

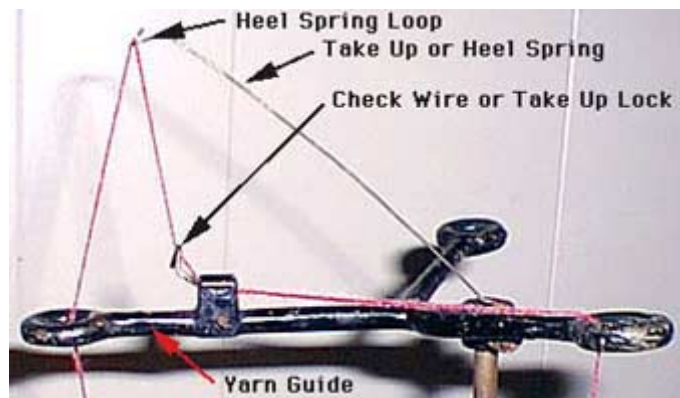
## Heels Without Decrease



This sock was inspired by the Mamluke Socks shown in *Folk Socks* (Bush, 1994). The back of the sock is straight. The heel section is under the foot. By making the heel section in polka dots, the heel is padded. This design would be good for sports with high impact on the heels.

The design is not in this lesson, this lesson teaches how to make a heel without decrease, polka dots come later.

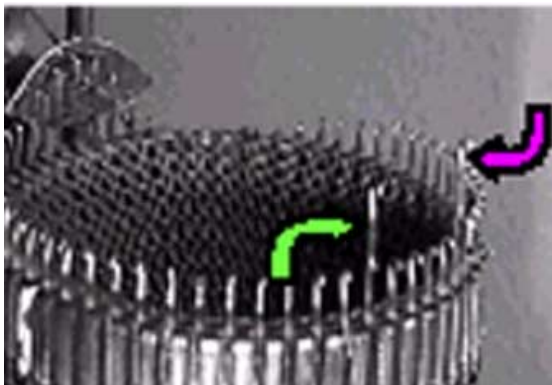
After completing the body of the sock, leave the yarn carrier at the back. The heel is knit at the front of the cylinder, as usual. Plan the front six stitches (on the 60 slot cylinder – 8 stitches on the 80 slot cylinder) to start the heel.



1. Place the yarn in the heel spring.

Using the crescent, raise the needles from the sixth (pink in picture) needle around the cylinder until you have raised all the cylinder needles except the six front needles.

You will have to knit forward to the front of the cylinder to raise all of these needles. When raised, cylinder needles do not knit.



2. With the yarn carrier at the back push down one needle nearest the knitting needles on the right (the pink arrow in the picture). 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.

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

As you knit the heel (or toe), the work gets longer in the front half of the machine than in the back.

To hold it down while working, with your left hand up inside the cylinder push with your thumb in the developing pocket up toward the back of the machine while also pulling down on the sock. Renew your grip, as the fabric gets longer.

It is important to keep the stitches from working up on the needles.



4. Push down one needle at the right, once again making sure the latch is open and that the yarn passes under the latch.

Knit back across to the left.

5. Push down one needle on the left, knit across. Push down one needle on the right, knit across.

Repeat this step until you have pushed down all **except two** needles on the

right side.

On your last pass, left to right, stop with the yarn carrier at the front and push down the two remaining needles on each side and all of the back needles (latches open!). Release the heel spring.

6. Holding the work down with your thumb hooked into the heel pouch and fingers around the rest of the sock knit the foot.



**NOTE:** This type of heel gives a small opening where each needle is pushed down. I tried wrapping each needle for a different look – there was no difference between wrapped and not wrapped needles. I tried pushing down two needles and then raising the farthest needle (#2) so that needle would be #1 on the next pass (this interlocking is done on argyles). This maneuver made no difference in the look of the sock. If YOU discover a way to avoid these little holes, let us know. [Back to top.](#)



Heels without decrease – Polka Dot (alternate) on leg – Polka Dot (in a row) on Heel