

## **Knitting for Our Troops**

### **Materials:**

-Washable/superwash wool (Moda Dea washable wool or Cascade 220 superwash both work great) OR Lion Brand Lion Wool (100% wool) or any soft washable wool that will knit to gauge. Colors suggested by the USO- masculine browns, blues, olives, russets, and black.

You may use any material you have on hand but if you want to make a cap for troops to wear under his or her helmet for extra warmth while on duty, please use 100% wool. Armed Forces are not allowed to wear synthetics "outside the wire" or off the base. Wool is inherently non-flammable, won't melt against the skin in the event of an accident and is warm even when wet. Please include the fiber content and care instructions with each cap (the skein wrapper is perfect). That way, each cap will be properly labeled for on-duty or off-duty wear.

Size 7 or 8 –16" circular needle or size to obtain gauge.

Size 7 or 8 double point needles or size to obtain gauge. NOTE: if you knit with loose or medium tension, size 7 needles will make a snug, close-fitting hat, perfect for everyday wear and will fit well under a helmet. Use size 8 needles if your tension is tight.

One stitch marker.

**Gauge:** 4.5 st/in, in St stitch

### **Instructions**

With circular needle, cast on 90 stitches. Being careful not to twist the cast on stitches, place stitch marker and join row together.

Rows 1-3: K1, P1 ribbing.

Row 4: Increasing 1 stitch in first stitch, knit around – 91 sts. Continue knitting every round for 4" above ribbing. (Do not include the edge ribbing in the measurement).

#### **Begin decrease:**

Round 1: (K11, k2tog) 7 times – 84 sts

Round 2: Knit

Round 3: (K10, k2tog) 7 times – 77 sts

Round 4: Knit

Round 5: (K9, k2tog) 7 times – 70 sts

Round 6: Knit

Round 7: (K8, k2tog) 7 times – 63 sts

Round 8: Knit

Round 9: (K7, k2tog) 7 times – 56 sts

Round 10: Knit

Round 11: (K6, k2tog) 7 times – 49 sts

Round 12: Knit

(Switch to double pointed needles when rows become tight.)

Round 13: (K5, k2tog) 7 times – 42 sts

Round 14: Knit

Round 15: (K4, k2tog) 7 times – 35 sts

Round 16: (K3, k2tog) 7 times – 28 sts

Round 17: (K2, k2tog) 7 times – 21 sts

Round 18: (K1, k2tog) 7 times – 14 sts

Round 19: (k2tog) 7 times – 7 sts

Cut yarn, leaving a 6" tail. Thread tail through remaining 7 sts. Pull tight and secure.