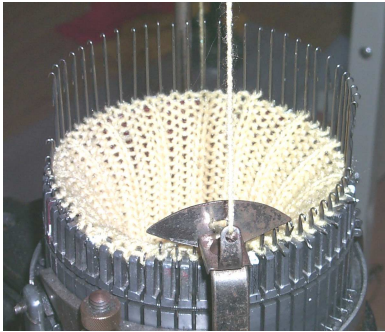


Heels Using the NO-Wrap Technique

After completing the body of the sock, leave the yarn carrier at the front.

First part of the heel – the Decrease

1. Place the yarn in the heel spring.
2. Using the crescent, raise all the back cylinder needles behind each $\frac{1}{2}$ mark. When raised, cylinder needles do not knit.



3. Knit around to the back until the tops of the working cylinder needles are level. Raise the last cylinder needle at the right side. Turn the crank backwards, knitting back across until the yarn carrier is again at the back and all needles are up level again.



4. Raise the last needle on the left side. Turn the crank clockwise until the yarn carrier is at the back and front needles are again level. As you knit the heel or toe, the work gets longer in the front half of the machine than in the back. To hold it down while decreasing (raising-needles), with your left hand up inside the cylinder push with your thumb in the developing pocket up toward the back of the machine while also pulling down on the sock. Renew your grip as the fabric gets longer. It is important to keep the stitches from working up on the needles. The ones most in need of watching are the needles at the outer edges of those currently knitting.

5. Raise one needle on the right side, and turn the crank backwards until the yarn carrier is again at the back, front needles up level.

6. Raise one needle on the left side. Knit back across to the right again. Repeat back and forth, raising one needle at a time until you reach the $\frac{1}{4}$ mark.



The final pass should be from left to right, with the yarn carrier stopping at the back. If you use the heel hook, now is the time to insert it into the work. When placed, you can see the pull on the stitches near the $\frac{1}{2}$ marks. Hold down on the heel hook, at the same time use the other hand to reach up into the cylinder and check that the hook points are not hanging by one strand of yarn; hang a weight from the hook.

Second part of heel – the Increase

7. With the yarn carrier at the back, push down one needle nearest the red $\frac{1}{4}$ mark on the right. Make sure latch is open and that the yarn passes **under the latch**. Knit across to the left until the yarn carrier is at the back.

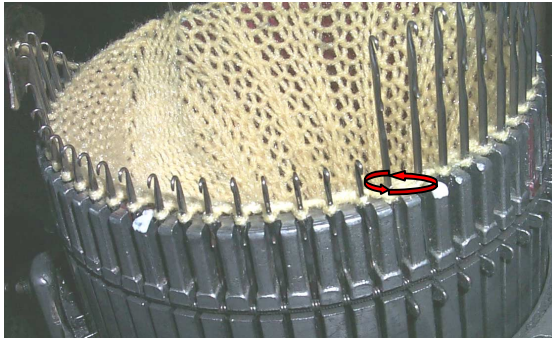
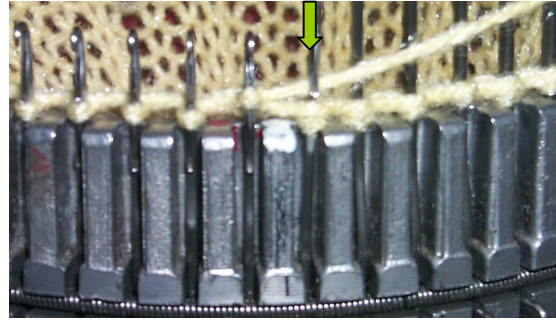
8. Push down one needle at the left, once again making sure the latch is open and that the yarn passes **under the latch**. Knit back across to the right.

9. Push down one needle on the right, knit across. Push down one needle on the left, knit across.

Repeat this step until you have pushed down all **except two** needles on the right side.

On your last pass, left to right, stop with the yarn carrier at the front and push down the two remaining needles on each side and all of the back needles (latches open!).

Release the heel spring.



10. Hold the work down with your thumb in the heel and fingers around the rest of the sock.

11. Knit the foot.

This method of making heels eliminates the possibility of making small holes at the junction of the decrease and increase of the heel. It is NOT necessary to wrap the needles when making heels. **Back to top**