Weeks 2 and 3
Review, and The Short Row Heel

Review and Foot

Let’s start by reviewing, and perhaps improving on, last week. Our socks begin with Judy Becker’s Magic Cast On. We will cast on 12 stitches for each sock. Remember that one of your casting on ends goes around your index finger and the other around your thumb. Then the index finger and thumb twist to bring the yarn first around the bottom needle, then around the top, always through between the two needle ends.

Here is what the front looks like:

And here is what the back looks like:
Knit one row before beginning your toe increases, as follows:

Make sure your yarns are crossed over one another. Hold the needles in a vertical position in your left hand as in the first picture above. Pull the bottom needle out to the right to make a loop, and knit across the top needle. Turn the knitting upside down, and repeat for what is now the top needle.

Begin the second sock in the same manner.

We will next increase to 60 stitches, as follows:

K1, M1, knit across until 1 stitch remains, M1, K1. Repeat for the other top and both bottoms.

Knit around.

Repeat these two rows until each sock has 60 stitches, 30 on the top and 30 on the bottom.

M1 is done by knitting into the bar between two stitches, knitting through the back of the loop. Sometimes abbreviated KTB or just B.

After a few rounds, put a safety pin on the top of Sock 1 so you can keep track of which is which.

Now for the foot. You can knit a plain foot, round and round, until you are 2” short of the back of your heel. Or you can add something to the top of your sock foot that will then continue up the leg. Here are some suggestions:

1. K2, P2 ribbing
2. K2, P2 for two rows, K all stitches for two rows, repeat.
3. A lace motif up the middle, or all across the foot. Here is a motif for the center: It is a traditional Shetland lace pattern called Cat’s Paw.

Resources:

Here is a video of starting your sock that I made for you:
http://www.youtube.com/watch?v=MuwWJPJXYNE&feature=colike

Judy Becker’s Magic Cast On: http://www.youtube.com/watch?v=lhBIS0AhhQY
Short Row Heel

Time for the heel! This is the magical part where the sock suddenly turns 90° and goes up your leg.

You will see many patterns that use a Short Row Heel. There are, however, many ways of doing that heel, all of which involve a Wrap and Turn (w&t). These directions are from Lori Voyer of Vancouver, BC. It is most straightforward to work on one heel at a time, then go back and do the other.

1. Work to 1 st from end, slip next stitch purlwise to right needle. Bring yarn to front. Slip same stitch back to left needle without twisting it.
2. Turn your work and bring yarn in position for next stitch, completing the wrap around the stitch as you do so.
3. Starting with next st, purl across to last st.
4. Sl next st purlwise and wrap yarn around slipped st to front of work. Sl same st back to left needle without twisting it.
5. Turn your work and bring yarn into position for next stitch.
6. Knit across to the 2nd to last st. Repeat W&T.
7. Cont until you have 6-8 unwrapped sts in the middle, depending if you have narrow or wide heels, ending with a purl row.

Short Row Back of Heel
1. Knit across to first wrapped st. You can recognize it by the gap that follows it and by its “necklace/bar”.
2. Lift the first wrap up and over its wrapped stitch (like a necklace over the stitches’ head). Knit the formerly wrapped stitch (together with the wrap).
3. Turn your work and sl the first st purlwise.
4. Purl to the first wrapped st. Lift the wrap over the stitch. Purl the formerly wrapped stitch (together with the wrap).
5. Turn your work and sl the first st purlwise.
6. Cont back and forth until all wraps have been lifted and all sts worked, ending with a knit row.

The leg comes next. Think about whether you’d like it to be plain, to continue what you put on the top of the foot, or whether to start something like ribbing or lace. If you are starting a pattern stitch, knit about 4 rows around the sock before you begin.

The leg should finish with at least 1 inch of plain ribbing at the top.

Leg Ideas

The Cat’s Paw lace charted above could go up both sides of the leg, or up the middle. An allover lace pattern could be used. A cable up each side would be nice. Remember that all-over cables will make the sock narrower. A leg of K5, P1 is very nice and stands up well. Use your imagination!