

## DIRECTIONS FOR KNITTING LEGGINS FOR WOMEN

1. Heavy warm leggings may be knit on either the 72 or 80 needle cylinder using 3/12 Allwear yarn. If a lighter weight is desired 3/16 yarn should be used.
2. Set the knitting up on the machine using all cylinder needles. Draw the set-up hooks close to the needles so that the loops will be very small.
3. With the work set up on the machine place the ribbing attachment on and insert a ribber needle in every fourth slot. (Leave 3 empty slots between each ribber needle.) Adjust the cam for a very loose tension.
4. Knit 75 rounds; tighten the tension one-half turn and knit 100 rounds; knit 40 more rounds tightening the tension one-quarter turn every 10 rounds; tighten the tension another quarter turn and knit 20 rounds; tighten the tension another quarter turn and knit 10 rounds; loosen the tension one-quarter turn and knit 10 rounds; loosen the tension one-half turn and knit 10 rounds.
5. Remove the ribbing attachment, transferring the ribber needle stitches to cylinder needles placed in the cylinder at this time. Lift up out of action the needles back of the dividing marks on the cylinder and knit as you would for a heel, excepting to lift a needle out of action at the end of every second course. That is, instead of lifting a needle up out of action at the end of every course of knitting, knit two courses before you pull a needle up out of action. Instead of leaving 14 or 16 needles down in action knit until there are only 10 needles down in action.
6. When you have completed the first half of the heel push all the needles down into action, including those in front of and in back of the red dividing mark, and knit 4 rounds of knitting. Break the yarn and remove the knitting from the machine.
7. Press the lower end, or the end just completed, of the knitting with a damp cloth and hot iron, pressing it until it is thoroughly dry. Ravel back the four extra rows of knitting. With a darning needle draw a thread through each of the loops. Pull the knitting out as far as you can so the threads will not be tight.
8. A piece of elastic 3 inches in length should be fastened to each side at the bottom to go under the foot.