

STOCKINETTE SHORT-ROW HEEL

Even though a flap heel and turn uses short-rows, it is not considered a true short-row heel because it doesn't require the use of wraps and turns. A short-row heel is similar to the flap heel and turn, but instead of a rectangle and trapezoid, it is constructed with two trapezoids. A short-row heel can be worked over any number of stitches, but when worked over the same number of stitches the short-row heel is tighter and smaller than the heel flap and turn.

Short-row heels are most often worked in stockinette. At the end of each row, the last stitch is wrapped and turned. During the first trapezoid, each row gets progressively narrower; on the second trapezoid, each row gets progressively wider, and

the stitches that were wrapped from the previous rows must be picked up and worked.

SET-UP ROW 1: (RS) Note edges of heel flap (the back of the sock between the left and right sides), knit to 1 stitch before the left edge, wrap and turn (see Glossary).

SET-UP ROW 2: (WS) Purl to the last stitch, wrap and turn.

NARROW ROW 1: (RS) Knit to 1 stitch before first wrapped stitch, wrap (i.e., wrap the last unwrapped stitch in the row) and turn.

NARROW ROW 2: (WS) Purl to 1 stitch before first wrapped stitch, re-oriented wrap (i.e., wrap the last unwrapped stitch in the row) and turn.

Repeat Narrow Rows 1 and 2 until the

number of stitches between the innermost wrapped stitches is about one-third of the original number, ending ready to work on the right side.

WIDEN ROW 1: (RS) Knit to first wrapped stitch, pick up wrap(s) (see Glossary), knit stitch together with wrap(s), wrap next stitch (that stitch is now wrapped twice), and turn.

WIDEN ROW 2: (WS) Purl to first wrapped stitch, pick up wrap(s) (see Glossary), purl stitch together with wrap(s), wrap (that stitch is now wrapped twice) and turn.

Repeat Widen Rows 1 and 2 until 1 wrapped stitch remains on each side, ready to work a right-side row.

NEXT ROW: (RS) Knit to first wrapped stitch, knit stitch together with wraps; do not wrap or turn work.

To close the gap at the edges of the heel, lift strand between needles from back to front using the left needle tip. K2tog.

Resume working in the round in pattern until 1 stitch before the last wrapped stitch. Slip this stitch knitwise to the right needle. Close the gap by lifting the strand between the needles with the right needle tip from back to front. Insert the left needle into the 2 stitches on the right needle and knit them together through the back loop, as if completing an ssk.

Knit the last wrapped stitch together with wraps.

Knit to the left edge of the heel and continue working in the round for the foot.

