



Sandal socks.

First a review of the sandal sock without using the flat bed.

This idea started with making *Polka Dots* on socks (Vol. 2, Issue 1). The idea grew with knitting the heel as a flap as in the *Scotch Fashion Heel* (Vol. 2, Issue 1). Combining these techniques yields the Sandal Sock. The designs shown clockwise are a Polka Dot, an alteration of a *Cats* design Swanson Knits, and two altered patterns from the *Stitch World Pattern Book*.

To knit a design on the heel flap, limit the design to 30 stitches and 28 rows. Float no more than three stitches on the inside of the heel. Remember, to knit fairisle on the CSM, knit the color row and then the main color row, in other words, 56 passes are needed to obtain 28 rows of fairisle design.

FAIRISLE BASIC TECHNIQUE

Make a graft of the design. Graft each row or pass, not just the design. Indicate every 5th stitch on the graft. Mark the cylinder to indicate every 5th needle.

Using the work hook, raise the needles that will NOT be knitted in the design color. Leave the needles that will knit down. Start with the carrier on the right side. Thread the design color into the machine leaving a fairly long tail on the inside. This yarn will be woven into the heel later. Use the heel spring. Knit across the 30-stitch design.

Because the 30 back needles are raised and will not knit, proceed clockwise around the cylinder to the design starting point. Push the non-design needles down, take care to keep the latch open. Raise the design needles out of working position to knit the main color. Thread the main color yarn into the yarn carrier. Knit across the 30 stitches. These actions complete one row of the design (two rows of graft). Both yarns and the carrier are on the left side. Thread the design color into the machine raise the needles that will NOT be knitted in the design color. Leave the needles that will knit down. Knit across the 30-stitch design. Proceed counterclockwise around the cylinder to the design starting point. Push the non-design needles down, take care to keep the latch open. Raise the design needles out of working position to knit the main color. Thread the main color yarn into the yarn carrier. Knit across the 30 stitches. Two rows of the design have been completed in four passes. Continue to work in this manner until the design is complete.

Release the heel spring. Lower all needles; make sure all latches are open – complete the sock.

Scotch Fashion Heel Basic Technique

Heel Directions: Raise the back half of cylinder needles fully out of action. Hook the yarn in the take-up spring and knit the front stitches backward and forward, working in the design, 28 rows. Keep the fabric pulled down at the front.

After a few rows the work will begin to rise about the cylinder needles, insert the heel hook and weights to keep it down.

Stop with carriage on the Left side. Starting from the $\frac{1}{2}$ 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.

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.

Now how to use the flat bed to make the heel of this sock.

First make the heel "pouch" by bringing 30 needles into the working position.

Cast on with scrap yarn

Adjust the tension to match the remainder of the sock which will be knit on the CSM (I use 10).

Select your design – no more than 30 stitches, no more than 28 rows.

Program your flatbed for the design, center the design on the 30 stitches and use the upside down variation button.



If the floats are more than 3 stitches, weave in the floaters as you knit.

When the design is knitted, form the heel pouch. The center 10 stitches form the center of the pouch. Move the 10th and the 21st stitch over the 11th and 20th stitches, knit one row.

Move the 9th and 22 stitch over the 11th and 20th stitches, knit one row. Continue to decrease in this manner until you have only the center 10 stitches, scrap off. The heel pouch is made.



To fit the heel pouch into the sock:

1. Knit the 1x1 rib.
2. Knit the body of the sock-use stockinet or all cylinder needles.
3. Raise the back half of cylinder needles fully out of action. Break the yarn, knit the front 30 stitches in several rows of scrap and take off the needles.
4. Place the 10 center stitches of the bottom of the heel pouch on the 10 center front needles of the CSM. These were the last 10 stitches you knitted on the heel pouch.
5. With a hook, pick up 10 selvedge loops at the right and place the loops on the 10 empty needles. At the Back depress the raised needles into action.
6. Knit around to the back, and stop there. Pick up 10 selvedge loops at Left side and place them on the needles in cylinder.

Continue knitting the foot of the stocking. Form and finish the toe in the usual manner. You will have to weave the top part of the heel (30 stitches) to the 30 stitches on the sock.