

To shape heel:

1st row: P10(10, 12) P2tog., P1. Turn.
2nd row: K3, Sl. 1, K1, pssso, K1. Turn.
3rd row: P4, P2tog., P1. Turn.
4th row: K5, Sl. 1, K1, pssso, K1. Turn.
5th row: P6, P2tog., P1. Turn.
6th row: K7, Sl. 1, K1, pssso, K1. Turn.
7th row: P8, P2tog., P1. Turn
8th row: K9, Sl. 1, K1, pssso, K1. Turn(11 sts. on needle, small size)

Med.size only -

9th row: P10, P2tog., P1. Turn
10th row: K10, Sl. 1, K1, pssso,(11 sts. on needle)

Large size only -

9th row: P10, P2tog., P1. Turn
10th row: K11, Sl. 1, K1, pssso, K1. Turn
11th row: P12, P2tog., P1. Turn
12th row: K12, Sl. 1, K1, pssso. Turn(13 sts. on needle)

To make instep:

Put the 16(22, 22)sts. for instep onto one needle.

1st needle: With right side of work facing and using the needle with 11(11, 13) heel sts., pick up and knit 9(10, 11) sts., along side of heel, inserting needle through knot formed by the knitted st., at beg. and end of each row.

2nd needle: Knit across 16(22, 22) for instep.

3rd needle: Pick up and knit 9(10, 11) sts., along other side of heel, then knit 5(5, 6)sts., from 1st needle.

Sts. are now divided as follows:-

1st needle: 15(16, 18), 2nd needle: 16(22, 22) 3rd needle: 14(15, 17)

Proceed:

1st round: Knit

2nd round: 1st needle: Knit to last 3 sts. K2tog. K1.

2nd needle: Knit

3rd needle: K1, Sl. 1, K1, pssso. Knit to end of needle.

Repeat these 2 rounds until 8(11, 11) on 1st needle, 16(22, 22) on 2nd needle and 7(10, 10) on 3rd needle. 31(43, 43) sts in round.

Continue even in plain knitting until work(from where sts. were picked up for instep) measures 4ins(5 ins, 6 ins) or desired length. (10, 12.5, 15) cms.

Knit one round, dec. 1 stitch on 2nd needle.