

# Women & War.



How to Knit and Crochet Articles  
necessary to the Health AND Comfort  
of our Soldiers and Sailors.

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Helmet.

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# How to Knit and Crochet Articles necessary

TO THE

## Health and Comfort of our Soldiers and Sailors.

### Knitted Balaclava Helmet.

Fig. 1.

Materials required, 4 ounces of Athletic (Regd) Double Knitting Wool, 4-9 inch Steel Knitting Needles, size 11.

Cast on 90 stitches, placing 30 on each needle, and knit 60 rounds of ribbing, 3 plain 3 purl.

Then knit 63 stitches plain. Keep these stitches upon 2 needles and leave the remaining 27 stitches unworked for the present.

Work 75 rows of plain knitting upon 63 stitches, always slipping the first stitch of every row.

77th row, Slip 1, knit 39, knit 2 together knit 1, turn, slip 1, knit 18, knit 2 together, knit 1, turn, repeat until all the stitches are worked off and there are 21 upon the needles. Knit all these stitches on 1 needle, pick up and knit 38 stitches down the side of the flap, with the second needle rib the 27 stitches that were left unworked, with the third needle pick up, and knit 38 stitches up the second side of the flap.

Round the face work, 1st round, knit 21, knit 2 together, knit 34, knit 2 together, rib 27, knit 2 together, knit 34, knit 2 together.

2nd round, purl 21, purl 2 together, purl 32, purl 2 together, rib 27, purl 2 together, purl 32, purl 2 together.

3rd round, knit 21, purl 2 together, purl 30, purl 2 together, rib 27, purl 2 together, purl 30, purl 2 together.

4th round, purl 21, knit 2 together, knit 28, knit 2 together, rib 27, knit 2 together, knit 28, knit 2 together.

5th round, knit 21, knit 2 together, knit 26, knit 2 together, rib 27, knit 2 together, knit 26, knit 2 together.

6th round, purl 21, purl 2 together, purl 24, purl 2 together, rib 27, purl 2 together, purl 24, purl 2 together.

7th round, knit 21, purl 2 together, purl 22, purl 2 together, rib 27, purl 2 together, purl 22, purl 2 together.



Fig. 1. Knitted Balaclava Helmet.

8th round, purl 21, knit 2 together, knit 20, knit 2 together, rib 27, knit 2 together, knit 20, knit 2 together.

9th round, knit 41, knit 2 together, rib 27, knit 2 together, knit 20.

10th round, purl 3, knit 3, repeat to the end of the round.

Work 7 more rounds of ribbing and cast off.

### Helmets.

If earholes are required in the helmets, slits can be cut and securely buttonholed round with wool or bound with tape or braid.

**Balaclava Helmet.****(Crochet).**

Fig. 2.

Materials required, 6 ounces of Athletic (Regd.) Double Knitting Wool and a crochet hook, size 9.

Make 78 chain.

1st row, miss 2 (to stand for a double crochet), 25 d.c. 35 trebles, 10 d.c. 5 slip stitches.

2nd row, turn with 1 chain, 5 slip stitches, 10 d.c. 35 trebles, 26 d.c. In this and all succeeding rows work into the back threads of the stitches in the preceding row.

Turn with 1 chain, 26 d.c. 35 trebles, 10 d.c. 5 slip stitches.

Repeat the last 2 rows twice.

8th row, same as the 2nd row.

9th row, 1 chain, 26 d.c. 35 trebles, 7 d.c. turn.

10th row, 1 chain, 7 d.c. 12 trebles. turn.

11th row, 3 chain (to stand for a treble) 11 trebles, 4 d.c. turn.

12th row, 1 chain, 4 d.c. 12 trebles, turn.

13th row, 3 chain, 11 trebles, 1 d.c. turn.

14th row, 1 chain, 1 d.c. 12 trebles, turn.

15th row, 3 chain, 11 trebles, 5 d.c. turn.

16th row, 1 chain, 5 d.c. 12 trebles.

17th row, 3 chain, 11 trebles, 8 d.c. turn.

18th row, 1 chain, 8 d.c. 12 trebles.

19th row, 3 chain, 11 trebles, 10 d.c. 5 slip stitches. Fasten off.

This completes the piece across the forehead. Miss 15 trebles of the last complete row, counting from the division, and fasten the wool on in the 16th stitch. Make 3 chain to stand for a treble, work 33 trebles.

2nd neck row, turn with 1 chain, 26 d.c. 8 trebles.

3rd row, 3 chain to stand for a treble, 33 trebles.

Repeat the last 2 rows 3 times.

10th row, same as the second row. Break off.

Re-commence at the top of the head and work 5 slip stitches, 10 d.c. 12 trebles, 15 chain to make the second side of the face, 8 trebles, 26 d.c.

Work on these stitches as usual for 8 more rows.

10th row, work 10 d.c. turn and work back on these 10 stitches.

12th row, 1 chain, 11 d.c. turn, and work back.

14th row, 1 chain, 12 d.c. turn, and work back.

16th row, 1 chain, 13 d.c. turn, and work back.

18th row, 1 chain, 14 d.c. turn, and work back.

20th row, 1 chain, 15 d.c. turn, and work back.

22nd row, 1 chain, 26 d.c. 35 trebles, 10 d.c. 5 slip stitches. Work 7 more rows as usual.

30th row, 1 chain, 26 d.c. 35 trebles, 7 d.c. turn.

31st row, 1 chain, 7 d.c. 35 trebles, 10 d.c. 16 trebles.

32nd row, 1 chain, 26 d.c. 35 trebles, 4 d.c. turn.

33rd row, 1 chain, 1 d.c. 35 trebles, 10 d.c. 16 trebles.

34th row, 1 chain, 26 d.c. 35 trebles, 1 d.c. turn.

35th row, 1 chain, 1 d.c. 35 trebles, 10 d.c. 16 trebles.

36th row, 1 chain, 26 d.c. 35 trebles, 5 d.c. turn.

37th row, 1 chain, 5 d.c. 35 trebles, 10 d.c. 16 trebles.

38th row, 1 chain, 26 d.c. 35 trebles, 8 d.c. turn.

39th row, 1 chain, 8 d.c. 35 trebles, 10 d.c. 16 trebles.



Fig. 2.

40th row, 1 chain 26 d.c. 35 trebles, 10 d.c. 5 slip stitches.

41st row, 1 chain, 5 slip stitches, 10 d.c. 35 trebles, 26 d.c.

Work 6 more rows.

48th row, 1 chain, 15 d.c. turn and work back

50th row, 1 chain, 11 d.c. turn and work back

52nd row, 1 chain, 13 d.c. turn and work back

54th row, 1 chain, 12 d.c. turn and work back

56th row, 1 chain, 11 d.c. turn and work back

58th row, 1 chain, 10 d.c. turn and work back

60th row, 1 chain, 15 d.c. and break off the thread.

Sew up the helmet matching the ribs exactly and fitting the gusset neatly. Gather the top of the helmet and join it closely. Work 3 rounds of double crochet round the face working each stitch into both threads of the preceding round.

**Helmets.**

If earholes are required in the helmets, slits can be cut and securely buttonholed round with wool or bound with tape or braid.

**Abdominal or Cholera Belt.**

Fig. 3.

This merely consists of a long straight piece of knitting pointed at one end. It should measure from 6 to 8 inches in width, and from two and a half to three yards and upwards in length according to the proportions of the wearer. This piece of knitting is wound round the body thrice in a slightly spiral direction, and is fastened at the point with a small safety pin. It always fits closely and remains comfortable as long as it lasts.

The most suitable stitch for a belt of this kind is dice pattern (*see illustration*). Athletic (Regd.) Double knitting Wool and two steel knitting needles, No. 13, are suitable materials. The quantity of material depends upon the size of the belt; a belt measuring 7 inches in width will use about 1 skein of wool for each foot in length.

For a 7 inch belt cast on 60 stitches.

1st row, \*knit 4, purl 4, repeat from \* ending with knit 4.

2nd row, \* purl 4, knit 4, repeat, ending with purl 4.

3rd row, same as 1st.

4th row, same as 2nd.

5th row, same as 1st.

Repeat these five rows until you have completed the length you wish (2½ yards is an average size), then make the pointed end as follows:—Decrease at the beginning of each row by knitting or purling together the 2nd and 3rd stitches, taking care to follow the pattern. When only 4 stitches remain cast off.

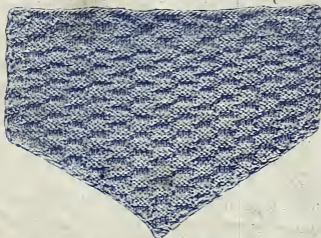


Fig. 3. Abdominal or Cholera Belt.

**Bedsock without Heel.**

Very easy to make.

Fig. 4.

Materials required, 5 oz. Athletic (Regd.) Double Knitting Wool and two bone needles No. 5.



Fig. 4. Bedsock without Heel.

Cast on 24 stitches knit 2, purl 2, until a length of 18 inches is made.

For the toe.

Knit two together, knit plain, to within 2 stitches of the end, knit two together.

Next row, purl.

Continue in this way decreasing at the beginning and end of the knitted row until 12 stitches are left on the needle. Cast off. Two pieces like this are required to make each sock.

Place the two pieces together and sew up each side and round the toe, and this makes a sock to fit any size of foot.

**Socks for our Soldiers.**

Fig. 5.

The soft, fine wools which suit admirably for our city men, are quite useless to a soldier who would tramp them into holes in a couple of days marching; but the hard wearing wools which we supply to our men when they go off for shooting are the very things for the march.

Socks of 10, 10½ and 11 inch measurement will provide for men whose heights vary from 5 feet 3 inches to 6 feet 2 inches. The proportion of each size should run thus:—in every dozen pairs of socks there should be 3 for 10 inches, 6 for 10½ inches, and 3 for 11 inches.

**Don't** use such fine needles that the knitting will be close and unelastic; or when the socks shrink, as they are liable to do, they will become like boards.

**Don't** end off the toe in a sharp point, as the foot never fills this.

**Don't** knit the heel too short, or it will drag into a hole almost immediately; a heel should be as long as it is broad.

It is knitted with Marvel Knitting 4-ply Wool, Khaki colour, and four needles, No. 11. Foot measure 10½ inches.

Cast on 60 stitches, 20 on each needle, and knit a ribbing of knit 3, purl 3 for 36 rounds. Raise an odd stitch for the seam and knit 60 rounds of plain knitting, then divide for the heel thus;—Put 15 stitches on either side of the seam stitch upon one needle, leave the remaining 30 stitches for the instep upon 2 needles. Knit 30 rows backwards and forwards, alternately plain and purl, knitting the seam stitch in the purl rows and purling it in the plain. The first stitch in each row should be slipped.

Narrow the heel thus:—

31st row, knit 5, slip and bind (i.e., slip 1, knit 1, pass the slipped stitch over the knitted one), knit 6, knit two together, purl the seam stitch, slip and bind, knit 6, knit two together, knit 5.

32nd row, purl.

33rd row, knit 5, slip and bind, knit 4, knit 2 together, purl the seam stitch, slip and bind, knit 4, knit 2 together, knit 5.

34th row, purl.

35th row, knit 5, slip and bind, knit 2, knit 2 together, purl the seam stitch, slip and bind, knit 2, knit 2 together, knit 5.

36th row, purl.

37th row, knit 5, slip and bind, knit 2 together, purl the seam stitch, slip and bind, knit 2 together, knit 5. There should now be 7 stitches at each side of the seam stitch. Put the 30 instep stitches upon one needle, as a third needle will be necessary for the closing of the heel. Purl to the seam stitch and cast off the heel as follows:—Knit the seam stitch on to the third needle, place the 2 heel needles together side by side, turning in the right sides of the work. \*Knit 1 stitch off each needle together, draw the 1st, or seam stitch, over the second, repeat from \* till all are cast off and only a loop remains.

Turn the heel right side out; keep the heel half of the sock next you, and pick up the stitches on the left side of the heel with the needle on which the loop remains; after every three stitches picked up, increase by putting the wool once over the needle. There should be 25 stitches on the needle. Knit the instep needle and pick up the stitches on the 2nd side of the heel. There should be 24 stitches on the third needle.

1st round, knit to within 3 stitches of the end of the first needle, knit 2 together, knit 1, knit instep needle; on 3rd needle, knit 1; slip and bind, knit the remainder.

2nd round, plain. Repeat these two-rounds until you have 60 stitches on the needles. Knit plain rounds until you complete 70 rounds counting from the heel.

Narrow for the toe as follows:—

1st round, 1st needle knit until 3 stitches remain, knit 2 together, knit 1; 2nd needle knit 1, slip and bind, knit until three stitches remain, knit 2 together, knit 1, 3rd needle knit 1, slip and bind, knit the remainder. Knit three plain rounds.

5th round, same as the 1st, knit 2 plain rounds.

8th round, same as the 1st.

9th round plain. Repeat these 2 rounds until a 3rd of the stitches (20) remain.

Put the sole stitches all on one needle, and close the toe by casting off the stitches on both needles together as you did at the heel. Fasten off the ends of wool neatly by running them in and out of the knitting.



Fig. 5. Knitted Sock.

**TABLE**

Size of Foot	Stitches to Cast on.	Rounds of Ribbing.	Rounds Between Ribbing and Heel.	Heel Rows.	Rounds from Heel to Toe	Narrowings
<b>WOOL KNITTING, 10 ROWS TO THE INCH.</b>						
10in.	57	33	57	28	57	
10½in.	60	36	60	30	60	
11in.	63	39	63	32	63	
<b>WOOL KNITTING, 12 ROWS TO THE INCH.</b>						
10in.	69	42	69	34	69	
10½in.	72	45	72	36	72	
11in.	75	50	75	38	75	
<b>WOOL KNITTING, 14 ROWS TO THE INCH.</b>						
10in.	80	56	80	40	80	
10½in.	84	60	84	42	84	
11in.	88	64	88	44	88	

## Knitted Muffler.

Fig. 6.

Brioche stitch has always been a most popular stitch for a muffler as it is at the same time thick, soft, and elastic. A really comfortable woollen muffler should be about a quarter of a yard in width, and not less than two yards in length. Penelope (Regd.) Double Knitting Wool and two bone needles, No. 8, are suitable materials to use.



Fig. 6. Knitted Muffler.

Cast on 54 stitches, or any number you wish divisible by 3, and knit the 1st and every following row thus—\*Make a stitch by putting the wool over the needle, slip a stitch, knit 2 together; repeat from \*. It takes two rows of brioche to make one complete row of knitting. A fringe should be added to each end of the muffler when the knitting is complete. This is done by winding the wool over a book and cutting it in lengths. Take two lengths together and double them in half, draw the centre through a stitch and pass the ends through loop.

## Bed Socks.

Fig. 7.

Materials required.—Four bone needles, No. 7, with knobs on the ends, 4 oz. Athletic (Regd.) Double Knitting Wool.

Cast on 48 stitches, knit 18 rows, 2 plain, 2 purl. Do plain knitting for 26 rows, knit plain for 18 stitches, increase a stitch by picking up a stitch from the previous row, and then knitting it, knit plain for 12 stitches, then increase 1 stitch by picking up a stitch from the previous row and knitting it, turn, knit plain across these 14 stitches 36 times, including the first time, decrease by knitting

two stitches together at the beginning and end of 37th row, knit three rows plain without decreasing, then decrease at the beginning and end of the next row, knit the next row plain, decrease at the beginning and end of the next row, knit one row plain.

There will be now 8 stitches left at the end of the narrow strip. Break off the wool.

Take the ball of wool and tie it to the sock at the end of the first 18 stitches, then pick up 23 stitches at the side of the narrow centre strip. Take another needle and then knit across the 8 stitches, and pick up 23 stitches down the other side of the strip, and knit across the remaining 18 stitches.

There should now be 90 stitches on three needles.

Next knit plain for 13 rows, knit 2 together, knit 35, knit 2 together, knit 5, knit 2 together, knit 5, knit 2 together, knit to end of row and knit the last two stitches together, knit 3 rows plain, knit 2 together, knit 33, knit 2 together, knit 5, knit 2 together, knit 5, knit 2 together, knit to end of row, and knit the last two stitches together, knit one row plain, knit 2 together, knit 30, knit 2 together, knit 5, knit 2 together, knit 5, knit 2 together, knit to end of row, and knit the last two stitches together, knit one row plain, cast off.

Sew up down the back and across the bottom of the foot.



Fig. 7. Bed Socks.

## Knee Cap in Plain Knitting.

Fig. 8.

These knee caps are quickly made and easily enlarged or reduced in size if required. If a larger size is needed, either use larger knitting pins or do more of the plain rows before the increasing and after the decreasing. If smaller, do fewer plain rows. Or, if preferred, the difference in size can be made in the plain rows in the middle of the knee cap.

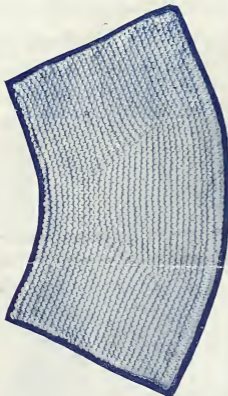


Fig. 8.

Materials required, a pair of short bone knitting needles, No 7, or for a loose knitter, No 8, and 3 oz. of Marvel Knitting 4 ply, or any other soft wool about the same thickness.

Cast on 44 stitches.

Knit 20 plain rows.

21st row, Knit 19, increase 1 on 20th stitch knit 4, increase 1 on next stitch, knit 19.

22nd row, Plain.

23rd row, Knit 19, increase 1, knit 6, increase 1, knit 19.

24th row, Plain.

25th row, Knit 19, increase 1, knit 8, increase 1, knit 19.

26th row, Plain.

Go on in this way, increasing in each alternate row, and each time knitting 2 more between the increases, until there are 66 stitches in the row.

Knit 36 plain rows.

Next row, Knit 20, knit 2 together, knit 22, knit 2 together, knit 20.

Next row, Plain.

Next row, Knit 20, knit 2 together, knit 20, knit 2 together, knit 20.

Next row, Plain.

Continue decreasing in this way in each alternate row, knitting two less every time between the decreases until there are 44 stitches in the row.

Then knit 20 plain rows.

Cast off and sew up.

## Soldier's Crochet Mitten.

### Plain Pattern (not illustrated.)

Quantity of wool required: 3 skeins of Baldwin & Partners 4-ply fingering, and small crochet needle.

Chain 40.

1st row, double crochet into every chain.

2nd row, double crochet right through both threads, repeat this row 20 times.

For Thumb. 1st row, double crochet 7 times, then twice into the 8th, once into the 9th, and twice into the 10th, and once into the round.

2nd row, double crochet all the way round.

3rd row, double crochet 7 times, then twice into the 8th, once into the 9th, 10th, 11th and twice into the 12th, and once into the remainder.

4th row, double crochet all the way round.

5th row, double crochet 7 times, then twice into the 8th, once into the 9th, 10th, 11th, 12th, and twice into the 14th, and once into the remainder.

6th row, double crochet all the way round.

7th row, double crochet 7 times, then twice into the 8th, and once into the 9th, 10th, 11th, 12th, 13th, 14th, 15th, and twice into the 16th, and once into the remainder.

8th row, double crochet all the way round.

9th row, double crochet 7 times, then twice into the 8th, and once into the 9th, 10th, 11th, 12th, 13th, 14th, 15th, 16th, 17th, and twice into the 18th, and once into the remainder.

10th row, double crochet all the way round.

11th row, double crochet 7 times, then twice into the 8th, and once into the 9th, 10th, 11th, 12th, 13th, 14th, 15th, 16th, 17th, 18th, 19th, and twice into the 20th, and once into the remainder.

12th row, Double crochet once into the first 21 stitches, then chain 2 and double crochet into the 9th from the beginning and work round and round these 15 stitches for 9 rows, end off and begin again at the hand, pick up 2 where you added them for the thumb and double crochet round and round for 17 rows.

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