

A Short Row “Tweak”

First off, I have to tell you that I had been playing around with different methods of short row heels and toes for some time when I came across a “no wrap” method taught by Kathleen Taylor. I loved it. However, as I began practicing this short row heel, I experimenting with picking up different stitches to close the gap. The result was a heel cup that was surprisingly smooth, and had no lumps or bumps, or holes. It works for me. I thought you might like to try it.

Fig. 1, is the right side.
It’s tight and smooth.



Fig. 2, is the wrong side.
You’ll notice that there are no long floats.



I shared these pictures with Kathleen and she wanted me to share them with you. Thanks you, Kathleen. If you wish to see the original tutorial on this short row heel method, please check out her great website at – kathleen-dakotadreams.blogspot.com

OK! Here we go. I decided to chart this method in an attempt make this presentation as clear as possible,, as people often learn faster with visual aids-people like me.

The Chart

Section **A**, or the bottom half of the chart, is designed to set up the short rows to shape the heel of the sock. It is a combination of knit and purl rows that each begin with a **slip stitch (Sl)**. You will notice that each row gets smaller as the chart goes up, as one by one the slipped stitched rows remains on the needles on either side.

Section **B**, indicates the beginning of the heel turn. I call these transitional rows. The only difference between them and your other short rows in section “A” is that there will be no “gap.”

Section **C**, consists of the picking up the short rows as a means of completing the heel cup.



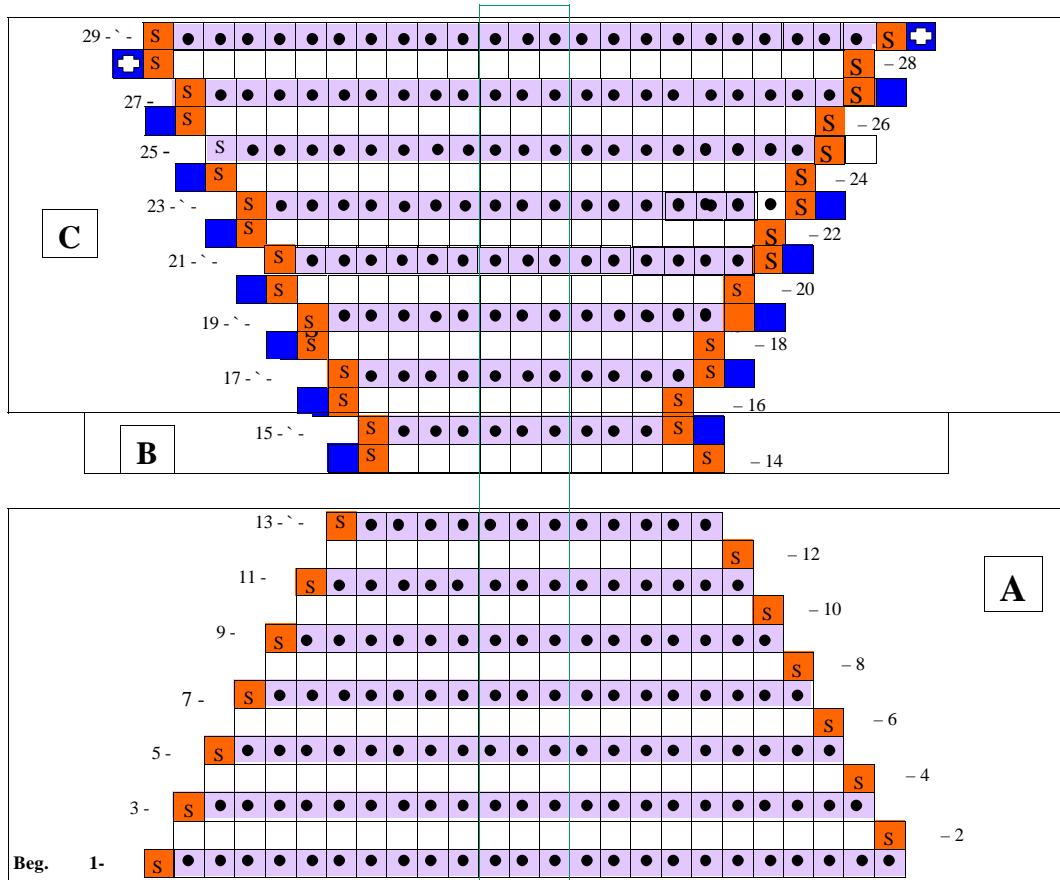
Heel set up. The picture at the left shows my set up for knitting a heel. On each end of the heel stitches, I have added four stitches from the instep section. I have also placed a marker at each end to identify the heel stitches.

I have found that by moving these few stitches to the same needle as the heel stitches, the stress on the stitches between the two sections is less , and makes it easier to pick up stitches in this gap.

Short Rows Without Wraps (with a tweak)

Chart Key-

□	Knit – Right side
●	Purl – Wrong side
■	The orange box = SLIP stitch Knit side, Sl st purlwise, with yarn in back.
■	The blue box = Lift, SPR (<u>horizontal loop</u> created by Slipped stitch in Previous Row), K 1, PSSO.
■	This box indicates where you slip the last stitch of the row, pick up and knit one stitch in the gap between the heel stitches and the instep stitches, then PSSO (Pass Slipped Stitch Over new stitch).
A	Section “A” is establishing your short rows.
B	Section “B” is heel turn, and completion of the “heel cup”.



1. The chart is read from the bottom beginning at row #1 at bottom left hand corner– this will be a **wrong side** row.
2. Even though this chart begins with 25 stitches, it can be adapted to any number of stitches you choose to use. The process works the same. Increase or decrease the number of stitches in the **green box area**.
3. Section **A** – establishes the basic short rows.
4. Section **B** - the transitional rows that start the heel turn.
5. Section **C** – picks up the short rows to complete the heel cup

What's that **Blue Box** Mean? Lift SPR, K 1, PSSO



OK! What a SPR?



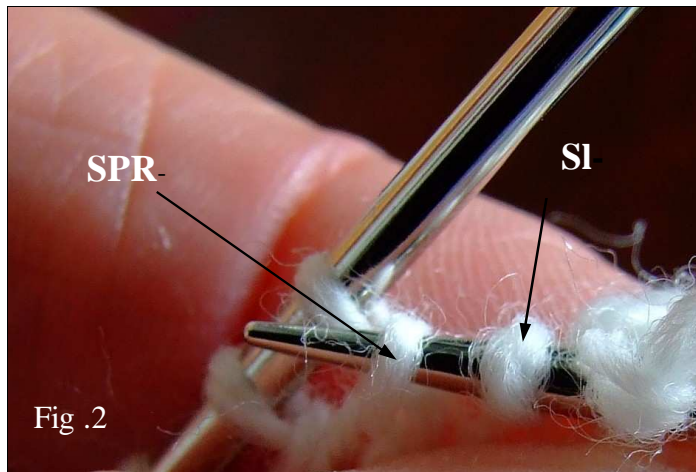
Fig. 1, shows you the stitches I used to close the gaps. The orange arrows point to the horizontal loop created by the **Sl st** (slip stitch) made in the previous row. This loop will be lifted on to the right hand needle, in preparation for it to be knitted. For the sake of simplicity I have named this stitch – **SPR** (*slipped stitch in previous row*).

*Kathleen has you pick up a loop **in** the gap.*

Now, for a right side



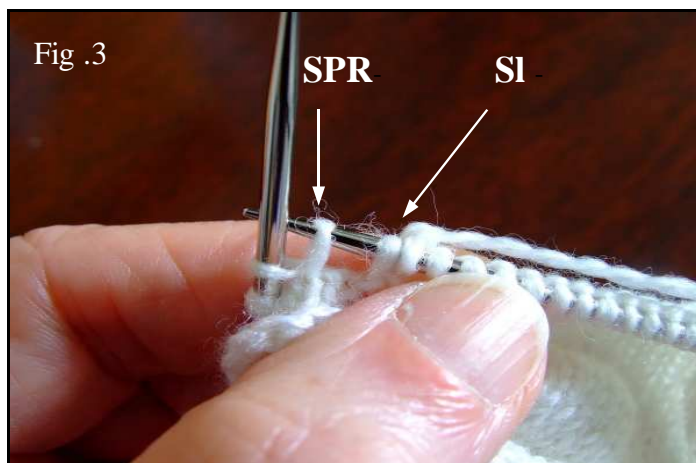
Lift, SPR, K1, PSSO



1. (Fig. 2) Slip your needle through the **SPR** from underneath. Now you are ready to knit it.

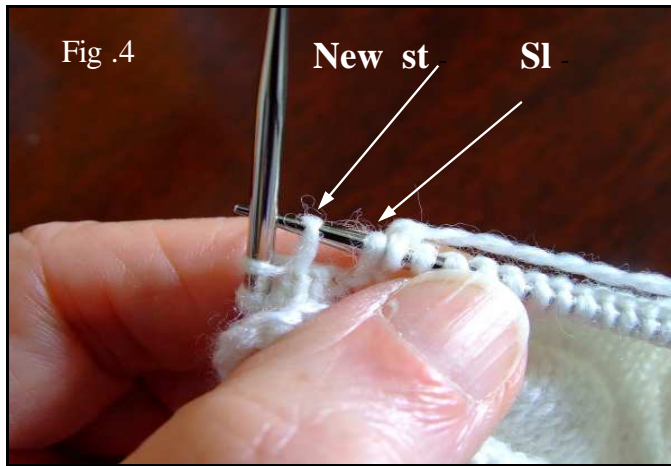
**Also notice the Sl st (slip stitch) just to the right of the SPR. This slip st is represented by the orange square in the graph.*

2. Fig. 3, shows the SPR as it remains on the right hand needle ready to be knitted.



**If you knit it in this position without lifting on to the left hand needle, it does not stretch out as much. And, the less stressed the new stitch is, the nicer you turn will look. How? Simply wrap your yarn around the right hand needle as if to knit, then lift the SPR over the top and release the new st.*

OK! Now knit it. (K 1)

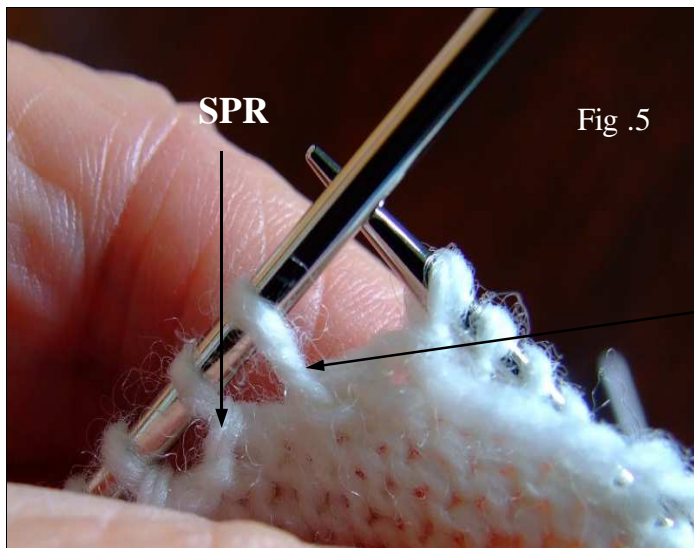


3. Now having made the new stitch (Fig. 4), take the point of your left hand needle and lift the Sl st. to the right, over the new stitch, or PSSO(**P**ass **S**lipped **S**titch **O**ver the new stitch)

Turn. Slip the first st of the beginning of the next row and make your **first 3 stitches snug**, assuring a neat turn.



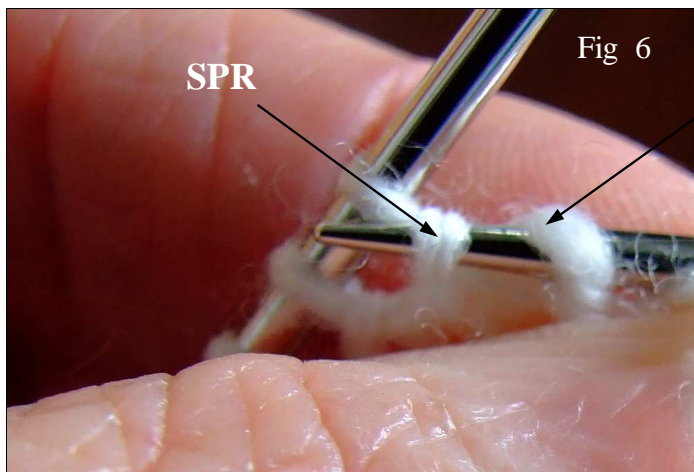
Lift SPR, P 1, PSSO On the Purl Side



In Fig. 5 you can see that the **SPR** in the previous row as indicated by the arrow.

That's it! That's our **SPR** for the purl side.

Just a note- you will notice that the stitch to the right of the **SPR looks naked. Why? It was robbed of it's slipped stitch wrap on the previous round. You will see the same thing on the knit side. This makes it easy to pick them out. Once your set up rows are complete, you will knit to this poor "naked" st, Sl it, and lift your **SPR** to begin closing the gap.*



1. Now, with the slip stitch to the right of it on your right hand needle, slip your right hand needle under the **SPR** and lift it as before.

2. Purl through the **SPR**. (P 1), keeping in mind that you don't want to stress the stitch.

3. Now, **PSSO** – with the point of your left hand needle, pass the slipped stitch to the right over the new stitch. Turn. **Don't forget to make those first three stitches snug.**

What's this other blue box with a cross in it?



You will notice that this box only applies to the finishing rows. It is simply a way of making a smooth transition from the heel stitches to the instep stitches. The only difference is that instead of picking up a **SPR** as before, you will pick up a stitch between the heel stitches and the instep stitches. Otherwise the process is the same.

When you finished with the last purl side row, turn and knit across, distribute you remaining sock stitches on your needles, or like in my case, my one circle needle, (magic loop) and complete the round. Now up the leg, or down to the toe we go, depending on which end you started with.

Written Instructions for Heel Sample Practice

Make a crocheted chain of 40 sts. In back loops pick up 29 sts. These 4 extra stitches will simulate the stitch you will be picking up in the gap between the heel stitches and the instep stitches.

SET-UP Purl one row. Knit one row.

Row - Purl 2. PM. Sl 1 , purl 24 sts. Turn. PM on to right hand needle. (*There are now two sts left on your right*).

Row 2 – Sl 1, K 23. Turn.

Row 3 – Sl 1, P 22. Turn

Row 4 – Sl 1, K 21. Turn

Row 5 – Sl 1, P 20. Turn

Row 6 – Sl 1, K 19. Turn

Row 7 – Sl 1, P 18. Turn

Row 8 – Sl 1, K 17. Turn

Row 9 – Sl 1, P 16. Turn

Row 10 – Sl 1, K 15. Turn

Row 11 – Sl 1, P 14. Turn

Row 12 – Sl 1, K 13. Turn

Row 13 – Sl 1, P 12. Turn.

Row 14 – Transition row- Sl 1, K 10, Sl 1, Work ***SPR**.

* **With RH needle, pick up horizontal loop, made by the Slip st, in the previous row. K1. Now pass the slipped st to the right over the newly made st. Turn. Cinch it up snug.**

Row 15. Sl 1, K 9, Sl 1, Work lift SPR, P 1, Pssso. Turn.

Row 16 – Sl 1, K 10, Sl 1, lift SPR, K 1, PSSO. Turn.
Row 17 – Sl 1, P 11, Sl 1, lift SPR, P 1, PSSO. Turn.
Row 18 – Sl 1, K 12, Sl 1, lift SPR, K 1, PSSO. Turn
Row 19 – Sl 1, P 13, Sl 1, lift SPR, P 1, PSSO. Turn.
Row 20 – Sl 1, K 14, Sl 1, lift SPR, K 1, PSSO. Turn
Row 21 – Sl 1, P 15, Sl 1, lift SPR, P 1, PSSO. Turn.
Row 22 – Sl 1, K 16, Sl 1, lift SPR, K 1, PSSO. Turn
Row 23 – Sl 1, P 17, Sl 1, lift SPR, P 1, PSSO. Turn.
Row 24 – Sl 1, K 18, Sl 1, lift SPR, K 1, PSSO. Turn
Row 25 – Sl 1, P 19, Sl 1, lift SPR, P 1, PSSO. Turn.
Row 26 – Sl 1, K 20, Sl 1, lift SPR, K 1, PSSO. Turn
Row 27 – Sl 1, P 21, Sl 1, lift SPR, P 1, PSSO. Turn.
Row 28 – Sl 1, K 22, Sl 1, remove marker, pick up st in gap and treat it just as though it was a SPR. Lift it onto the RH needle, K 1, PSSO. Turn
Row 29 – Sl 1, P 23, Sl 1, pick up st in gap as in row 28. Handle it as a SPR, P 1, PSSO. Turn.
Row 30 – K across.

**If your knitting is a bit loose on your “real” sock, you can pick up an extra stitch where the two sections join. However, if you keep your turns, and Slip stitches snug, you should not have to do worry about it.*