Suggested yarn: 1 oz. PATONS BEEHIVE Fingering, 3-ply ("Patonised" shrink-resist finish), Natural, 20 yds. Green, also small quantities of coloured wools for zig-zag stripes (4 yds. of each of Dark and Light for each stripe).

Measurements: Width all round head-band (when slightly stretched), 18 ins.

Needles: Two No. 9 "BEEHIVE" Knitting Needles, measured by Beehive gauge.

Tension: 7½ sts. to inch in width (not stretched), must be obtained to give a garment of above-mentioned size. If, using needles recommended, more than 7½ sts. to inch are obtained, needles a size coarser should be tried; if less than 7½ sts., then a size finer. Whatever size of needles found suitable by Knitter, it is absolutely essential that fabric should measure 7½ sts. to inch.

Abbreviations: K.= Knitplain; P.= Purl; st.= stitch; tog.= together; N. = Natural; G. = Green; D. = Dark; L. = Light.

Pattern is worked in by twisting the two colours of wool on wrong side of fabric, that is to say, colour in use is twisted under and over colour not in use, latter being kept at a loose tension, so as to allow correct elasticity to fabric.

RECIPE

Using Natural Wool, cast on 88 stitches.

Work 4 rows in plain knitting.

5th row: Increase once in first st., * (K.1, increase once in each of next 2 sts.) three times, K.1. increase once in next st., repeat from * to last 10sts. (K.1, increase once in each of next 2 sts.) three times, increase once in last st. (there should now be 145 sts. on needle.

6th row: K.1, purl to last st., K.1.

7th row: Knit plain.

8th row: K.1, purl to last st., K.1. Join in Green Wool.

9th row: * K.1G., IN., repeat from * to last st., 1G

10th row: K.1N., * P.1G., 1N., repeat from * to last 2 sts., 1G, K.1N. Break off Green Wool.

11th row: K.5, * increase once in next st., K.6, repeat from * to end of row (there should now be 165 sts., on needle).

12th row: K.1, purl to last st., K.1.

**Join in a length of Dark coloured wool.

13th row: * K.1D.,. 3N., repeat from * to last st., 1D.

14th row: K.1D., P.1D., * 1N., 3D., repeat from * to last 3 sts., 1N., 1D., K.1D. Break off dark coloured wool. Join in a length of Light coloured wool.

15th row: * K.1N., 3L., repeat from * to last st., 1N.

16th row: K.1N., P.1N., * 1L., 3N., repeat from * to last 3 sts., 1L., 1N., K.1N.

Break off Light coloured wool.

Repeat 7th and 8th rows once.

Join in Green Wool.

Repeat 9th and 10th rows once.

Break off Green Wool.

Repeat 7th and 8th rows once**

Repeat from ** to ** once, then from ** to 16th row once.

Break off Light coloured wool

Repeat 7th and 8th rows once.

Join in Green Wool.

Repeat 9th and 10th rows once.

Break off Green Wool.

Proceed as follows:

1st row: Knit plain.

2nd row: * P.2 tog., P.4, repeat

from * to last 3 sts., P.2 tog., K.1.

Repeat from ** to 16th row once.

Break off Light coloured wool.

7th row: Knit plain.

8th row: K.1, P.1, * P.2 tog., P.2, repeat from 8 to last 3 sts., P.2 tog., K.1. Join in Green Wool

Repeat 9th and 10th rows once.

Break off Green Wool.

11th row: Knit plain.

12th row: * P.3 tog., (P.2 tog.) eleven times, repeat from * to last 3 sts., P.3 tog.

Repeat from ** to 16th row once.

Break off Light coloured wool.

17th row: Knit plain.

18th row: K.1, * P.2 tog., repeat from * to end of row.

Repeat 9th and 10th rows once.

Join in Green Wool.

Repeat 9th and 10th rows once. Break off Green Wool. Repeat 17th and 18th rows once. Break off wool and run end through remaining sts.

Draw up and fasten off securely.

TO MAKE UP

With a damp cloth and hot iron, press carefully. Sew up seam, joining by sewing together corresponding ridges (formed by st. knitted at each row)