row:** (K1. Inc. 1. st. in next st. K22. Inc. 1. st. in next st.) twice. K2. Continue increasing in this manner to 100 sts. on needle. Work 3½ ins. even in Stocking st. ending with purl row. Cast off.

FRONT BAND: Cast on 70 sts. **1st row:** K2. *P1. K1. Repeat from * to end of row. Repeat this row for 3 ins. Cast off in ribbing.

BACK BAND: Cast on 96 sts. **1st row:** K2. *P1. K1. Repeat from * to end of row. Repeat this row for 3 ins. **Next row:** K2. (P1. K1) 15 times. Cast off 32 sts. (P1. K1) 16 times. Working on last 32 sts. continue in ribbing dec. 1. st. each end of needle on 3rd and every alternate row to 20 sts. on needle then every row to 12 sts. on needle.

Proceed:—

1st row: (buttonhole). K1 P2 tog. K1. P1. **Cast off 2 sts.** K1. P1. K2 tog. K1. **2nd row:** K1. K2 tog. P1. **Cast on 2 sts.** K1. P2 tog. K1. **3rd row:** K1. P2 tog. K1. P1. K2 tog. K1. **4th row:** K1. K2 tog. P2 tog. K1. **5th row:** (K2 tog.) twice. Cast off. Join wool to remaining 32 sts. and work to correspond.

TO MAKE UP: Press pieces carefully. Sew seam of cap. Sew front band firmly in position along the lower edge of front, leaving 8 ins. plain at back. Sew the ends of the band to the cap. Sew the back band in position, overlapping the front band at the sides and leaving 5½ ins. plain at the front. Sew buttons on cap to correspond to buttonholes. Sew another button immediately below the button hole inside the right point.

BODY BELT

MATERIALS: 3 ounces Botany wool — grey, white or beige.

Two No. 13 knitting needles. Cast on double 160—170—or 180 stitches. Rib 1 and 1 fourteen inches, cast off double. Sew up side. (Knit in pairs and fasten together.) Press.

SLEEVES FOR LEATHER AND FUR JERKINS

MATERIAL: Double knitting wool. (Follow instructions on page 1. sleeves for turtle neck sweater, and make armhole to measure 24 inches.)

HOUSEWIFE

MATERIAL: 18 inches of grey or blue denim, or linen, 5½ inches wide, with 1¼ yard tape or braid for binding, or simply hem all edges.

SIZE: Cut off about 3 inches to make second pocket, then turn up one end to form first pocket, about 3 inches deep, size should then be 12 inches by 5½ inches. Take strip of flannel 5½ inches by 3 inches and tack it to each end to strip of denim, ½ inch above pocket. Then place strip of material ½ inch from flannel, opposite pocket, stitch down side nearest flannel to make a second pocket, bind or hem around edges of two pockets, and edge of housewife, finish with tape ties.

The Mercantile Marine

*We praise the lads of the Air Force,
And the Tars of the Navy too,
We never forget the Army,
Nor the Anti-Air Craft crew;
We think of the factory workers,
And the women in uniform,
We honour the Red Cross Nurses,
Who weather many a storm.*

*But there's a throng of sailors,
Who sail the seven seas,
Braving the submarine's missile,
And the danger of wave and breeze;
They do their duty faithfully,
On many a foreign scene,
So we doff our caps to the plucky chaps,
In the Mercantile Marine.*

Mine Sweeper's Mitt

CROCHET TWINE PROTECTOR

Ball No. 6 Glazed Cotton Twine.

No. 9 crochet hook.

D.C. means Double Crochet.

Work this mitt very loosely to allow shrinkage when wet.

Make chain of 48 stitches. Join in ring.

1st Row: 3 chain (to stand as 1 double crochet at beginning of every row.) 1 D.C. in every stitch, always taking back thread only.

2nd & 3rd Rows: Same as 1st.

4th Row: 3 chain; 1 D.C. in each of 23 D.C.; 3 D.C. in next st.; 1 D.C. in each st. to end of round.

5th Row: 3 chain; 1 D.C. in each of 23 D.C.; 2 D.C. in next st.; 1 D.C. in next st.; 2 D.C. in next st.; 1 D.C. in each st. to end of round.

6th Row: 3 chain; 1 D. C. in each of 24 D.C.; 2 D.C. in next st.; 1 D. C. in next st.; 2 D.C. in next st.; 1 D.C. in each st. to end of round.

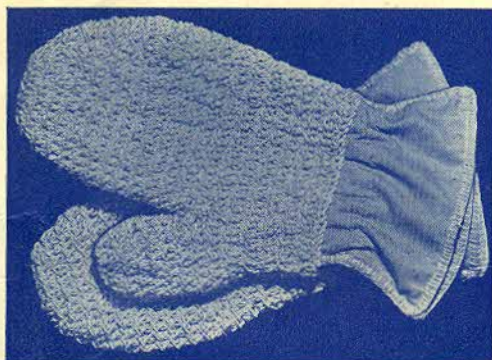
7th Row: 3 chain; 1 D.C. in each of 18 D.C.; chain 2, skip 17 D.C. to form thumb; 1 D.C. in each st. to end of round.

8th to 13th Rows: 3 chain; 1 D.C. in each of remaining stitches.

14th Row: 3 chain; *1 D.C. going through next 2 sts.; as one stitch to decrease; 1 D.C. in next st. Repeat from * around row.

15th Row: as 14th. Then crochet together sts. left at top of hand.

THUMB: Pick up 23 stitches round opening for thumb. 3 chain; 1 D.C. in each st. for 4 rows; 1 row decreasing as 14th row. Fasten off as mitt.



Slip over cloth mitt and sew round and round with a small basting stitch to fasten mitt securely to under-mitt.

THE CLOTH MITT

Any firm durable woollen material is suitable. (We would suggest a natural color.) Cut 2 pieces of cloth like pattern.

THE SHOWERPROOF AND WINDPROOF COVERING

Cut 2 pieces of showerproof material like pattern and place over both sides of cloth mitt.

TO ASSEMBLE MITT

Baste showerproof covering on to cloth mitt, keeping backs and fronts of mitt separate, and having showerproof material on the outside.

Button-hole all round each with cotton warp; then fasten the two pieces of mitt firmly together by overcasting the two edges of button-holing.

TO FORM WRIST

About 3 inches down from cuff end, inside the front of mitt, stitch a piece of $\frac{3}{4}$ inch tape, sewing along both edges to form a slot. Slip a piece of elastic inside, draw up slightly and sew firmly each end.

Ditty Bags for Sailors

SUGGESTED LIST OF ARTICLES

(This list need not necessarily be strictly adhered to)

Sweater	Hard Candy or Cake
Socks	(in sealed container,) not glass
Long Sea Boot Stockings	Raisins and Nuts
Scarf or Tuck-in	Dates and Figs
Helmet	Condensed Coffee or Cocoa
Mitts	Condensed Milk
(2 or 3 knitted articles only)	Tins of Fruit, Fruit Juices
Small Towel and Wash Cloth	Soup or Fish
Handkerchiefs	First Aid Kit
Tooth Brush and Cream	"Housewife" containing:
Shaving Soap or Cream	Shoe Laces and Shoe Polish
Cigarettes	Buttons
Pipe and Tobacco	Needles
Writing Paper and Envelopes	Thread (black and white)
Fountain Pen or Pencil	Mending Wool (navy and grey)
Small Book or Digest	Plain Pins
Flashlight and Refill	Safety Pins
Game	Comb
Puzzle	Razor Blades
Playing Cards	Scissors

NOTE

The label on the front of the bag is for the sailors' name when he receives the bag. The CARDBOARD TAG is for the donor's name.

The origin of Ditty Bags probably started about the time of the Napoleonic Wars, when devoted women made up bags of comforts and sent them frequently with a little poem or ditty written therein to an unknown sailor. The practice has continued to this day and ditties or letters of comfort and assurance are enclosed by the donors of each ditty bag to the recipient.

The Navy League of Canada will supply Ditty Bags free to those who wish to fill and return them for the sailors. Ask your friends to fill a bag.

All bags should be returned to Navy League headquarters in your province by November 1, and not later than November 20, because of the heavy railroad traffic. Shipments must be out of Navy League headquarters before December 1 in order that the ditty bags reach their destination in time for Christmas.

If you receive a letter of thanks from your unknown sailor, please send a copy of it to Navy League headquarters.

THE NAVY LEAGUE OF CANADA
ONTARIO DIVISION

1118 BAY STREET TORONTO

Is it Worthwhile?

EXCERPTS FROM SAILORS' LETTERS

"On February 9, 1942, I received a letter from my son and enclose herewith a paragraph I would like to quote for the benefit of the Navy League of Canada.

'We had a Christmas tree, Mom, and the Navy League of Canada sent us ditty bags with socks, peanuts, several canned fruits, corn, gum, chocolate bars, etc. These bags were distributed among us on the day before Christmas and the fellows were just like a bunch of kids opening them because we had left too early to receive any Christmas boxes from home, and this was about all some of the boys did get.'

"On February 10, 1942 my son went down with his ship, the Corvette "Spikenard" which was torpedoed on the North Atlantic. There were 57 men lost. All the men on board this ship had received those ditty bags and their last Christmas was made happy because of them."



"I received your ditty bag today, and just like a youngster before Christmas, I had to open it right away. I suppose that you, too, would do the same if your mothers would let you."

"I was very deeply touched by your thoughtfulness and kindness, indeed, if the truth be known I was very near to tears. I can only say 'thank you very much' and I do appreciate your kindness. I can only hope your son receives the same hospitality in whatever part of the world he may be serving. In closing, I say that as long as thoughtfulness and consideration such as yours are found in the world, Hitlerism must surely perish."

"I hasten to send you my grateful thanks for such a splendid gift, and to tell you how much I appreciate the thoughtful and generous spirit you have shown in sending it. The bag contained everything I could wish for, and I don't see how you could have made a better selection. To us at sea, it is most encouraging to know that our work is appreciated by those ashore. It makes us all the more ready to go on with the job, and do what we can towards victory. Even in your city, so far away from the sea, you do not forget us."

"The sight of these men opening their bundles and bags was worth all the trouble you good ladies go to to collect and make the articles they so badly needed."

"They all asked me to convey their extreme gratitude to you, and requested that I inform you that the gifts had a really stimulating effect on them as they were beginning to feel that they were the 'forgotten men'."

"My personal feeling is that your organization is really much underrated, and merits greater support than it receives. I know this, having followed the sea for nearly twenty years."

Questions and Answers

REGARDING DITTY BAGS and WOOLLENS

1. *Does the Navy League send comforts to the men of the Merchant Marine?*
Yes—Our services are for the Merchant Marine, the Canadian Navy, Empire Navies and for sailors of all Allied Nations.
2. *How are Ditty Bags and Woollens distributed?*
Shipments of woollens, leather and fur jerkins, and other comforts are made each week to the Eastern ports, and Newfoundland. These are sent to the Commanders in charge of distribution for both the Navy and the Merchant Navy.
Woollens and Ditty Bags are also shipped to our Allied Merchant Seamen's Clubs, to be given to shipwrecked sailors.
Commanders of ships report to the Distributing Depot the needs of their men, and these comforts are put aboard the ships.
Ditty Bags are considered a Special Christmas Gift. They are packed for shipment in cartons of 6 or 12 bags. Enough cartons containing sufficient bags for the complement of men, are put aboard the ships.
3. *Who supplies the leather and fur for the jerkins?*
A great part of the leather is donated by firms who are using leather in the manufacture of gloves, furniture, etc.
The fur jerkins are made from old fur coats and pieces of fur. The jerkins are made free of charge by furriers who wish to help in the work of sending these much needed garments to the sailors.
4. *Does the Navy League supply wool free of charge to those who wish to knit for the Navy League?*
No—The knitted garments and other comforts are all donated to the Navy League for the sailors. Many of the groups of workers raise their money for wool by having small teas and bridges among their members and friends. Of course, there may be a few exceptions but it must be understood the amount of wool available to the Navy League is restricted.
5. *Is it necessary to have a permit to raise funds with which to purchase wool and other comforts for the sailors?*
Yes—In order to comply with the War Charities Act, it is necessary to have a letter of authorization from the Navy League when a bridge, dance, or bingo is held where tickets are sold to the public to raise funds for the work of the Navy League.
6. *How many Ditty Bags and how many woollens are needed for the sailors?*
We would like to supply 600,000 knitted garments and jerkins, and 100,000 Ditty Bags, from the Dominion of Canada.
7. *Does the Navy League want supplies of comforts in bulk from Local Committees for the purpose of filling "Ditty Bags" at Provincial Navy League Headquarters?*
No.—The Ditty Bags are supplied to the Committee free and each individual woman is expected to fill a "Ditty Bag" herself and put as many comforts in the bag as it will hold. It is desirable that a letter be enclosed for the unknown sailor to encourage and cheer him in his perilous task.
The Navy League does desire quantities of knitted articles sent in to Headquarters for the purpose of outfitting sailors who are going on the North Atlantic route where it is so decidedly cold. The necessary knitted articles are not supplied through the "Ditty Bags" but are shipped in large cartons which contain a quantity of garments.
8. *Does the Navy League open the "Ditty Bags" at Headquarters before shipping them to the ports?*
Definitely No—unless the bags are not well filled, in which case extra comforts may be added. Ditty Bags are considered by the Navy League as a sacred trust.



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