

Heels on a mock-rib leg



Knit the top of the sock in any manner you desire; ribbed, hemmed, or mock hem. Knit the body of the sock as a mock rib, that is three needles in action, one needle out of action (removed from the cylinder), three in, one out around the entire cylinder. Mock Rib can also be two needles in action, one needle out of action pattern, or a four needle in action, one needle out of action pattern.

At least two rounds (more if you like) before you begin the heel.

Insert needles into the empty slots.

Using a tool such as a needle or work hook, grasp the center loop of the web on a neighboring needle and pull it over the empty needle.

This action eliminates holes where the mock rib ends and the stockinet heel and foot begins.



Knit at least two rounds before starting the heel.



First part of the heel – the Decrease

These directions are for a no-wrap heel.

1. Bring the yarn carrier to the front.
2. Place the yarn in the heel spring. Using the crescent, raise all the back cylinder needles behind each $\frac{1}{2}$ mark. Remember you can cut an old credit card into a crescent shape. When raised, cylinder needles do not knit.
3. Knit around to the back until the tops of the working cylinder needles are level. Raise the last (one) cylinder needle at the right side.
4. Turn the crank backwards, knitting back across until the yarn carrier is again at the back and all needles are up level again.
5. Raise the last needle on the left side. Turn the crank clockwise until the yarn carrier is at the back and front needles are again level. Remember to exert pressure downward as the heel forms.

6. Raise one needle on the right side, and turn the crank backwards until the yarn carrier is again at the back, front needles up level.

7. Raise one needle on the left side. Knit back across to the right again. Repeat back and forth, raising one needle at a time until you reach the red $\frac{1}{4}$ mark. The final pass should be from left to right, with the yarn carrier stopping at the back.

Second part of heel – the Increase

If you have difficulty with this section of the directions – refer to lesson on No Wrap Heels.

8. With the yarn carrier at the back push down the needle nearest the red $\frac{1}{4}$ mark on the right. Make sure latch is open and that the yarn passes under the latch. Knit across to the left until the yarn carrier is at the back.

9. Push down one needle at the left, once again making certain that the latch is open and that the yarn passes under the latch. Knit back across to the right.

10. Push down one needle on the right; knit across.

11. Push down one needle on the left; knit across.

12. Repeat this step until you have pushed down all except the two needles in front of each $\frac{1}{2}$ mark. ON THE LAST PASS, left to right, stop with the yarn carrier at the front instead of going all the way across.

13. Push down the back needles (latches open) including the two needles in front of each $\frac{1}{2}$ mark.

14. Release the heel spring.

15. Holding the work down with your thumb hooked in the heel and fingers around the rest of the sock knit the foot.

Note that the heel and foot are in stockinet stitch while the top of the foot remains in a mock rib.

To have an even number of stitches to close when you close the toe, you can replace the needles on the top of the foot at least two rounds before you knit the toe. With the mock rib on the top of the foot, you will have more stitches on the stockinet side than on the mock rib side.

To avoid holes, use this method of transferring stitches whenever you switch from mock rib to stockinet. [Back to top.](#)