

Ways to Pick Up and Knit Along Gussets

There are different ways to pick up stitches along the edges of the heel flap to form the gussets. Typically, picking up both loops or picking up through the back loops forms a firmer edge.

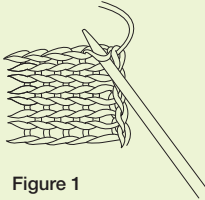


Figure 1

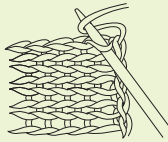


Figure 2

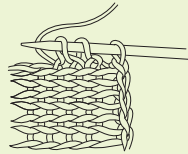


Figure 3

Pick Up a Single Loop

For very little bulk along the pick-up edge, pick up gusset stitches through the front half of the edge stitches. Insert the knitting needle under the front half of the selvedge stitch (Figure 1), wrap the yarn around the needle as if to knit (Figure 2), and bring the wrap through to create a new stitch on the needle. Repeat this for every chain edge stitch (Figure 3).

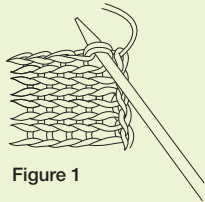


Figure 1

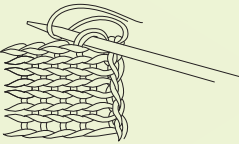


Figure 2

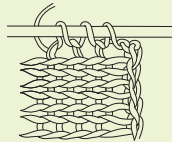


Figure 3

Pick Up Both Loops

For a sturdier join along the pick-up edge, pick up the gusset stitches through both halves of the edge stitch (Figure 1), wrap the yarn around the needle as if to knit (Figure 2), and bring the wrap through to create a new stitch on the needle. Repeat this for every chain edge stitch (Figure 3).

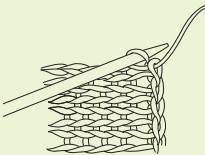


Figure 1

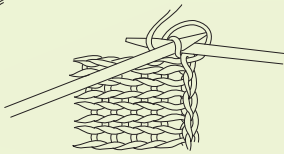


Figure 2

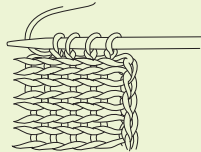


Figure 3

Pick Up Through the Back Loops

For a very snug join, pick up the gusset stitches by working into the back loop of either the first half or both halves of each edge stitch. This is easiest if you work it with two knitting needles. Use the needle in your left hand to lift the back half of the selvedge stitch, then insert the right needle into the back half of the lifted stitch (Figure 1), wrap the yarn around the right needle as if to knit (Figure 2), and bring the wrap through to create a new stitch on the needle. Repeat this for every chain selvedge stitch (Figure 3). For an even tighter join, work through both halves of the selvedge stitches.