

Rochester Knitting Guild

October 9, 2017

Sock Heels

French/Round Heels

Worked top down

Easy to customize

To begin the heel, divide stitches into two halves – the front of sock stitches and the back of sock stitches. You will be working on only the back of sock stitches. The other half will be resting on the needles until the heel is worked.

1. Heel Flap - Work heel flap to desired length in desired stitch – heel stitch is standard (Row 1: (Sl 1, k 1) across. Row 2: Sl 1, purl rest of stitches), but it can be whatever you like. The length is determined by the size; 2.5 inches is a reasonable starting point for an adult sock, but it depends on the foot. Knitting to square is traditional – same number of rows as there are stitches. Whatever stitch you choose, pick up will be easier if you use a chain selvedge.
2. Heel Turn - Work short rows. Place a marker in the center of the back stitches. Traditional – knit to the marker. Knit two more stitches, knit 2 together, knit one. Turn the work. Sl 1, p 5, p 2 tog, p 1, turn. Sl 1, knit to gap of last turn, knit 2 together to close the gap, knit one more, turn. Sl 1, purl to gap of last turn, purl 2 together to close the gap, purl one more, turn. Continue until all the stitches have been worked. Sl 1, knit the rest of the stitches across the heel flap needle.
3. Gussets – continue knitting down the side of the heel flap, picking up one stitch in each chain stitch along the edge. If you want to tighten that edge up, knit into the back of the stitches. Work across the front stitches that have been resting. Pick up and knit along the second edge of the heel flap (try to get the same number of stitches as you got on the first side), knit back to marker.

You now start the gusset decreases. On the first round, work to the last three stitches along the edge of the heel flap, k2tog, k1. Work across the front stitches. At beginning of the other side of the heel flap stitches, k1, SSK. Knit rest of round. Work 1 round plain. Continue like this, doing decreases every other round, until you're back to the original number of stitches you cast on, or the number you need to fit your foot. You can place the decreases two stitches away from the ends of the needles/heel flap if you prefer.