

Back Leg and Heel

The center back leg extends from just below the ribbed cuff to the base of the heel.

With waste yarn and using a provisional method (see Glossary), CO 70 sts. Do not join.

Change to A (see Notes).

Set-up Rows 1 and 3: (RS) Knit.

Set-up Row 2: (WS) P1, p2tog, purl to end—69 sts rem.

Set-up Row 4: Purl.

Carefully remove waste yarn from provisional CO and place 69 exposed sts onto second cir needle—one 4-row rectangle of color A between needles.

With RS facing, join B to beg of live sts from Set-up Row 4.

Row 1: (RS) With B, use Needle 1 to k46 leg sts, place marker (pm), k23 heel flap sts, pm; with RS still facing, pick up and knit 1 st from selvedge of 4-row rectangle; with Needle 2, pick up and knit 1 st from the same selvedge of 4-row rectangle, pm, k23 heel flap sts, pm, k46 leg sts—140 sts total; 70 sts each needle; 2 sts at base of U between second and third m.

Note: You now have live stitches around three sides of a narrow rectangle; the fourth side will become the top of the leg. Work back and forth in rows around three sides of the starting rectangle to create a U-shape to form the back of the leg and heel cup. Because you're working around three sides, every four U-shaped rows add two 4-row stripes, 1 stripe on each long side of the starting rectangle.

Cont as foll.

Row 2: (WS) With B, purl.

Row 3: (inc row) With B, k46, slip marker (sl m), k23, sl m, M1 (see Glossary), knit to next marker, M1, sl m, k23, sl m,

CUSTOMIZE IT

The 70 cast-on stitches will be decreased to 69 stitches, which will be divided into 46 stitches for the leg and 23 stitches for the heel flap (see Construction Journal on page 99). Including the 2" (5 cm) ribbed cuff, this produces a leg length of 7¾" (19.5 cm) from the top of cuff to the top of heel flap, and a heel flap length of 2¾" (7 cm). To make either the leg or the heel flap longer or shorter, cast on more or fewer stitches; every 2 stitches added or removed will lengthen or shorten the section by ¼" (6 mm).

k46—2 sts inc'd at base of U between second and third m; 1 st inc'd each needle.

Row 4: With B, purl—3 stripes between long sides of U; 1 starting rectangle stripe and 1 stripe on each long side.

Cont for your size as foll.

SIZES 6½ (7, 7½)" (16.5 [18, 19] CM) ONLY

Rows 5–17: Changing colors every 4 rows, rep Rows 3 and 4 six more times, then work RS Row 3 once more—156 sts; 78 sts each needle; 18 sts at base of U between second and third m (9 sts each needle).

Rows 18 and 19: Cont to change colors as established, work even for 2 rows, ending with a RS row.

The 42 rows between the long sides of the U are a 3-row partial stripe and 4 complete stripes on each side of the starting rectangle stripe.

SIZES 8 (8½)" (20.5 [21.5] CM) ONLY

Rows 5–20: Changing colors every 4 rows, rep Rows 3 and 4 eight more times—158 sts; 79 sts each needle; 20 sts at base of U between second and third m (10 sts each needle).

Rows 21–23: Cont to change colors as established, work even for 3 rows, ending with a RS row.

The 50 rows between the long sides of the U are a 3-row partial stripe and 5 complete stripes on each side of the starting rectangle stripe.

ALL SIZES

Notes: The 46-stitch leg sections at each end of the row will be joined to the front leg panel as it is worked, forming a tube. The front leg joins one back leg stitch at the end of each row. In order for the pieces to join at the correct rate, the stitches in each back leg section are decreased to half the number of front leg rows.

Next row: (WS) Using the color needed to complete the 4-row stripe in progress, purl to first m and *at the same time* dec 14 sts evenly spaced, sl m, purl to last 46 sts, sl m, purl to end and *at the same time* dec 14 sts evenly spaced—128 (128, 128, 130, 130) sts rem; 64 (64, 64, 65, 65) sts each needle; 32 leg sts; 23 heel flap sts; 9 (9, 9, 10, 10) sts at base of U.

The 44 (44, 44, 52, 52) rows between the long sides of the U form 11 (11, 11, 13, 13) complete stripes; 5 (5, 5, 6, 6) complete stripes on each side of the starting rectangle stripe; piece measures about 3¾ (3¾, 3¾, 4¼, 4¼)" (9.5 [9.5, 9.5, 11, 11] cm) between long sides of U.

Note: For joining purposes, the needle holding the stitches at the beginning of RS rows is the left back needle; the needle holding the stitches at the end of RS rows is the right back needle.