





5. Hook up the heel spring. Using the heel spring keeps polka dots flat, NOT using the heel spring makes "pouf type" polka dots, either are attractive, just be consistent.

6. Knit ahead until your 2 up 2 down needle pattern is completed around the cylinder; then knit one more round stopping at the front of the machine.

7. Release the heel spring. Cut the yarn as before and tie on the main color again.

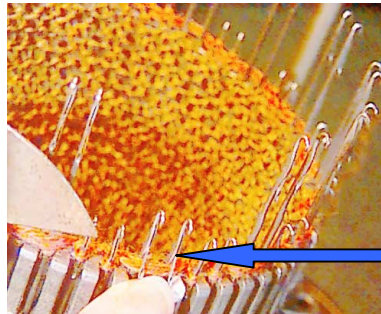
8. Lower all needles; make sure the latch is open *and over the yarn stretched across the front of the needle*, knit ahead as

necessary. Knit main color for desired length. Repeat the above for more polka dots.

One Round



Two Rounds

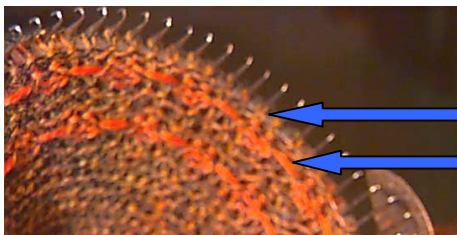


Latch open over yarn

If you want to line the dots up, always start raising needles with the two in front of the  $\frac{1}{4}$  mark.

To offset the polka dots, start raising the needles behind the  $\frac{1}{4}$  mark every **other** time. To line up dots for a vertical stripe, knit 2 up 2 down for **all** rounds, 2 in polka dot color, 2 in main color.

You can also work polka dots with a 3 up 3 down pattern as long as the number of needles in the cylinder is evenly divisible by six.



From the inside of the web you will be able to identify which stitches are knit in the main color and which are the polka dot.

Knit in polka dot

Polka dot yarn carried on back, stitch knit in main color

### First part of the Scotch Style Heel with Polka Dots

After completing the leg of the sock:

1. Raise the back half of cylinder needles fully out of action.
2. Hook the yarn in the take-up spring and knit forward stopping the carriage at the back.

3. Knit the front stitches backward and forward 20-24 rows. It is in these rows that Polka dots are worked as follows. Remember keep the work pulled down. The work will begin to rise about the cylinder needles, insert the heel hook and weights to keep it down.

To knit the polka dots:

- a. knit back and forth 2 rows with the main color (from right side back to left and then to right).
- b. leave the first 2 needles down, raise 2 needles, leave 2 needles down, repeat across the cylinder.
- d. cut the main color yarn, tie on the polka dot color yarn, place the polka dot color yarn into the heel spring if desired.
- e. knit the polka dot needles to the left and back to the right, cut the polka dot color yarn, tie on the main color.
- f. lower the raised needles taking care that the latches are open and over the yarn stretched in front of them, knit the main color to the left and back to the right. You COULD knit more rows of main color if desired, for the flag socks 2 polka dot and 2 main were knit and the polka dots were offset.

When the 20-24 rows of the heel flap are knit:

Stop with carriage on the Left side. Starting from the ½ mark, remove 10 stitches on the Right side on to a small needle holder; raise those 10 empty needles.

Knit to the Right side; at the Left side lift off 10 stitches and place them on a small needle holder and place them inside the sock in the same way.

Raise the 10 empty needles on the Left side. There are now 10 working stitches in front.

### **Second part of heel – the Increase**

Lift the first stitch on the holder of the Right group of stitches (that is the stitch next to those in action) and transfer its loop on to the Right end needle of the 10 that are in action in Front of cylinder. Take care not to twist the loops of the stitches, place the loop on the needle UNDER the yarn coming from the yarn carrier.

Do the same with the first stitch of the Left group, and transfer its loop on to the Left end needle of the 10 in action Front of cylinder; then knit back-wards one row across.

Repeat the same operation and transfer in same order one loop from the Right and one from the Left group of stitches to the 10 in Front of the cylinder, knit across. Continue this operation until all the stitch loops are transferred, stop with yarn-guide at the Left.

Push the 10 empty needles down on the Right side. With a hook, pick up 10 selvedge loops at the left and place the loops on the 10 empty needles.

At the Back, depress the raised needles into action. Knit around to the back, and stop there. Push down the 10 cylinder needles that are not in use on the Left side, pick up 10 selvedge loops at Left side and place them on the needles in cylinder, lift yarn off take-up spring.

Continue knitting the stocking.