

Heels for Flats

(by marion nowak/nowaks nähköstchen)

Materials: about 37g Zwerger „Opal Cotton“

2 circular needles US #00/ 1,75 mm (If you prefer you can use one circ and knit with the „Magic Loop“ technique or knit with a set of dpns. Since I'm knitting quite loosely most people will have to go up one needle size, so please swatch and compare gauge.)

1 Tapestry needle



Size: *European* 38-40 (sole length of the finished sock: 23,5 cm)

Gauge in stockinette: 33 stitches/ 46 rows = 10 cm/ 4 inch

CO: The socks are knitted toe up.

Co 16stitches, 8 on each needle, then knit every stitch once.

(I started with „figure 8“ but you can use any technique you like as long as they result in stitches „facing“ each other back to back. 8 stitches face up, 8 stitches face down.)

Knit in rounds.

Toe: Increases happen at the beginning and the end of each needle. For the increases I knitted a second stitch out of the second and the second last stitch of each needle. (Another possibility would be to make a stitch between the second and third stitch and the third and second stitch before the end of the needle. Or whatever technique you like.)

3x each round (=28 stitches)

7x every second round (=56 stitches)

4x every third round (=72 stitches)

One round over all stitches:

Needle 1: k3, p2, 7x (k2, p2), k3

Needle 2: k36.

Foot: Take needle 2 and knit the first two stitches of needle 1. Move the last two stitches from needle 1 to needle 2. (Makes 40 stitches on needle 2)

The stitches of needle one remain there, the sole is knit on needle 2 in rows in stockinette stitch. (Starting with a purl row.)



Each row starts with a yo which remains on the needle and is not knitted on the further rows.

(It helps to transfer the yo every some rows to needle 1.)

Knit 59 rows in stockinette.

Heel: is knit with short rows. You have 40 stitches on needle 2, all yo are on needle 1.

Turnstitch, k39,

Ts, p38,

Ts, k37,

Ts, p36,

(...)

Ts, k17,

Ts, p16,

Ts, k15,

Ts p14, p13 Ts.

(Now it's a good moment to put your foot in the sock and to check whether the size is right. Each foot has a different shape and every heel is different. If the sole is too short frog the heel and add some rows, if the sole is too long frog the heel and some rows of the foot.)

k 1 row.

p18, turn.

Ts, k15,

Ts, p16,

Ts, k17,

Ts, p18,

(...)

Ts, p36,

Ts, k37,

Ts, p38,

Ts, k39.



(„Turnstitches“ are something you make to prevent holes on the turningpoints. I am using a method from the German webside from Junghans-wool: You slip a stitch as if to purl. The working yarn is at the front. Then you pull the yarn very strong to the back, the stitch will be torn to the back and there will be two loops on the needle, looking as if there were two stitches. When you knit or purl that stitch later you knit those two loops as if you would knit(purl two together. Since it is only one stitch the number of stitches does not change that way.)

Cuff: Redistribute the stitches. The yo behind needle 2 (= the side where the working yarn is not hanging) are slipped to needle 2. The yos of the other side and the stitches from the toe remain on needle 1. You start knitting the cuff with needle 1

Round 1: p1, 7x (k2, p2),



skpsso, 7x (k2, p2), k2tog, p2, 6x (k2, p2), k2, m1, pTs, 9 (k2, p2), k2, p1.

Round 2: p1, 7x (k2, p2), skpsso, p1, 6x (k2, p2), k2, p1, k2tog, p2, 9x (k2, p2), k2, p1, k2tog, k1, p2, 2x (k2, p2), k1, skpsso, p1, 2x (k2, p2), k2, p1.

Round 3: p1, 7x (k2, p2), skpsso, 6x (k2, p2), k2, k2tog, knit stitches as they appear until end of round.

Round 4: p1, 7x (k2, p2), skpsso, k1, p2, 5x (k2, p2), k1, k2tog, p2, 9x (k2, p2), k2, k2tog, k1, p2, 2x (k2, p2), k1, skpsso, 2x (k2, p2), k2, p1.

Round 5: p1, 7x (k2, p2), skpsso, p2, 5x (k2, p2), k2tog, knit stitches as they appear until end of round.

Round 6: p1, 7x (k2, p2), skpsso, p1, 4x (k2, p2), k2, p1, k2tog, p2, 9x (k2, p2), k1, k2tog, k1, p2, 2x (k2, p2), k1, skpsso, k1, p2, k2, p2, k2, p1.

Bind off: in ribbing pattern.

Weave in ends.



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