



Star Heel Worksheet

To use this worksheet, you will need a copy of “Toe-Up! Patterns and Worksheets for Whipping Your Sock Knitting Into Shape” by Chrissy Gardiner. Complete instructions as to how to use the worksheet can be found on p. 42.

Numbers Needed:

A _____

B _____

C _____

D _____

To Work:

When foot measures approximately D _____ less than desired finished length from tip of toe, pick up a piece of scrap/waste yarn and use it to knit across the heel stitches. Then, drop the waste yarn, go back to the start of the heel, pick up the working yarn and knit across the waste yarn stitches. Continue knitting the leg of your sock with the working yarn - the waste yarn holds the stitches where the heel will eventually go.

When it's time to make your heel, go back and carefully pick up the stitches held by the waste yarn across the top and bottom of the heel. There will be an extra stitch on the top needle. Pick up one more stitch in a corner of the heel with the bottom needle so that there is an equal number of stitches on both needles or B _____ total. Place markers every $(B \div 4)$ _____ stitches.

Join yarn to be used for heel.

Round 1: Knit.

Round 2: *Knit to 2 stitches before marker, k2tog; repeat from * an additional 3 times.

Repeat these two rounds until there are C _____ or fewer stitches left or until the heel is about D _____ deep.

Place the stitches between each marker on a single needle (i.e. top-of-heel stitches on one needle, bottom-of-heel stitches on another) and graft the heel cup closed using Kitchener Stitch.

