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AUSTRALIAN COMFORTS FUND

Victorian Division



Guide to Knitting

Standard Socks

Spiral Stocking (Navy)

Long-Sleeve Pullover

Round-Neck Sleeveless Pullover

Scarf

Balaclava Cap

Wrist-Mittens

Cap

for ACTIVE SERVICE

JANUARY, 1940

SOCKS

GENERAL DIRECTIONS

To ensure good results, choose your wool and needles carefully, according to whether you wish to turn out a heavy or a medium weight sock.

Wind the wool very loosely, turning it over three fingers to begin with, and avoid pulling it at all tight.

Cast on **very loosely**, using a larger size needle.

Join the wool always with a "splice," **never** with a knot. To splice the wool, separate the strands and remove some from each of the ends, laying the two together, pointing in opposite directions, damp them slightly, and rub between the palms of the hands, or else use a wool needle and run the ends into each other for two or three inches.

HINTS FOR MAKING SOCKS.—Socks must be cast on loosely, as the tight row round the top will not go over a man's heel or will not go far enough up the leg. There must be **no** knots anywhere in socks. The toes must be grafted off neatly as in pattern, and must **not** be grafted tightly. Finishing thread must be run down side of the toe, and not across or under the grafting. There must be **no** tightness anywhere in socks.

PATTERN FOR SOCKS MADE OF "GOLD LABEL" OR "WILDFLOWER" SPORTS WOOL.

Cast on 52 stitches and use No. 10 needles. 26 stitches on 1 needle, 13 on 2 needles.

Cast on loosely so that it will stretch to 14½ or 15 inches.

Knit 4½ inches of 1 plain, 1 purl rib.

Knit plain till leg measures 12 inches.

Now knit heel flap on needle with 26 stitches. 1 plain row, 1 purl row, till the flap measures 2½ inches.

Now turn heel, starting on plain row.

Always slip the first stitch of every row, both purl and plain.

Knit 16, 2 together, 1 beyond. Turn.

Purl 8, 2 ,, 1 ,, ,,

Knit 9, 2 ,, 1 ,, ,,

Purl 10, 2 ,, 1 ,, ,,

Knit 11, 2 ,, 1 ,, ,,

Purl 12, 2 ,, 1 ,, ,,

Knit 13, 2 ,, 1 ,, ,,

Purl 14, 2 ,, 1 ,, ,,

Knit 15, 2 together.

Purl 15, 2 together.

This leaves 16 stitches on the needle.

Knit plain 8 stitches, use another needle, knit 8 stitches, then pick up 12 along the side of the heel flap. Knit all 26 stitches of instep needles on to one needle. Pick up 12 stitches along the other side of the heel flap and the 8 left on the heel needle. Stitches are now:—26 on one needle and 20 on two needles.

Decrease for foot:—

Knit instep needle plain.

1st side needle, knit 1, knit 2 together, knit to the end of the row.

2nd side needle, knit to the last 3 stitches, knit 2 together, knit 1.

Next round knit plain.



Repeat these two rounds till the side needles are reduced to 13 on each needle.

Continue plain knitting till the foot measures 9 inches from the back of heel.

Decrease for toe as follows:—Start with the instep needle. Knit 1, knit 2 together, knit to the last 3 stitches, knit 2 together and knit 1.

1st side needle knit 1, knit 2 together, knit to the end of the needle.

2nd side needle knit to the last 3 stitches, knit 2 together and knit 1.

Next round knit without decreasing.

Continue these two rounds till there are 10 stitches on the instep needle and 5 on each of the side needles. Slip stitches on side needles on to one needle, making 10 stitches on 2 needles.

Graft the toe as follows:—

Break the wool from the ball, leaving about 18 inches. Thread into a wool needle.

Bring wool from the back.

Put needle through 1st front stitch as if to knit and take it off.

Put needle through 2nd front stitch as if to purl and leave it on.

Put needle through 1st back stitch as if to purl and take it off.

Put needle through 2nd back stitch as if to knit and leave it on.

Put needle through 3rd front stitch as if to knit and take it off.

Put needle through 4th front stitch as if to purl and leave it on.

Put needle through 3rd back stitch as if to purl and take it off.

Put needle through 4th back stitch as if to knit and leave it on.

Continue till all the stitches are woven off. Run wool neatly down the side of the toe.

Be very careful not to graft off too tightly.

PATTERN FOR SOCKS KNITTED WITH 4-PLY WOOL.

Use No. 12 needles if tight knitter, or No. 13 needles if loose knitter.

Cast on 64 stitches loosely (so that it will stretch to 14½ or 15 inches). 32 on one needle and 16 on two needles.

Knit 4½ inches of 2 plain and 2 purl rib.

Knit plain till leg measures 12 inches.

Now knit heel flap on needle with 32 stitches, 1 plain row and 1 purl row till flap measures 2½ inches.

Now turn the heel, starting on plain row.

Knit 19, 2 together, and 1 beyond. Turn.

Purl 8, 2 „ „ 1 „ „

Knit 9, 2 „ „ 1 „ „

Purl 10, 2 „ „ 1 „ „

Knit 11, 2 „ „ 1 „ „

Purl 12, 2 „ „ 1 „ „

Knit 13, 2 „ „ 1 „ „

Purl 14, 2 „ „ 1 „ „

Knit 15, 2 „ „ 1 „ „

Purl 16, 2 „ „ 1 „ „

Knit 17, 2 „ „ 1 „ „

Purl 18, 2 „ „ 1 „ „

There are now 20 stitches on the needle.

Knit 10 plain, use another needle, knit 10, then pick up 18 stitches along the side of the heel flap.

Knit all of the 32 stitches of the instep needles on to one needle. Pick up 18 stitches along the other side of the heel flap and the 10 left on the heel needle. Stitches are now 32 on one needle, and 28 on two needles.

Decrease for foot:—Knit instep needle plain.

1st side needle, knit 1, knit 2 together, knit to the end of the row.

2nd side needle, knit to the last 3 stitches, knit 2 together, knit 1.

Next round knit plain.

Repeat these two rounds till the stitches on the side needles are reduced to 16.



Continue knitting plain till the foot measures 9 inches from the back of the heel.

Decrease for toe:—Start with instep needle.

Knit 1, knit 2 together, knit to the last 3 stitches, knit 2 together, knit 1.

1st side needle, knit 1, knit 2 together, knit to the end of the needle.

2nd side needle. Knit to the last 3 stitches, knit 2 together, knit 1.

Next round knit without decreasing.

Continue these two rounds till there are 14 stitches on the instep needle and 7 on each of the side needles. Slip stitches on side needles on to one needle, making 14 stitches on two needles.

Graft the Toe as follows:—

Break the wool from the ball, leaving about 18 inches. Thread into a wool needle.

Bring wool from the back.

Put needle through 1st front stitch as if to knit and take it off.

Put needle through 2nd front stitch as if to purl and leave it on.

Put needle through 1st back stitch as if to purl and take it off.

Put needle through 2nd back stitch as if to knit and leave it on.

Put needle through 3rd front stitch as if to knit and take it off.

Put needle through 4th front stitch as if to purl and leave it on.

Put needle through 3rd back stitch as if to purl and take it off.

Put needle through 4th back stitch as if to knit and leave it on.

Continue till all the stitches are woven off. Run wool neatly down the side of the toe.

Be very careful not to graft off too tightly.

HEEL-LESS SPIRAL SOCK (NAVY).

Four No. 7 needles.

9 oz. of Sports Wool (navy blue).

Cast on 60 stitches **loosely**. Knit 3 inches in 2 plain, 2 purl, rib. Then knit 3 plain, 1 purl for 6 rows, move pattern along 1 stitch every 7th row, until the sock measures 28 inches.

Finish with round toe — knit plain.

Knit together every 9th and 10th stitch. Knit 2 rounds without shaping, after each of following rows:—

4th row, knit together every 8th and 9th stitch.

7th „ „ „ „ 7th „ 8th „ ✓

10th „ „ „ „ 6th „ 7th „ ✓

13th „ „ „ „ 5th „ 6th „ ✓

16th „ „ „ „ 4th „ 5th „ ✓

Run a thread through the remaining stitches, draw together, without making a lump. Run wool down side sock.

MAN'S PULLOVER, FOR NAVY (in two sizes)

Materials.

Sports Wool—Navy Blue (a) 16 oz., (b) 16 oz.

Knitting Needles—1 pair each Nos. 6 and 10.

A set of four No. 10 (with points at both ends).

Measurements.

Length from top of shoulder: 22 ins., or length desired.

Width all round under arm: (a) 38 in: (b) 40 ins.

Length of sleeve from underarm: 21 ins.

Abbreviations.

K—knit plain. P—purl. Tog.—together.

Tensions.

The instructions are written for the smaller size (a). The instructions for the larger size (b) are written in brackets, thus: ().

The Front: Using the No. 10 needles, cast on 86 (92) stitches.

1st Row: K2, * P1, K1. repeat from * to the end of the row. Rib for 4 ins.

(a) K2, P1, K1. *(P1, K1) three times, P1, increase once in the next stitch, repeat from * to the last two stitches P1, K1. (96 stitches).

(b) K2 *(P1, K1) four times, increase once in the next stitch, (K1, P1) four times, increase once in the next stitch repeat from * to the end of the row. (102 stitches).

Using the No. 6 needles, proceed as follows:—

1st Row: Knit plain.

2nd Row: Knit, purl.

Repeat the first and second rows until the work measures 14 inches from the commencement, ending with a purl row.

Cast off 9 stitches at the beginning of each of the next two rows.

Decrease once at the beginning and end of the needle in every alternate row six times.

Continue without shaping until the work measures 19 inches from the commencement, ending with a purl row.

In the next row K23 (26) turn. Work on the first 23 (26) stitches as follows:—

Decrease once at the neck edge in every alternate row until 20 (23) stitches remain. Work 10 rows without shaping.

Shape the the shoulder as follows:—

1st Row: K1, purl to the last 6 (7) stitches, turn.

2nd Row: Knit plain.

3rd Row: K1, purl to the last 12 (14) stitches, turn.

4th Row: Knit plain. Cast off.

Slip the first 20 stitches on to a spare needle and work the last 23 (26) stitches to correspond with the other shoulder.

The Back: Work exactly as given for the front until the armhole is reached, ending with a purl row.

Proceed as follows:—

Cast off 9 stitches at the beginning of each of the next two rows.

Decrease once at the beginning and end of the needle in every alternate row six times.

Continue in plain smooth fabric until the back armhole measures same as front armhole, ending with a purl row.

Shape for the shoulders as follows:—

1st and 2nd Rows: Work to the last 6 (7) stitches, turn.

3rd and 4th Rows: Work to the last 12 (14) stitches, turn.

5th and 6th Rows: Work to the last 20 (23) stitches, turn

7th Row: Work to the end of the row. Cast off.

The Sleeves: Using the No. 6 needles, cast on 20 stitches. Work in plain, smooth fabric, casting on 2 stitches at the end of every row, until there are 76 stitches on the needle.

Continue in plain, smooth fabric, decreasing once at the beginning and end of the needle in every 6th row, until 48 stitches remain.

Continue without shaping, until the work measures 23 inches from the commencement, ending with a purl row.

Using the No. 10 needles, proceed as follows:—

1st Row: K1, P1 to the end of the row. Repeat this row for three inches. Cast off **loosely**.

Work another sleeve in the same manner.

THE COLLAR.—Join the shoulder seams. Using the four No. 10 needles, knit up 26 stitches across the back, 24 down the left side, the 20 stitches from the spare needle and 24 stitches up the right side of the neck.

Work in rounds in rib of (K1, P1) for 5 inches.

Cast off **very loosely**.

TO MAKE THE PULLOVER: With a slightly damp cloth and warm iron, press lightly. Sew up the side and sleeve seams.

Sew in the sleeves, placing seam to seam.

ROUND-NECK SLEEVELESS PULLOVER.

9 oz. of 4-ply wool.

1 pair No. 12 needles.

1 pair No. 9 needles.

4 No. 12 needles, pointed at each end, for neck and sleeves.

Instructions are written for the smaller size. Instructions for larger size are written in brackets: ().

Back.—Use 2 No. 12 needles and cast on 128 (140) stitches **loosely**.

Knit 1 plain, 1 purl, rib for $7\frac{1}{2}$ inches. (This can be done inexpensively at any knitting shop.)

Change to 2 No. 9 needles and cast 1 extra stitch, making 129 (141) stitches. Knit 2, purl 2, all along row, ending with 1 plain.

Repeat this row for 9 (10) inches. Cast off 16 stitches at the beginning of each of the next 2 rows for armholes.

Continue pattern for 9 (10) inches without alteration.

Work shoulder and neck as follows, working in pattern throughout:—

Knit 33 (37), cast off 31 (35), knit 33 (37).

Leave first 33 (37) stitches on spare needle.

Work second 33 (37) stitches for 1 inch and cast off.

Break off wool.

Finish other shoulder in similar manner.

Front.—Knit front exactly as back, till 4 (5) inches above the armholes.

Knit 37 (41), put next 23 (27) on safety pin.

Knit 37 (41).

Knit back to neck, turn, knit 2 together, knit to end of row.

Repeat these 2 rows 3 times.

Knit 33 stitches (37 stitches) for $3\frac{1}{2}$ inches. Cast off.

Knit other shoulder in similar manner. Sew shoulder and underarm seams.

Neck.—With 4 No. 12 needles, pick up 23 (27) stitches on safety pin—57 on first side, 31 (35) on back, and 57 on second side. Knit 1 plain, 1 purl rib for $1\frac{1}{4}$ inches. Cast off **loosely**.

Armhole.—Pick up 184 (194) stitches evenly round each armhole with 4 No. 12 needles. Knit 1 plain, 1 purl rib for $1\frac{1}{4}$ inches. Cast off **loosely**.

SCARF.

Only one description of a scarf is given in detail, as knitters will like to vary patterns, but none should be less than 10 inches wide, or less than 54 inches long.

Wools and Needles.—The following will give 12 inches in width, 54 in length. Sports wools such as "Gibsonia Wheeling" or "Wild Flower," 9 to 10 oz. required.

Needles, No. 5 or No. 4, if you knit tightly.

Cast on **loosely** 57 stitches (a multiple of 4 plus 1). Beginners may prefer to knit perfectly plain, no pattern from beginning to end, back and front the same. But the pattern that follows is very simple, and makes the scarf springy.

Pattern.—Knit plain your 57 stitches for 6 rows. This makes a finish, and is repeated at the other end.

After this, no variation. Knit 2, purl 2 all along 56 stitches, and knit the 57th plain. Repeat until desired length. Knit six plain rows to finish. The casting off must be very **loose**, otherwise the scarf will not stretch.

You may like to knit a narrow strip of contrasting colour about 3 or 4 inches from the end, except in navy, which must be plain.

Fringes are not wanted.

Variations on this are to use heavier wool, putting 53 stitches on No. 4 needles, or to make a light-weight soft scarf of 4-ply super-fingering, using 65 stitches on No. 6 needles.

"BALACLAVA" CAP.

Wools and Needles.—Use a good sports wool.

Needles, No. 8. A set of four with points, and a pair of longer ones with heads; also No. 8.

Neck.—Cast on **very loosely** 88 stitches—same as for a sock. Knit four rows plain, then 2 plain, 2 purl for 6 inches.

Chin Opening.—Thread 18 stitches on a length of thread or a big safety pin, and leave them.

Back of Head.—Now use your longer needles and knit plain, backwards and forwards, the 70 remaining stitches for 58 rows, equals 6 inches.

Top of Head.—Beginning at right hand, knit 46 and take in 1, by slipping a stitch, knitting 1 and pulling over the slipped stitch. Turn and knit back 23, and repeat the decrease in the



same way, and turn. This is repeated, taking in at end of each row till all the side stitches are knitted up, and you have only 24 stitches. The wool is to be broken, leaving a good tag.

Face Band.—Resume your 4 needles and begin again on the 18 stitches left for the chin. Knit 2 plain 2 purl following round the side of the face, picking up 29 stitches—24 across the top—29 down the other side, making a total of 100 stitches. Knit 2 plain 2 purl for 11 rows (equals $1\frac{1}{2}$ inches). **Cast off loosely.**

WRIST-MITTENS.

4-ply wool or sports wool.

Cast on 56 stitches loosely. Knit 2 plain, 2 purl for 8 inches. **Cast off loosely.**

CAP.

1 oz. of 4-ply wool.

Four No. 10 knitting needles.

Cast on 96 stitches (for 22 inch head).

Knit 2 plain, 2 purl for 7 inches for head band.

Knit plain for top of cap, decreasing at the end of each needle (by knitting 2 together) every other row till 8 stitches remain on the needle. Draw the thread through these 24 stitches and end off.