

# CABLEWISE SOCKS

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Stitches 1 through 11 should be wrapped. (Stitch 11 is actually halfway wrapped – you'll complete the wrap when you slip it at the beginning of the next row – but we'll count it as wrapped to keep things simple). Stitches 12 through 21 should be “normal”. Stitches 22 through 32 should be wrapped. In other words, **you should have 11 wraps on either side of the heel and 10 stitches between the wraps**. You should be ready to begin a new row with the yarn between stitches 11 and 12.

If your heel doesn't look like this, you'll need to fix it before continuing. If you can see where things went wrong, then unravel your knitting back to the error and correct it. If not, no big deal – just unravel back to the beginning of the heel and start again.

Everything look good? Then let's move on.

## Second Half of the Heel – One More Stitch Worked in Each Row

Now it's time to begin increasing back up to the full width of the heel. The first two increase rows are worked a little differently than the rest.

**Row 23:** Slip 1 with the yarn held in back, knit 10 stitches, knit the next stitch together with its wrap through the back loop. This might take a bit of creativity with your needles. Try this:

### Right-handed Knitters:

Transfer the next stitch from the left needle onto the right needle. Lift the wrap with the top of the left needle – leave it there. Return the transferred stitch to the left needle and knit it together through the back loop with the wrap.

### Left-handed Knitters:

Transfer the next stitch from the right needle onto the left needle. Lift the wrap with the tip of the right needle – leave it there. Return the transferred stitch to the right needle and knit it together through the back loop with the wrap.

It's okay if it seems like you are pulling up a lot of yarn as you lift the wrap. This closes any gaps that would have appeared at the side of the heel. **Slip the next stitch with the yarn held in front and turn.**

**Row 24:** Slip 1 with the yarn held in front, purl 11 stitches. Purl the next stitch together with its wrap. This might also take a bit of creativity; try slipping and lifting as you did to knit the wrapped stitch together with its wrap. **Slip the next stitch with the yarn held in back and turn.**

**Row 25:** Slip 1 with the yarn held in back, knit 12. The next stitch will have two wraps. **Knit the next stitch together with both of its wraps through the back loop. Slip the next stitch with the yarn held in front and turn.**

**Row 26:** Slip 1 with the yarn held in front, purl 13. The next stitch will have two wraps. **Purl the next stitch together with both of its wraps. Slip the next stitch with the yarn held in back and turn.**

The rest of the heel rows are worked just like Rows 25 and 26. **Continue in this manner** – slipping the first stitch, working one more stitch in each row to the next double-wrapped stitch, knitting or purling it together with its wraps, wrapping the next stitch, and turning – **until:**

**Row 43:** Slip 1 with the yarn held in front, purl 29, purl next stitch together with its wraps, slip the next stitch – which will be the last heel stitch on this side – **with the yarn held in back and turn.**

**Row 44:** Slip 1 with the yarn held in back, knit 30, knit the next stitch together with both of its wraps through the back loop.

Now **knit across the instep stitches** to begin knitting in the round again.

The next stitch should be the last double-wrapped stitch remaining from the heel. **Knit it together with its wraps through the front loop this time**, not the back.