

Top-down Helmet Liner



I began making these liners from the top because I wanted to get the fiddly part over with early. Somehow it seems to knit up faster this way. Could be just my imagination...

This pattern is written using two stitch counts taken from the popular patterns we have been using which start with the ribbing at the bottom. Gauge ranges are 4.5 OR 5 stitches per inch. Therefore, using two different gauges and two different stitch counts, we will produce liners four different head sizes. Be sure to use the correct needle size to attain gauge. (I knit loosely, so I use #3 and #4 needles. Most knitters use #6 to #8.)

Begin with a flexible 24 or 29 cable for the magic loop portion and then switch to a 16" circular when circumference allows.

Use 100% wool Worsted weight yarn ~ 175 yards in subdued colors only: khaki, charcoal, brown or black.

Top: Note: the smaller size has 8 spiral spokes around the top and the larger has 7.

Cast on 8 (7) stitches (I use the [Emily Ocker](#)¹ method). Carry the yarn tail up through the piece so that it will mark the beginning of rounds.

Rd 1: and every odd numbered round: knit.

Rd 2: K1, M1² around. 16 (14) stitches

Rd 4: K2, M1 around. 24 (21) stitches

Rd 6: K3, M1 around. 32 (28) stitches

Rd 8: K4, M1 around, 40 (35) stitches

Continue in this manner to...

Small Size: Round 20: k10, M1 88 stitches

Larger Size: Round 24: K12, M1 91 stitches

Knit plain rounds for an additional 4" — 7 to 8" from the top.

Face opening: Cast off 56 (59) stitches. 32 stitches remain.

Neck Rib Section: Place final loop of bind off onto left needle. Using the loop or "e" method, cast on 53 stitches. Join into a circle: With right side facing, slip first stitch on right needle onto left needle and knit it together with the final cast-on stitch³. Knit across the cast on sts on this first round and begin k2, p2 rib on the second round. Continue around (88 stitches) in k2, p2 pattern for 5 to 6 inches. Bind off loosely.

Face Ribbing: Pick up and knit one stitch in each bound off stitch around the face. I never bother to count stitches, but if you need to know, there should be 108 (111). Place a pin at each cheek "corner" to mark placement of mitered decrease.

Begin ribbing, keeping the k2, p2 rib as established across the neck portion and begin a k2, p2 rib over the brow: *Rib to 1 stitch before pin, slip 2 sts as if to knit, k1, pass 2 slipped sts over. [This creates a centered double decrease.]* Repeat between * until rib is about 1" then bind off, secure loose ends, and donate to a worthy soldier.

¹ Video tutorial can be seen here: <http://www.youtube.com/watch?v=SCftljy6OGw>

² Use any method to increase one stitch. My current favorite, from Meg Swansen, is explained [here: http://www.youtube.com/watch?v=p8wQ-4tcpik](http://www.youtube.com/watch?v=p8wQ-4tcpik)

³ If you detect lose stitches at the sides were cast-on joins work, pick up extra yarn from space below and k2tog to tighten.