# Thermal Pattern 10-Inch Block

By Diana Troldahl, Otterwise Designs
Designed for the requirements of Wool-Aid
([www.wool-aid.org](http://www.wool-aid.org))

This simple, often-utilized stitch provides plenty of warmth and mimics the texture of thermal underwear.

Requirements:
-#7 needles (or size to get gauge)
-80 yards Worsted weight yarn (sample used Brown Sheep Lamb's Pride Worsted)
-2 stitch markers
-Gauge: 4.5 stitches per inch after blocking, in pattern stitch.

## Abbreviations

| | |
|---|---|
| *...* - Repeat directions inside * and * across row | Rem - remain |
| k – knit | RS – right side, public side |
| p – purl | sm- slip marker |
| pm- place marker | WS – wrong side, non-public side |

Cast on 46 stitches using the long tail method. Work 10 rows of garter stitch (knit every row) then go to set-up row.

Set-Up Row: k5, pm, p36, pm, k5. Begin pattern rows.

Pattern rows:

Row 1 (RS): k5, sm, knit  to marker, sm, k to end.
Row 2 (WS): k5, sm, *p1, k1* to marker, sm, k to end.
Row 3:  k5, sm, *p1, k1* to marker, sm, k to end.
Row 4: k5, sm, knit to marker, sm, k to end.

Work rows 1 through 4 until piece measures around 8 ½ inches (I worked 13 repetitions).
Repeat Row 1 (knit across) removing markers.
Knit 10 rows (5 ridges) in garter stitch, then bind off.
Block to 10 inches square.

| 4 | ● | ● | |
|---|---|---|---|
| | | ● | 3 |
| 2 | | ● | |
| | | | 1 |

| | |
|---|---|
| | Knit on RS, P on WS |
| ● | Purl on RS, K on WS |

The Thermal Pattern has been known by many names and been used in many designs.