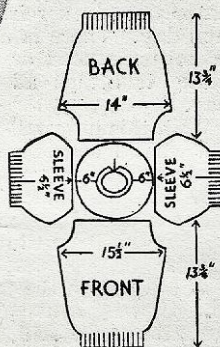


CHARMING To WEAR

—A Cool Little Jumper
You will Love to Knit



make 1, k. 3, make 1. Repeat from * till 4 remain; slip 1, k. 2 tog., p.s.s.o., k. 1.
12th row: P. 2 tog., p. till 2 remain. p. 2 tog. (73 sts.). This completes the armhole decrease.

Repeat the 6 pattern rows twice. Leave sts. on spare needle and fasten off wool.**

Next the Front

With No. 10 needles, cast on 110 sts. and work in single ribbing for 3 inches, but k. 2 tog. at end of the last row only (109 sts.). Change to No. 9 needles, and work as from ** to ** of instructions for back. NOTE: There will be 85 sts. instead of 73 sts. when armhole decreases have been completed.

Work Both Sleeves Alike

With No. 10 needles cast on 80 sts. and work in ribbing of k. 1, p. 1 for 2 1/2 inches, knitting the last 2 sts. tog. on the last row only (79 sts.).

Change to two No. 9 needles and work the 6 pattern rows twice.

13th row: K. twice into 1st st., k. 2. Repeat from * in 1st pattern row till 4 remain; make 1, slip 1, k. 1, p.s.s.o., k. 1, k. twice into last st.

14th and every alternate row: P.

15th row: K. 2. Repeat from * in 3rd pattern row till 1 remains; k. 1.

17th row: K. 1, k. 2 tog. Repeat from * in 5th pattern row till 6 remain; make 1, k. 3, make 1, k. 2 tog., k. 1.

19th row: K. twice into 1st st., k. 3. Repeat from * in 1st pattern row till 5 remain; make 1, slip 1, k. 1, p.s.s.o., k. 2, k. twice into last st.

21st row: K. 3. Repeat from * in 3rd pattern row till 2 remain; k. 2.

23rd row: K. 1, * make 1, slip 1, k. 2 tog., p.s.s.o., make 1, k. 3. Repeat from * till 4 remain; make 1, slip 1, k. 2 tog., p.s.s.o., make 1, k. 1.

25th row: K. twice into 1st st., * k. 4, make 1, slip 1, k. 1, p.s.s.o. Repeat from * till 4 remain; k. 3, k. twice into last st.

27th row: K. 1, * make 1, slip 1, k. 1, p.s.s.o., k. 1, k. 2 tog., make 1, k. 1. Repeat from * to end of row.

29th row: K. 2, * make 1, slip 1, k. 2 tog., p.s.s.o., make 1, k. 3. Repeat from * till 5 remain; make 1, slip 1, k. 2 tog., p.s.s.o., make 1, k. 2. 30th row: P. as usual.

Now decrease for top, thus:

31st row: Cast off 2, k. 3. Repeat from * in 1st pattern row till 1 remains, k. 1.

32nd and 34th rows: Cast off 2, p. to end of row.

33rd row: Cast off 2, k. 2, * make 1, slip 1, k. 1, p.s.s.o., k. 1, k. 2 tog., make 1, k. 1. Repeat from * till 4 remain; make 1, slip 1, k. 1, p.s.s.o., k. 2. 35th row: Cast off 2, k. 1, * make 1, slip 1, k. 2 tog., p.s.s.o., make 1, k. 3. Repeat from * till 1 remains; k. 1. 36th row: As 32nd row.

(Please turn to next page.)

KNITTED in a pretty lacy stitch with a round fancy ribbed yoke, this is an adorable summer jumper, and is surprisingly easy to knit.

MATERIALS.—7 ozs. of "Femina" Botany Fingering wool, 3-ply; 1 pair of No. 10 knitting needles; 1 set of four No. 9 knitting needles with points at both ends, and one set of four No. 11; 1/2 yard of 1-inch-wide ribbon for facing front opening; and a medium-sized crochet hook.

TENSION.—Seven sts. to one inch in width, and 18 rows to 2 inches in depth on No. 9 needles, when jumper will measure 30 inches all round under arms, but owing to the elasticity of knitting, it will suit a 30 to 33-inch bust size.

ABBREVIATIONS.—K., knit; p., purl; st., stitch; sts., stitches; tog., together; p.s.s.o., pass the slipped stitch over. Note: When casting off stitches to decrease at armholes and upper section of sleeves, there will be one stitch left on right-hand needle after each cast off, which is not mentioned in the directions for the rest of the row.

The Back Comes First

With No. 10 needles cast on 93 sts. and work in ribbing of k. 1, p. 1 for 3 inches, knitting the last 2 sts. tog. on the last row only (97 sts.). Change to two No. 9 needles and work in pattern as follows:

** 1st pattern row: K. 3, * make 1 (by

putting wool over needle), slip 1, k. 1, p.s.s.o., k. 4. Repeat from * till 4 remain; make 1, slip 1, k. 1, p.s.s.o., k. 2.

2nd and 4th rows: P.

3rd row: K. 1, * k. 2 tog., make 1, k. 1, make 1, slip 1, k. 1, p.s.s.o., k. 1. Repeat from * to end of row.

5th row: K. 2 tog., * make 1, k. 3, make 1, slip 1, k. 2 tog., p.s.s.o. Repeat from * till 5 remain; make 1, k. 3, make 1, k. 2 tog.

6th row: P.

These 6 rows form the pattern. Repeat them 11 times more (12 patterns in all). Then shape armholes as follows:

1st row: Cast off 2. Repeat from * in 1st pattern row till 4 remain; make 1, slip 1, k. 1, p.s.s.o., k. 2.

2nd row: Cast off 2, p. to end of row.

3rd row: Cast off 2, k. 2. Repeat from * in 3rd pattern row till 4 remain; k. 2 tog., make 1, k. 2. 4th row: Cast off 2, p. to end.

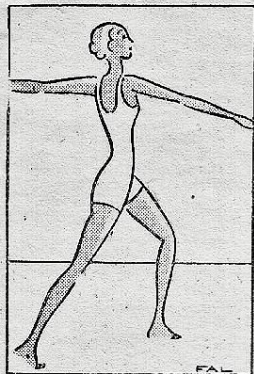
5th row: K. 2 tog., k. 2 tog. Repeat from * in 5th pattern row until 1 remains, k. 1.

6th and every alternate row: P. 2 tog., p. till 2 remain; p. 2 tog.

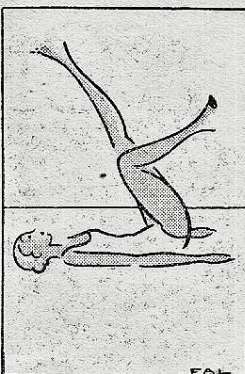
7th row: K. 2 tog., k. 1. Repeat from * in 1st pattern row till 4 remain; make 1, slip 1, k. 1, p.s.s.o., k. 2 tog.

9th row: K. 2 tog., * make 1, slip 1, k. 1, p.s.s.o., k. 1, k. 2 tog., make 1, k. 1. Repeat from * till 7 remain; make 1, slip 1, k. 1, p.s.s.o., k. 1, k. 2 tog., k. 2.

11th row: K. 1, * slip 1, k. 2 tog., p.s.s.o.,



HAPPY WAYS TO SLIMNESS



Do write to your Beauty Editress about all your beauty worries, she would love to help you. Her address is "Woman's Pictorial," The Fleetway House, London, E.C.4, and please enclose a stamped, addressed envelope.

By
JEAN
CLELAND

There are certain facts to which, in this go-ahead age, we must face up. An outstanding one with regard to appearance, is that to wear a middle-aged spread is as out-of-date as wearing a Victorian bustle or leg-o'-mutton sleeves. It just doesn't go with the age. So, if you *have* let your figure spread, the only thing to do is make up your mind that you will start getting it right, straight away—to-day.

Please do not, at this juncture, flick over the page and say, "It's all very well to talk like that, but I'm a busy woman, I haven't time to worry about my figure." Because I'm going to tell you how to do it in just a few minutes every day.

Reasonable diet is necessary for all women after a certain age, but even more important, is regular daily exercise. When a figure begins to spread, the muscles begin to sag; until what was once lithe and agile becomes shapeless and ungainly. The once lovely lines are blurred until nothing of youth is left.

There is no reason on earth for this to happen. Providing you think a

slender, streamline body is worth just ten minutes' exercise before breakfast each day. There is no need for this to be too strenuous or too difficult, providing it brings all the muscles into play.

With this in mind, I am going to give you what I consider to be six comprehensive exercises. Simple and effective, they can be done in under the ten minutes, and if persisted with, will keep the figure beautifully youthful and lissom.

1. Lie flat on the floor, legs stretched straight out, arms at sides. Keeping the arms quite stiff, raise them slowly and touch the floor behind the head. Lower to the sides again. Repeat a dozen times.

2. Sit on the floor, with legs stretched sideways, knees stiff and arms at shoulder level. Keeping the body stiff, and without moving the head, twist first to the right and then to the left, counting four at the end of each twist. Repeat this exercise six times in each direction.

3. Kneel on the floor with back straight and arms folded across the chest. Squat so that you touch the floor in a sitting position, first to the right and then to the left, without moving the knees and returning to the original position between each movement. Repeat half a dozen times each side.

4. Stand erect, bend the body slowly until the finger-tips are touching the floor. Keep the knees stiff, and in this position walk round the room.

5. Stand erect, arms stretched out at shoulder level. Raise the right leg slowly in front. Hold it in this position while you count four, then swing it round to the side, and then the back, pausing to count four between each movement. Repeat, in the same way, with the left leg.

6. Stand erect, arms at sides. Bending sideways to the right, stretch the right hand as far as possible down the right leg. Regain original position, then bend to the left and stretch the left hand as far as possible down the left leg. Repeat alternately a dozen times.



The well-known fingers-touching-the-ground-without-bending-the-knees, is just as good an exercise as ever it was. When you get proficient at doing it in the ordinary way you can do it like this.

(Continued from previous page.)

Repeat rows 31 to 36 inclusive twice more. Leave sts. on spare needle and fasten off wool.

Now for the Yoke

Now with right side of the work facing you, slip the first 42 sts. of front on to a spare needle, then k. off remaining 43 sts. on to a No. 9 needle; then k. off the sts. of one sleeve on to the same No. 9 needle. Then k. off the 73 sts. of the back on to a second No. 9 needle. Now k. off the sts. of the second sleeve on to a third No. 9 needle, then k. off the 42 sts. left from first side of front on to same needle (256 sts.). Now work in rounds as follows:

1st round : * K. 3, p. 13. Repeat from * to end of round. Next 3 rounds : K.
5th round : Same as 1st round.
6th round : K. 7th round : *K. 3, k. 2 tog., k. 11. Repeat from * to end of round.
8th round : K. 9th round : * K. 3, p. 12. Repeat from * to end. 10th and 11th rounds : K.
12th round : * K. 3, k. 2 tog., k. 10. Repeat from * to end of round.
13th round : * K. 3, p. 11. Repeat from * to end of round.
Change to No. 11 needles.
14th, 15th and 16th rounds : K.
17th round : Same as 13th round.
18th round : K. 19th round : * K. 3, k. 2 tog., k. 9. Repeat from * to end of round, turn.

Now work in rows instead of rounds, making the opening at centre front, which will be where the last round finished.

20th row : P. 21st row : * K. 3, p. 10. Repeat from * to end of row. 22nd row : P. 3, * p. 2 tog., p. 11. Repeat from * till 5 remain; p. 2 tog., p. 3. 23rd row : K.
24th row : P. 7, * p. 2 tog., p. 10. Repeat from * till 5 remain; p. 2 tog., p. 3.
25th row : * K. 3, p. 8. Repeat from * to end of row. 26th row : P. 27th row : K.
28th row : P. 6, * p. 2 tog., p. 9. Repeat from * till 5 remain; p. 2 tog., p. 3.
29th row : * K. 3, p. 7. Repeat from * to end of row. 30th row : P. 31st row : K.
32nd row : P. 5, * p. 2 tog., p. 8. Repeat from * till 5 remain; p. 2 tog., p. 3.
33rd row : * K. 3, p. 6. Repeat from * to end of row. 34th row : P. 35th row : K.
36th row : P. 4, * p. 2 tog., p. 7. Repeat from * till 5 remain; p. 2 tog., p. 3.
37th row : * K. 3, p. 5. Repeat from * to end of row. 38th row : P. 39th row : K.
40th row : P. 3, * p. 2 tog., p. 6. Repeat from * till 5 remain; p. 2 tog., p. 3.
41st row : * K. 3, p. 4. Repeat from * to end of row. 42nd row : P. 43rd row : K.
44th row : P. 2, * p. 2 tog., p. 5. Repeat from * till 5 remain; p. 2 tog., p. 3.
45th row : * K. 3, p. 3. Repeat from * to end of row. 46th row : P. 47th row : K.
48th row : P.

Repeat rows 45 to 48 inclusive once (96 sts.). Now continue with the collar as follows : Work in garter-stitch (all rows k.), knitting 2 tog. at the beginning and end of every alternate row until 82 sts. remain. Now shape as follows :

1st and 2nd rows : K. to within 10 sts. of the end, turn. 3rd and 4th rows : K. to within 20 sts. of the end, turn. 5th and 6th rows : K. to within 30 sts. of the end, turn. 7th and 8th rows : K. to end of row. Cast off.

Bow Ties (two alike)

With No. 10 needles cast on 16 sts. and work in garter-stitch, knitting 2 tog. at both ends of every 4th row, until 8 sts. remain. Cast off.

And Last to Make Up

Join all seams. Face each side of front opening with ribbon, and arrange to fasten. Sew bow tie pieces to neck edge at centre front to form a bow. Work 1 row of double crochet round the collar.

COOL *and*

Make yourself this summer
jumper in an openwork
stitch

QUICKLY

Knitted

Materials.—5 hanks of "Surabelle" Knitting Rayon, a pair of No. 12 and No. 6 "Stratnoid" knitting needles, a No. 10 crochet hook.

Measurements.—Length from shoulder, 16 ins.; width all round underarms, 34 ins.; length of sleeve seam, 3 ins.

Tension.—4 sts. to one inch in ptn.

Abbreviations.—K., knit; p., purl; ins., inches; st., stitch; tog., together; cont., continue; ptn., pattern; rep., repeat; beg., beginning; dec., decrease; inc., increase.

Always work into backs of all cast-on sts. to produce firm edges.

THE FRONT

BEGIN at lower edge. Cast on 80 sts. on No. 12 needles and work in a k. 1, p. 1 rib for 3 ins. Change to No. 6 needles. **Next row**—P. tog. every 7th and 8th sts. all along (70 sts.). Cont. in following ptn. **1st row**—* Insert needle into first st., put the silk round both needles, then round the right-hand needle, draw a loop through and slip the loops off left-hand needle; rep. from * to end. **2nd row**—K. These 2 rows form ptn. Cont. in ptn. until work measures 13 ins. from lower edge, finishing after a 1st ptn. row. Shape armholes. Cast off 3 sts. at beg. of next 2 rows, then 2 sts. at beg. of following 2 rows. Work 4 rows in ptn. without alteration. Put these sts. on a spare needle for now.

THE BACK

WORK as for front.

THE SLEEVES (both alike)

USING No. 12 needles, cast on 60 sts. and work in a k. 1, p. 1 rib for one inch. Change to No. 6 needles. **Next row**—P. tog. every 5th and 6th sts. along (50 sts.). Work in ptn. for 6 rows. Shape top. Dec. 1 st. at each end of every 1st ptn. row until 40 sts. remain. Put these sts. on a spare needle for now.

THE YOKE

PUT 20 of the sts. of one sleeve on to a stitch holder, and join silk to the inside edge and rib remaining sts. of sleeve, rib the sts. of front, then rib across 20 sts. of other sleeve, put remaining sts. on a stitch holder for now (100 sts. on needle). Cont. in a k. 1, p. 1 rib for 4 rows. Now dec. 1 st. at each end of every row until 84 sts. remain. Shape shoulder. Cast off 6 sts. at beg. of next 6 rows. Rib 6 rows. **Next row**—* Rib 2, m. 1, k. 2 tog., rep. from * to end. Work 6 rows in rib. Cast off.

Work the front yoke in the same way until 84 sts. remain. Shape shoulders and make the holes thus :—**1st row**—Cast off 6

The original model of this dainty design was knitted in pale blue—so soft and summery it looked

sts., rib 29, (m. 1, k. 2 tog., rib 2) 4 times, rib to end. **2nd row**—Cast off 6 sts., rib to end. **3rd row**—Cast off 6 sts., rib 15, (m. 1, k. 2 tog., rib 2) twice, rib 13, (rib 2, m. 1, k. 2 tog.) twice, rib to end. **4th row**—As 2nd. **5th row**—Cast off 6 sts. (m. 1, k. 2 tog., rib 2) twice, rib 30, (rib 2, m. 1, k. 2 tog.) twice, rib to end. **6th row**—As 2nd. Work 6 rows in rib. Cast off.

TO MAKE UP

PRESS work with a warm iron and damp cloth, sew up shoulder seams. Sew sleeves into lower part of armholes. Sew up side and sleeve seams. Press seams. Make a chain 36 ins. long. Fasten off. Thread through holes at neck, and tie in front.

NEXT WEEK

LOOK out for three jumpers in next week's issue, all of them just right for your holidays. Cool days are bound to occur, even in the sunniest of summers, and a warm jumper is a boon on those occasions. Pick yours from next week's trio.

