


A Sock Surgeon's Afterthought Heel for Self-Striping Yarn*

by Emily B. Miller

*also works great for variegated and solid yarns!

About: This document is supported by an accompanying instructional  video. Visit <http://www.youtube.com/user/TelmahQ> for demonstration of the afterthought heel technique!

Needles/Gauge/Size: Pick a combination you are comfortable with, and use a stitch count circumference that yields a well-fitting sock with a bit of negative ease. For many people, this is a US size 1-2 needle and 64-72 stitches. Aim for a knitted circumference about 10% smaller than your foot's measurement. Model socks shown are 72 stitches on size 1 needles.



Directions: Cast on 60 (72, 84) stitches, and divide them evenly for knitting in the round. Work K1,P1 rib (or desired edging pattern) for 2" (or desired length). Switch to stockinette stitch and work until entire sock is 2" shorter than desired total length (height of leg + length of foot from arch to toe).

At this point, determine which side of the sock you'd like to be the top and which you want to be the sole. Depending on your yarn choice, both sides could be identical, or you could wish to hide or display pooling or other color patterning. As you start the toe shaping, the beginning of the round will be positioned at the center of the sole of the foot, so you may want to PM or move your marker accordingly.

§ Work toe:

Round 1: *K to 3 sts before side of foot, K2tog, K2, SSK, K to center of top of foot; repeat from * on remaining stitches for the other side to the center of the sole.

Round 2: K all stitches.

Repeat Rounds 1 & 2 until 40 stitches remain, ending with Round 2.

Repeat Round 1 until 20 stitches remain, then K5 to leave working yarn at side of foot. Cut yarn, leaving a long tail. Slip all the top of foot stitches onto one needle, all the bottom of foot stitches onto another needle, and graft closed using yarn tail and Kitchener stitch.



Work heel:

Block the sock flat, then determine proper placement for heel by comparing with a finished or commercial pair of socks, or try on the tube sock and mark the place where the pressure is the greatest in the center of the bulge where the natural heel falls.

Snip a stitch in the center of the bottom of the foot at the marked row, and unravel the two new ends of this cut strand. Two rows of live

stitches will appear above and below the unraveling row. Pick these up on two separate needles for holding. Continue unraveling until you've secured 30 (34, 40) stitches on each needle. Rearrange these evenly for working in the round, taking care to orient the stitches with their front legs forward.

If desired, unwind your remaining yarn to desired point in colorway repeat. Reattach working yarn at the center of the sole, and work the first round, picking up two stitches in each gap at the sides of the heel. 60 (72, 84) stitches total. Knit one more round, then repeat toe shaping from §. Weave in the beginning and end tails from attaching the heel yarn, and weave in the ends from your snipped and unraveled row, taking care to close any remaining gaps at the corners.

Repeat for second sock!

