

Heels Using the Wrap Technique

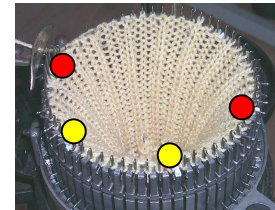
Heels are made following knitting the body of the sock. The body may be any length desired and knitted in stockinet stitch or in a 3x1 rib. While a 1x1 rib may also be used for the body of the sock, it is tight.

After completing the final round of the leg, leave the yarn carrier in the front of the machine. Hook up the heel spring.



The $\frac{1}{2}$ red marks ● divide the cylinder in half, back and front. The $\frac{1}{4}$ ● marks divide each half of the cylinder into 3 sections.

Using the crescent, raise all the back cylinder needles behind each red $\frac{1}{2}$ mark. When raised, cylinder needles do not knit. Raising the needles is also

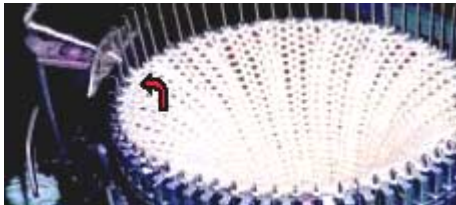


called "raising the needles out of action."

The first half of the heel is a decrease (sometimes called "short row"). Taking more needles out of action as follows makes the decrease:

First part of the heel – the Decrease

1. Turn the yarn carrier to the back until the tops of the working cylinder needles are level. Raise the last **two** cylinder needles at the right side. These are the needles next to the needles already out of action.



2. Turn the crank backwards until the yarn is well past the $\frac{1}{2}$ mark on the left side and tops of the front needles are level.

3. Raise the last two needles on the left side. Turn the crank in the regular way until the yarn carrier is again at the back, and the yarn well past the last needle on the right.

4. Raise **one** needle on the right side, and turn the crank backwards until yarn carrier is again at the back, with the yarn clearing the last left hand needle.

5. Raise **one** needle on the left side. Knit back to the right again. Repeat back and forth, raising **one** needle at a time on each side, until the $\frac{1}{4}$ marks in the front of the machine are reached. The final pass should be from left to right, with the yarn carrier stopping at the back.



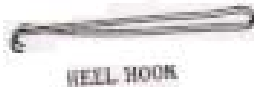
6. When (IF) using the heel hook, insert the heel hook into the work, up inside the cylinder with the points about at the $\frac{1}{4}$ marks. As the heel or toe is knit, the work gets longer in the front of the machine than in the back. To hold it down while



decreasing (raising needles), with the left hand up inside the machine the machine, pull down on the work slightly.

For many people just pulling down the web is satisfactory. Heel Forks, the heel hook, or the "hold down" are sometimes used to keep the yarn from riding up on the needles. The Hold Down is a tool that comes with some machines, If the yarn works up on the needles, stitches may drop.

← Heel forks with 1 lb fishing weights attached.



Second part of heel – the Increase

When making the increase on the heel, hold the work down by pulling down on the heel hook.

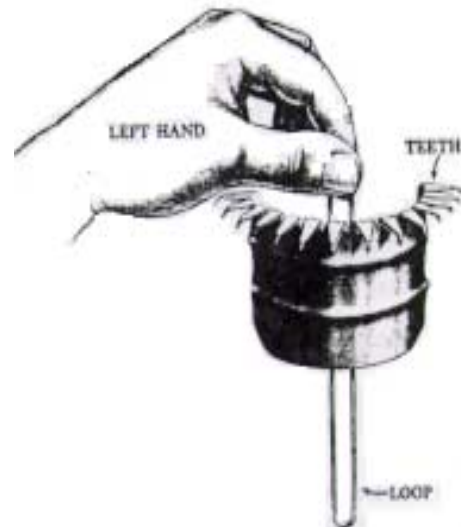
7. With the yarn carrier at the back push down the two needles nearest the $\frac{1}{4}$ mark on the right front. Using the work hook, place the yarn between the two needles just pushed down (**this is the wrap**); make sure latches are open--if they are closed, the stitch will drop. Knit across to the left until yarn carrier is at the back.

8. Push down two needles at the left, once again wrapping the yarn between the two needles and make sure that the latches are open. Knit back to the right.

9. Push down one needle on the right; knit back across. Push down one needle on the left; knit across.

If you wish, you may wrap the yarn behind the needle just pushed down each time before knitting across. Wrapping insures that the yarn cannot push the latch closed as it comes around.

Use of the Hold-Down



Note heel pouch inside cylinder

Repeat this step until all front needles plus two behind each red $\frac{1}{2}$ mark have been pushed down. On the last pass, be sure to wrap the yarn behind the needle just pushed down to avoid a small hole at the heel junction. On the last pass stop with the yarn carrier at the front instead of going all the way across.

10. Push down the back needles (latches open!). Release the heel spring.

11. Knit the foot.