**THICK SOCKS**

**NEEDLES No.12 – 6ozs DOUBLE KNITTING WOOL**

Cast on 60 stitches. 20 each on three needles. Work in rib of K2 P2 for 36 rnds or 4 inches.

Plain knitting for 63 rows or 7inches

For heel – put 30sts on first needle, then divide remaining stitches for instep on 2nd and 3rd needles, both of which should be left until heel is finished. On the 30sts, knit alternate plain and purl rows for 30 rows, always slipping first stitch.

To turn heel, K18. sl.1 K1 pass slipped stitch over, turn, P8 P2tog, turn, K8, sl.1, K1 pass slipped stitch over knitted, turn P8, P2tog, turn, K8, sl.1, K1 pass slipped stitch over. Continue working like this until all stitches are worked in, leaving 9 stitches. Decrease to 8 stitches in next round.

For instep – follow on with first needle, and knit up 15 sts on side of heel. Knit onto 2nd needle the 30 sts which were left for instep when commencing heel, then with 3rd needle knit up 15sts on other side of heel while adding first 4 from needle.

K2 rnds. P1 begin to decrease. Knit 3rd and 4th tog. From end of the 1st needle, and on 3rd needle K2, sl.1, K1 pass slipped stitch over. Do this in every 3rd round until there are 15 sts on each of 1st and 3rd needles.

Knit without shaping until work measures 7 inches from where the stitches were knitted up at heel.

For toe, knit to last 3 stitches of 1st needle, K2tog, K1. On instep needles K1, sl.1, K1, pass slipped stitch over. Knit to last 3, K2 tog K1. On 3rd needle K1, sl.1, K1, pass slipped stitch over and knit to end of needle. 1 round purl.

Repeat these last two rnds until 24sts remain. Graft these stitches.

Length of foot should be 11 to 11 ½ ins. - Join together in pairs.

JENNIFER GRAY, 33 MAIN STREET, PORT WILLIAM DG8 9QH

TEL 01988 700948