

Socks using the Afterthought Heel Technique: Nina Raqueno

If you can knit on double pointed needles you can knit these simple socks. What is great about knitting socks using the Afterthought Heel technique is that you can just keep knitting a long tube all the way down to the toe and THEN go back and add this simple heel. Perfect for the traveling knitter!

Homework: For this workshop you will need sock weight yarn, a set of double pointed needles (US size 1, 2, or 3), a sewing needle, and a ~10 inch piece of contrasting scrap yarn. It is recommended that you follow the pattern for the baby socks as listed in the newsletter. However, if you just want to learn the techniques no problem, come to the workshop having done the following: Cast on 32 stitches and connect in the round. Distribute your stitches onto 3 needles (16 on one needle, 8 and 8 on the other two needles). Knit in the round until your work measures about a half an inch.

Benefits of Afterthought Heel:

- ❖ You can try on as you go for a super fit.
- ❖ No need for a pattern or complicated heel turning procedure, heel decreases are the same as toe decreases.
- ❖ Easy to repair fraying heels.
- ❖ Lends itself well to the self stripping yarns

Basic Baby Sock Pattern (using Afterthought Heel Technique)

Size 6-9 months.

Supplies:

- ❖ Fingering weight sock yarn such as regia or opal (Approx gauge 7 sts/ in)
- ❖ Set of US sz 1, 2, or 3 dpn
- ❖ Waste yarn (~10 inches) of similar weight but contrasting color

CO 32 stitches onto dpn. [For Adult size cast on 64 stitches]

Join and distribute 8 sts to needle #1, 8 sts to needle #2, and 16 stitches on to needle 3.

RIBBING: K2 P2 RIB for 2 inches

LEG: Switch to Stockinette (knit every round) for 1"

End round just before the needle with 16 sts (these will be your heel stitches)

(STOP HERE FOR MINI-WORKSHOP)

AFTERTHOUGHT HEEL STEP 1: Drop (do not cut) original yarn and knit 16 stitches with piece of contrasting scrap yarn. Drop scrap yarn and slide stitches back to right end of needle. Pick up original yarn where you left off and continue knitting across the 16 stitches again. Continue knitting in the round as before for about inch. ** Place all 32 live stitches on scrap yarn, stitch holder, or leave them on needles if you have extras.

AFTERTHOUGHT HEEL STEP 2: Process where you will remove the scrap yarn and pick up the remaining 32 live heel stitches. Insert 1 dpn in sts above contrasting yarn. Insert 2nd dpn in sts below contrasting yarn. Remove scrap yarn while picking up the stitches. When complete you will have 16 sts on top needle and 16 sts on bottom needle. To close up typical heel gap pick up 4 extra stitches 1 at each end of needles. Divide sts onto 3 needles.

Needle #1: 9 sts, Needle #2: 9 sts, Needle #3 18 sts

RND1: Start at Needle #1 K1, SSK, K to end. Needle #2 K to last 3 sts, K2tog, K1.

Needle #3 K1, SSK, K to last 3 sts, K2tog, K1.

RND2: K around no decreasing

Repeat until only ~10 sts remaining. Graft/Kitchner Heel sts.

FOOT: For a 6-9 month baby, knit 2 inches beyond heel sts.

TIP: When knitting on the scrap yarn try to keep this row loose.

TIP: An Extra set of smaller double pointed needles can come in handy for picking up the afterthought stitches.



TOE: Same as decrease for Heel.
Graft/Kitchner Stitch Toe sts

***At this point you could continue to finish the sock all the way down to the toes before setting the heel.*

Kitchener Stitch:

On a yarn needle, thread a length of yarn appx. 4 times the length of the section to be joined. Hold the needles with the sts to be grafted with wrong sides together. Working from right to left:

*Insert yarn needle in the first stitch on front needle as if to knit, pull yarn through, remove st from needle.

Insert yarn needle into next st on front needle as if to purl, pull yarn through, leave st on needle.

Insert yarn needle into first st on back needle as if to purl, pull yarn through, remove st from needle.

Insert yarn needle into next st on back needle as if to knit, pull yarn through, leave st on needle.*

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