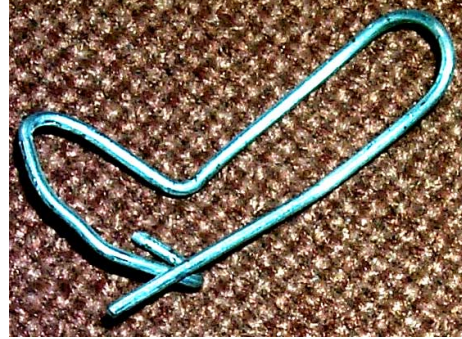


Preliminaries

First, a word about tool you will need. Looking ahead to the pictures, you will note that some stitches are lifted from the needles and placed on a "stitch holder." One stitch holder fashioned for this purpose is a large sized paper clip bent and sized for the job.



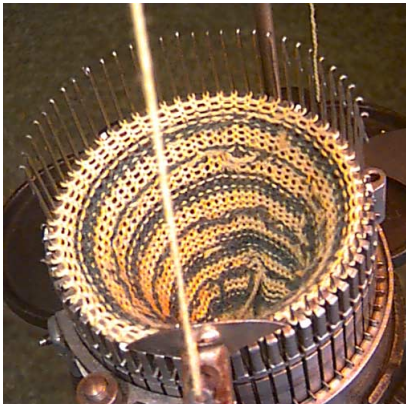
Note that the pictured stitch holder is for the left side (it is curved to pick up stitches on the left side). This stitch holder is seven needles long, that is when inside of the cylinder its length spans seven needles. There is an error in this tool, the hook to close the holder faces the cylinder, it would be best if it faced the other direction.



Scotch Fashion Heel

Knit on a 60-groove cylinder, this Scotch Heel is a substitute for the ordinary heel. It is a hand knit look heel. Knit the top and leg of the sock in any fashion you desire.

First part of the heel – the Decrease



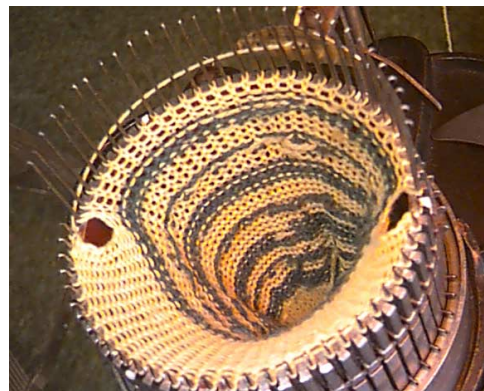
After completing the leg of the sock:

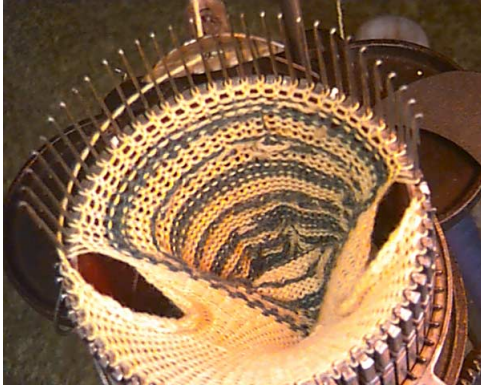
1. Raise the back half of cylinder needles fully out of action.
2. Hook the yarn in the take-up spring and knit forward stopping the carriage at the back.
3. Knit the front stitches backward and forward 20-24 rows. Keep the work pulled down. *Keep in mind you will be hanging these stitches on 10 needles; with heavier yarn, less rows will be best.*

The work will begin to rise about the cylinder needles, insert the heel hook and weights to keep it down.

Think of all the great things you can do with 20-24 rows of knit on the heel – you could add polka dots; you could put on the ribber and rib these 30 stitches by 20-24 rows.

Note as you knit back and forth a gap appears between the front and the back of the sock. This is the area you are most likely to drop stitches, so keep weight on these areas.





4. Stop with carriage on the Left side. Starting from the ½ mark, remove 10 stitches on the Right side on to a small stitch holder; raise those 10 empty needles.

Knit to the Right side; at the Left side lift off 10 stitches and place them on a small needle holder and place them inside the sock in the same way.

Raise the 10 empty needles on the Left side. There are

now 10 working stitches in front.



Second part of heel – the Increase

Lift the first stitch on the holder of the Right group of stitches (that is the stitch next to those in action) and transfer its loop on to the Right end needle of the 10 that are in action in Front of Cylinder.



Take care not to twist the loops of the stitches, place the loop on the needle UNDER the yarn coming from the yarn carrier.

Do the same with the first stitch of the Left group, and transfer its loop on to the Left end needle of the 10 in action Front of cylinder; then knit back-wards one row across.

Repeat the same operation and transfer in same order one loop from the Right and one from the Left group of stitches to the 10 in Front of the cylinder, knit across.

Continue this operation until all the stitch loops are transferred, stop with yarn-guide at the Left.



Lessons prepared by Bonnie Smola

Push the 10 empty needles down on the Right side. With a hook, pick up 10 selvedge loops at the left and place the loops on the 10 empty needles.

At the Back, depress the raised needles into action. Knit around to the back, and stop there.

Push down the 10 cylinder needles that are not in use on the Left side, pick up 10 selvedge loops at Left side and place them on the needles in cylinder, lift yarn off take-up spring.

Continue knitting the stocking.

