

# **HEELS**

**Rochester Knitting Guild**  
**October 2017**

**Fall Into Socks, Part 2**



# **There must be Fifty Ways to Knit Your Sock Heels ....**

**Round**

**Square**

**Dutch**

**Peasant**

**Afterthought**

**Fleegle**

**Strong**

**Whatever that thing Priscilla Gibson Roberts did that was so cool**

**Short Row**

**Hourglass**

**Fishlips**

**With Flap**

**Without Flap**

**And more**

# SQUARE HEEL



## COMMON HEEL



## SHORT ROW HEEL



**PRISCILLA GIBSON-ROBERTS  
BIRKENSOCKS**





**Time is fleeting ...**

**Limiting our discussion to THREE types of heels**

**ROUND HEEL – the stereotypical Flap, Turn, Gusset heel**

**AFTERTHOUGHT HEEL – really, just like knitting a second TOE**

**SWEET TOMATO HEEL – Cat Bordhi’s innovation in Short Row Sock Heels. Three wedges, short rows, no wrapping, clever way to close up gaps.**



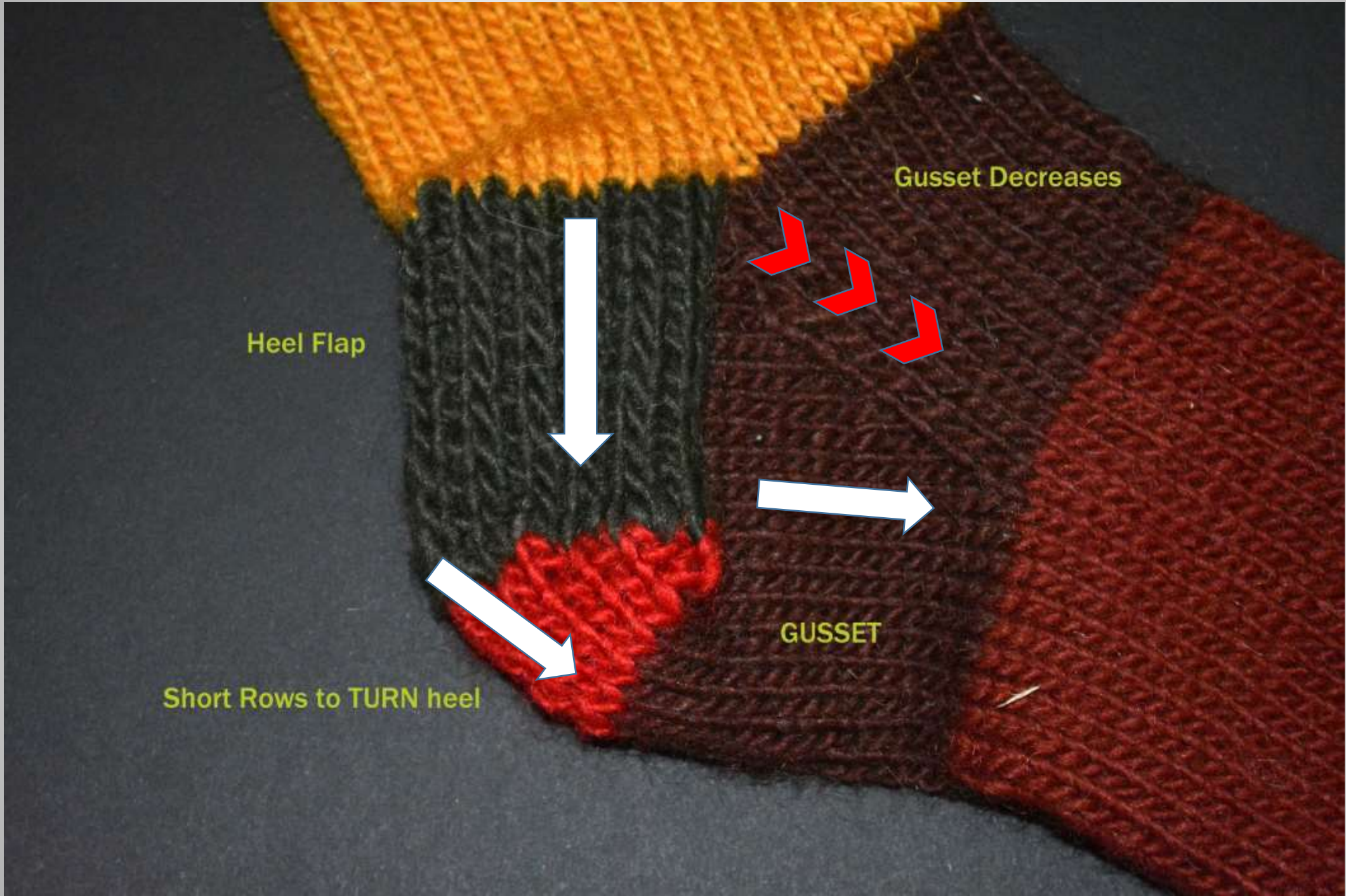


Heel Flap

Gusset Decreases

Short Rows to TURN heel

GUSSET



Heel Flap

Gusset Decreases

Short Rows to TURN heel

GUSSET

## **Knitting a flap, heel and gusset**

### **Flap –**

**knit on ½ total number of stitches**

**Knit back and forth, not in the round**

**Stitch pattern to extend wear – slipped stitches or two colors**

**Knit until square – as long as it is wide.**

**TURN HEEL – short rows to shape a flat piece of knitting**

**Gusset – knit across heel stitches, pick up stitches along side of heel flap, across instep, and back up the other side. Decrease at point where flap meets foot until enough of the extra stitches from the sides of the flap are gone that you're back to the original number of stitches for the foot.**

# HEEL FLAP STITCH PATTERNS



**BIRD'S EYE**  
**KNIT 1, SLIP 1**  
**PURL ONE ROW**  
**NEXT ROW: SLIP 1, KNIT 1**  
**PURL ROW**



**HEEL STITCH**  
**ROW 1: k1, slip 1**  
**Row 2: purl**  
**Columns of slip stitches**



**Purl side of both**



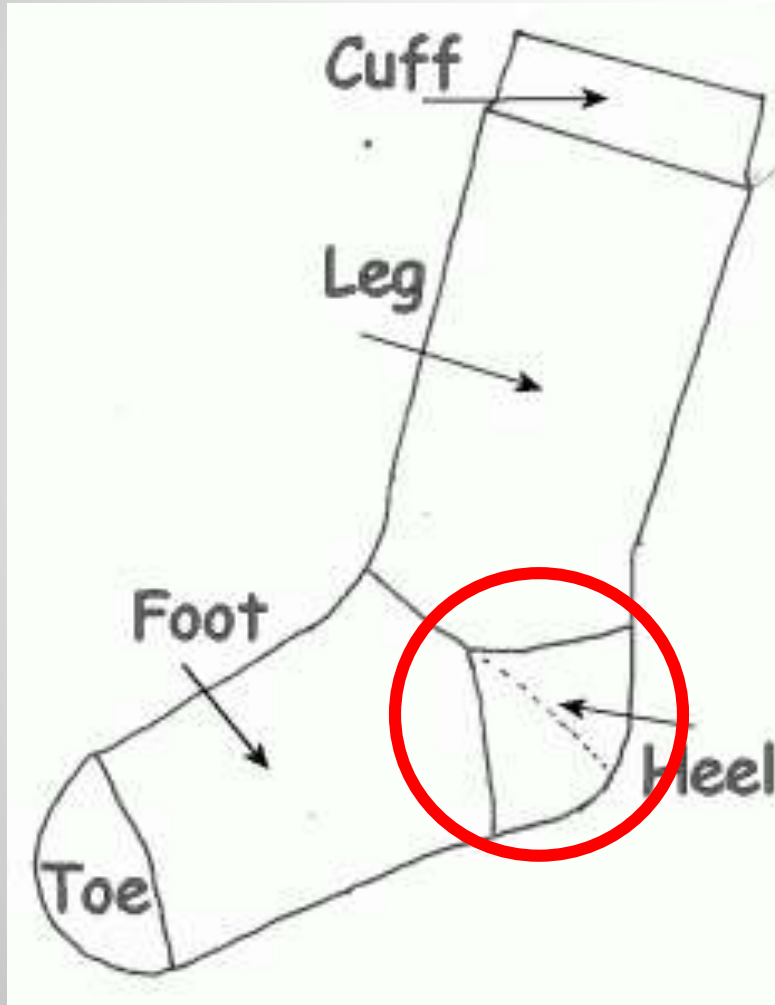
**ROUND HEEL**



# Afterthought Heel

- Dead easy, just like knitting a toe.
- Can be placed after sock is finished and tried on.
- Starts just like the Thumb Trick for mittens.
- You can just decide *This is where the heel will be* and knit across half the stitches with waste yarn, then blithely finish the leg/foot portion before going back to knit the heel.
- Even if you forget to use waste yarn to mark the spot, you can snip, pick out and then pick up

Whether you knit the sock from the cuff down OR from the toe up, you can pop an afterthought heel in wherever you want it to be.





Mark placement by knitting across half the stitches with waste yarn, leaving tails. (left photo)

When you're ready, remove the waste yarn and put the live stitches on needles. (right photo)

# Afterthought Heels, up close and personal



# Short Row Heels -

Probably the greatest impact in heel innovation are the many variations on short row heels –

Fleegle

Strong

Fishlips

Hourglass heel

PGR's Birkensock

Cat Bordhi Personal Footprints book and

Sweet Tomato Heel



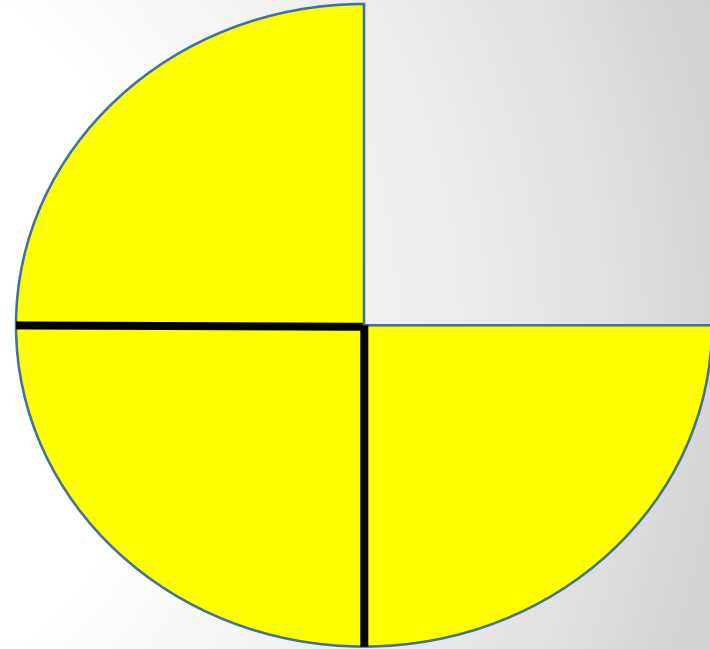
## **Sweet Tomato Heels –**

**Can be used for either Toe Up or Cuff Down socks – knit exactly the same way for either**

**Worked over  $\frac{2}{3}$  total stitches**

**A series of wedges built up of short rows**

**Plain rounds between wedges incorporate the stitches as well as incorporate the heel and instep stitches. ALSO – the plain rounds add a bit of ease into the instep stitches opposite the heel for a more comfortable fit.**





**1st Wedge**

**2nd Wedge**

**3rd Wedge**



**Setting up for STH –**

**Put  $\frac{2}{3}$  of total stitches on one needle,  
remaining  
 $\frac{1}{3}$  on the other**

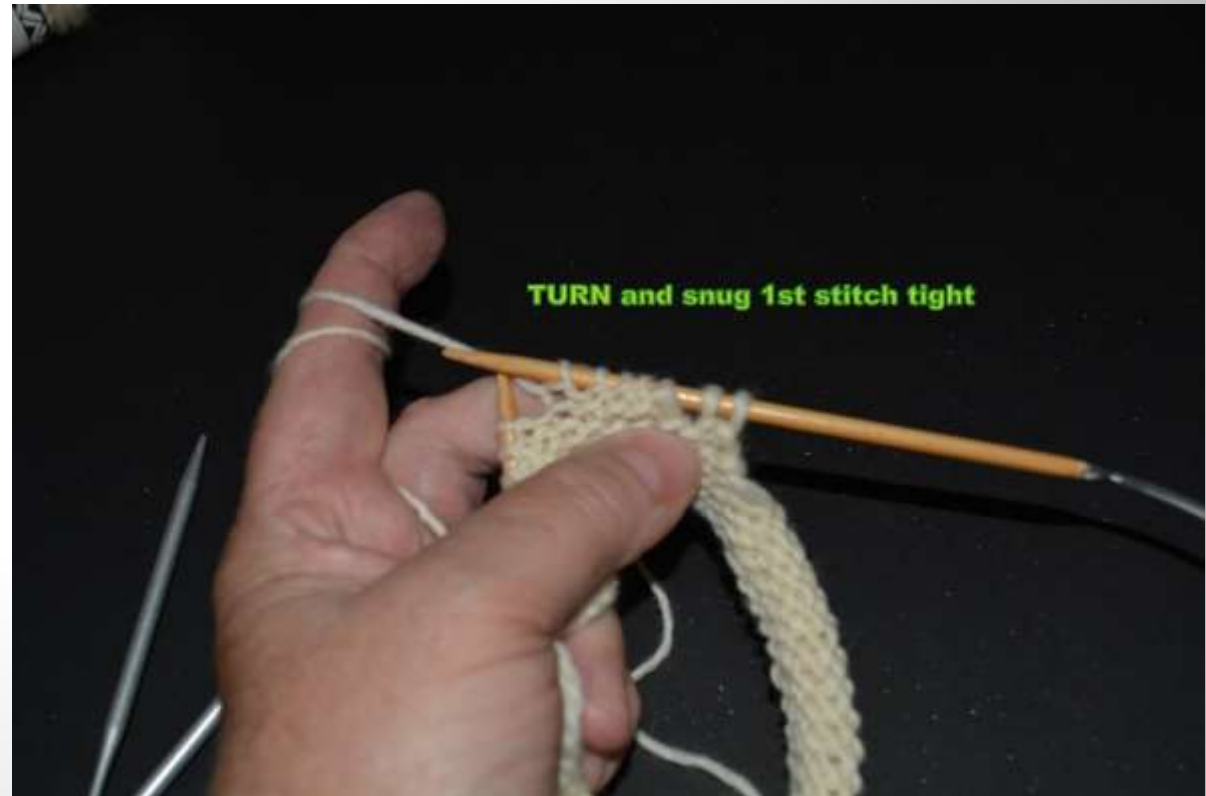





1st pair of short row #1

**Slip 1<sup>st</sup> stitch and snug yarn up tight, purl across to 2 stitches before end**

**Knit across heel wedge stitches STOPPING 2 stitches from the end  
Turn and prepare to purl back**



TURN and snug 1st stitch tight

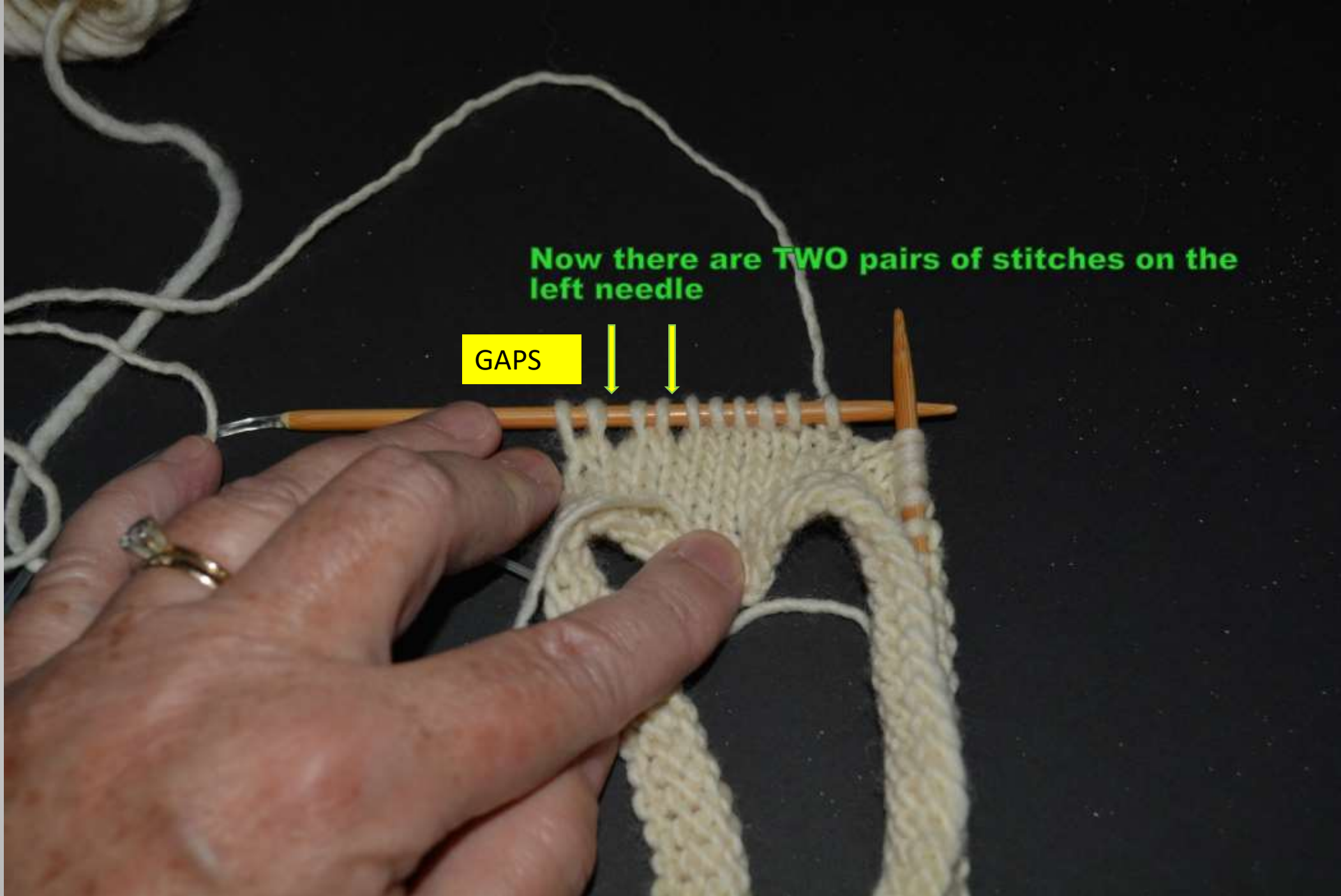


1st pair of short row on the purl  
back side of the wedge

**Purl to 2 before end, turn, prepare to knit back across wedge to 2 before the gap between active and abandoned stitches.**

Now there are **TWO** pairs of stitches on the left needle

GAPS



And TWO pairs of stitches on the Right Needle

GAPS



Many pairs ...



**Active Row Stitch**



**Previous Row,  
what Cat Bordhi calls  
MA**






**Picking MA up to place on  
Left Needle**

**MA is the stitch directly below the current row stitch  
BEFORE THE GAP**

**Knitting MA together with the current stitch closes the  
gap by shortening the thread that runs across the gap**



**Picking MA up to place on  
Left Needle**



**MA & current row  
stitch ready to knit  
TOGETHER**

**Now, both MA & the current row stitch  
have been knit together**



**All the short row pairs have been  
incorporated into the row - MA and  
Daughter knit together**



**Once all of the pairs of stitches left at the end of the short rows have been incorporated back into one continuous row by knitting MAs and current row stitches together, you're at the end of the wedge needle.**

**Now What?**

**Using your other needle(s) knit across the 1/3 stitches that have been languishing on the instep.**



You'll always find MA facing the gap >



**Short Row Pairs on the Right Side of the Wedge have been incorporated, MA and Daughter knit together**





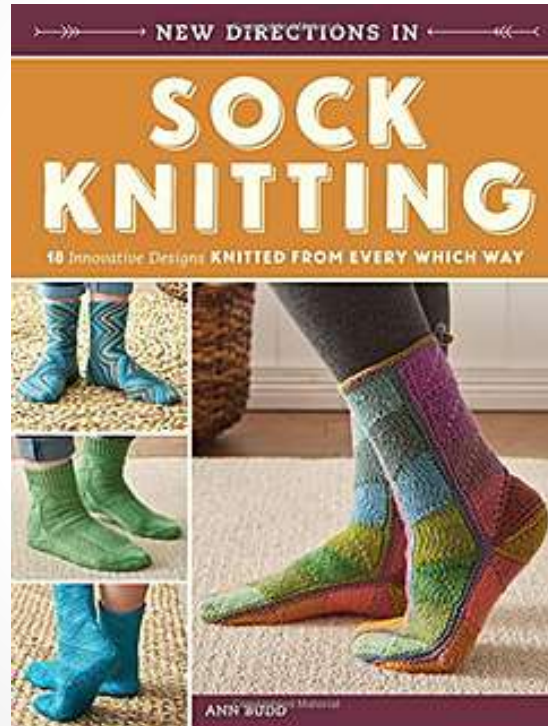
**After incorporating all pairs and another plain round - ready to begin next wedge**

**Directions for the Sweet Tomato Heel**

**Cat Bordhi e-book of Sweet Tomato Heel Socks**

**Her 14 minute YouTube video where she teaches exactly how to knit the heel**

**New Directions In Sock Knitting**



## **YouTube Resources:**

**Round Heel - <https://youtu.be/4CzPBoxW0uE>  
<https://youtu.be/iLmiBo1iY2Y>**

**Afterthought Heel - <https://youtu.be/Rkb91DWuk20>**

**Cat Bordhi – Sweet Tomato Heels <https://youtu.be/IRc3309JUyc>**

**Link to Cat Bordhi's website for ebook & STH video <https://catbordhi.com/books/cats-sweet-tomato-heel-socks-3/>**

## **RAVELRY Resources**

### **Search results:**

**4,866 patterns for Short Row Heels** <http://rav.to/hmmj>

**DBOS - Database of Socks list of heels and how to knit them**  
<https://www.ravelry.com/groups/dbos/pages/Heels-2>