

Gifts The Men Will Welcome

There is Still Much Need of Knitting for the Heroes Overseas

To Provide Winter Comforts They Will Need in the Trenches

A GAIN, as Christmas draws near, comes the cry: "Give us suggestions! Tell us what we can knit."

And, again the reply is: "Don't look for novelties. Knit the necessities." The men on active service still need the warmth and the comfort they needed in the first year of the war. The lapse of time has only accentuated their discomforts.

No Christmas gift you can think of will be more acceptable than those outlined in the accompanying illustrations. Each design has explanatory directions that should be followed faithfully.

For the benefit of the woman who has not yet learned to knit, and who wants to begin on these articles, it may be said that not one of these garments is complicated, and the most necessary, the sweater, the wristlets and bed sock represent really, the A, B, C of the knitting art.

In regard to the yarn—you may have to give a little more time to the knitting of the rough yarn than to the knitting of smooth yarn, but that time will be well spent because you will be conserving material as well as providing the garment. When you buy be sure you buy the full quantity. It is well to have a little over because sometimes a beginner will make a mistake and be apt to run out, or a little closer knitting will mean more yarn than the looser ones.

Directions Cover Amply



Wristlets

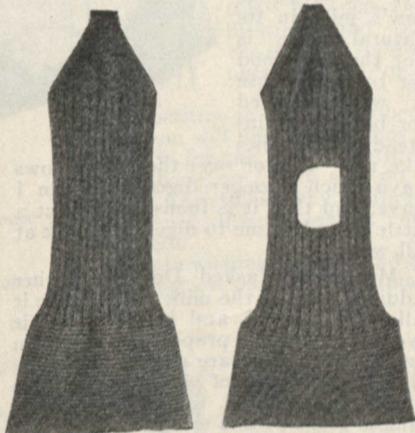
No. 1. $\frac{1}{2}$ hank of yarn ($\frac{3}{8}$ lb.), 1 pair needles. Cast on 48 stitches, knit 2 and purl 2 for 12 inches and sew up, leaving 2 inches open space for thumb 2 inches from the top.

Then always remember to finish your work well and to fasten the thread with great care, and to make ripping an absolute impossibility. If you will finish the neck and the arm-holes with a single crocheted stitch after all the knitting is done, you add greatly to the strength and you prevent that catastrophe of ripping. If you will cast on the stitches for your sweater with a double thread in place of a single one you will make a firm edge that will go a long way toward increasing the durability of the completed garment. Then, when you cast off, break a sufficient length of thread to provide you with two in place of one and knit that last row with the double thread.

In all the directions for the knitting of garments, there is a number of inches given as well as the number of stitches. Be sure you heed those inches carefully because if your needles vary or your wool varies, you must accommodate the number of stitches to the required size. If you are sure you have those correctly selected you can work by stitches only, but if for any reason you are compelled to use a slightly different needle or a wool of a different weight, watch the number of inches



Helmet



Front and Back Views of Helmet

as well as the number of stitches to be sure of the correct garment when the work is done.

It's a Pleasure

KNITTING is really a fascinating work. It is not irksome. It is restful and has a curious quieting effect upon the nerves.

In spite of this, many women have tired of it after about two years of endeavour. They seem to forget that it is still all-important. Take, for



Sleeveless Sweater

instance, the sleeveless sweater as illustrated.

"It is one of the greatest blessings we have yet received" writes one boy to his mother. "The other kind always made our coat sleeves tight and bulky and uncomfortable."

And similarly do they write of the other garments. They expect them—a number of them this Christmas. Let's not disappoint them.

Helmet

One and one-half hanks of yarn ($\frac{3}{8}$ lb.); 1 pair needles. The helmet is made in two parts, which afterward are sewed together.

FRONT OF HELMET: Cast on 48 stitches (11 inches), knit plain for 25 ribs (6 inches) and knit 2, purl 2, for 35 rows. On the next row the opening for the face is made as follows: knit 2, purl 2, knit 2, purl 2, knit 2, knit and bind off loosely the next 28 stitches and purl 1, knit 2, purl 2, knit 2, purl 2. Run the stitches before the opening on a spare needle and on the stitches at other side of opening knit 2, purl 2 for 12 rows. The last row will end at the opening, and at that point cast on 28 stitches to offset those bound off. Begin at the face opening of stitches on spare needle and knit 2, purl 2 for 12 rows. At the end of the 12th row continue all across to the end of other needle, when there should be 48 stitches on needle as at first. Knit 2, purl 2 for 24 rows.

TOP OF HELMET: Knit 2 narrow (knitting 2 stitches together), knit 14, narrow, knit 14, narrow, knit 12. Purl the entire next row. On the 3rd row knit 2, narrow, knit 13, narrow, knit 13, narrow, knit 11. Purl 4th row. On the 5th row knit 2, narrow, knit 12, narrow, knit 12, narrow, knit 10. Purl 6th row. Continue to narrow in the 3 places every plain knitted row with 1 stitch less between narrowings until 9 stitches are left.

BACK OF HELMET: Work in same manner as for front, but omit the face opening. Sew the stitches of upper edges together with joining stitch. Sew up the side seams, leaving the plain knitting at shoulders open.

Sleeveless Sweater

$2\frac{1}{2}$ hanks of yarn ($\frac{1}{2}$ lb.); 1 pair needles.

Cast on 80 stitches. Knit 2, purl 2 stitches for 4 inches. Knit plain until sweater measures 25 inches. Knit 28 stitches, bind off 24 stitches for neck, loose. Knit 28 stitches. Knit 5 ridges on each shoulder, cast on 24 stitches. Knit plain for 21 inches. Purl 2, knit 2 stitches for 4 inches. Sew up sides, leaving 9 inches for arm-holes. 2 rows single crochet around neck and 1 row single crochet around the arm-holes.

Bed-Sock

4 Needles, 1 hank yarn ($\frac{1}{4}$ lb.).

Cast on 48 stitches on 3 needles, 16 on each. Knit plain and loosely for 20 inches. Decrease every other stitch by knitting 2 together with 12 stitches and weave together.

Bed-Sock



The End of a Perfect Day

There is nothing like a brisk day's sport on the ice rink or the bob-sleds to develop rosy-checked, clear-eyed youngsters.

There is nothing like "Vaseline" Camphor Ice for protecting them against chapping from cold winter winds.

Vaseline Camphor Ice

Trade Mark

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You Get Better Cough Syrup by Making it at Home

What's more, you save about \$2 by it. Easily made and costs little.

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Pinex is a highly concentrated compound of genuine Norway pine extract and has been used for generations for throat and chest ailments.

Avoid disappointment by asking your druggist for $2\frac{1}{2}$ ounces of "Pinex" with full directions, and don't accept anything else. A guarantee of absolute satisfaction or money promptly refunded goes with this preparation. The Pinex Co., Toronto, Ont.

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