

Neat and Sweet Short Row Heel Practice

Knitting set-up: Magic Loop Method

Reference terms:

K = knit

P = purl

Sl = slip stitch

KTB = knit through back loop

NA = Needle "A", holds the first half of the rnd.

NB = Needle "B", holds the second half of the rnd.

N-st = Naked stitch- this st has been robbed of the horizontal loop(*that was laying at it's base*) created by the slipping the st at the beginning of the previous row.

RN = right needle

LN = left needle

YB = yarn back

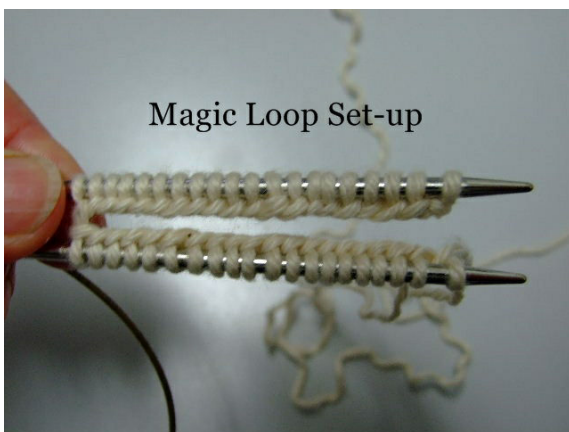
YF = yarn forward



Knitting notes. Be sure to keep **all** Slip sts and next 3 sts of beg of rows of short row heel very snug. This will help make the turn of the heel neat.

On the knit side it is to tighten the first slip st in the row, but on the purl side, it seems a bit harder, so I use the move illustrated at the left to tighten the purl side slip stitch at the beginning of the row. Of course, you may not have trouble with this, but, if you do, give it a try.

Short Row Heel Practice



1. To begin this practice heel, cast on **40 sts**. Divide in half and set up for magic loop, with 20 sts on NA, and 20 sts on NB. With crochet hook transfer 1st st of NB to NA. Next, transfer 1 st of NA , to NB. Knit 5 rounds.

Next round - **Set up round.** NA, knit across.



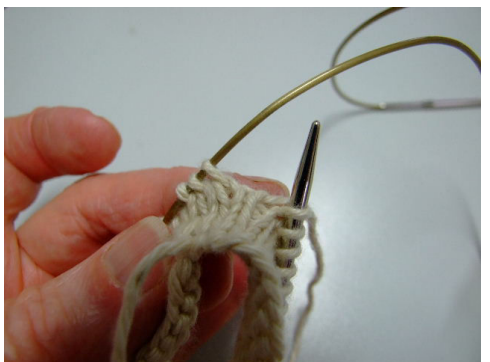
.At the begin of N-B, K 1 st. Place this st onto a piece of yarn. Now knit the next 2 sts.



Pull RN thru, slipping all three sts onto NA.



Knit 14 sts. (3 sts remain on LN.



Slip the remaining 3 sts of NB onto NA, by pulling the LN through..



Beg. Heel Row

Row 1. K 2; K 1, drop st onto yarn. Knit across 20 sts. Keep first and last st **tight**. Turn.

Short Row -Heel Practice cont-

Row -2. (Yf), Sl-1(*purlwise, repeat for all purl side rows*); P 19. Turn.

Row -3 (Yb), Sl 1(*knitwise, repeat for all knit side rows*); K 18. Turn

Row -4 Sl 1, P 17. Turn.

Row -5 Sl 1, K 16. Turn.

Row -6 Sl 1, P 15. Turn.

Row -7 Sl 1, K 14. Turn.

Row -8 Sl 1, P 13. Turn.

Row -9 Sl 1, K 12. Turn.

Row -10 Sl 1, P 11. Turn.

Row -11 Sl 1, K 10. Turn.

Row -12 Sl 1, P 9. Turn.

Row -13 Sl 1, K 7. Sl 1, work **SPR**. * See illustration -Fig.'s #1--5 beginning on page 6-7.

Work **SPR**(Slipped stitch in **P**revious **R**ow); with tip of RN, pick up the horizontal loop laying at the base of the st to your left. From the bottom Leaving it on the RN, wrap the yarn as to knit, then with the tip of the LN, lift the loop over the new yarn and drop it off the RN. Now, pass the slipped st to the right of the new st, over the top. Turn.

Row 14. Sl 1, P 6, Sl 1, work **SPR** as follows: Pick up the horizontal loop laying at the base of the st to your left. From the bottom Leaving it on the RN, slip the tip of the LN in the back of the loop. Wrap the yarn as to purl, then with the tip of the LN, lift the loop over the new yarn and drop it off the RN. Now, pass the slipped st to the right of the new st, over the top. Turn.* See illustration Fig.'s #6--10 beginning on page 7-8.

Row 15. Sl 1, K 7; slip “naked st” (**N-st**) knitwise, work **SPR** as in row 13.* See Fig.'s #11, page 9.

Row 16. Sl 1, P 8; slip N-st onto RN by inserting RN through back loop, as shown in picture. Work **SPR** as in row #14. Turn.* See Fig.'s #12, page 9.

Row 17. Sl 1, K 9; Slip **N-st** as before; work **SPR**. Turn.

Row 18. Sl 1, P 10; Slip **N-st** as before; work **SPR**. Turn.

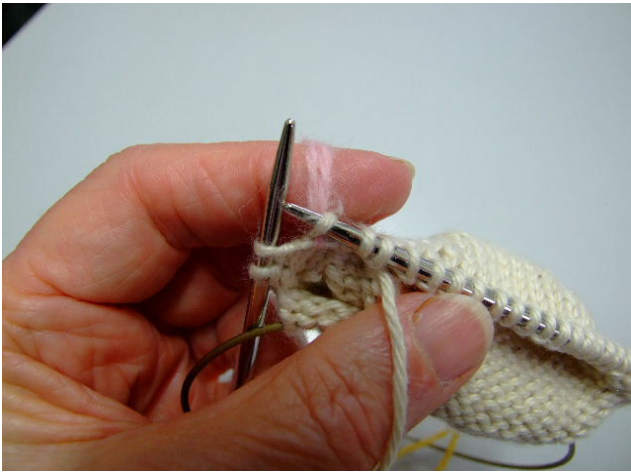
Row 19. Sl 1, K 11; Slip **N-st** as before; work **SPR**. Turn.

Row 20. Sl 1, P 12; Slip **N-st** as before; work **SPR**. Turn.

Row 21. Sl 1, K 13; Slip **N-st** as before; work **SPR**. Turn.

Row 22. Sl 1, P 14; Slip **N-st** as before; work **SPR**. Turn.

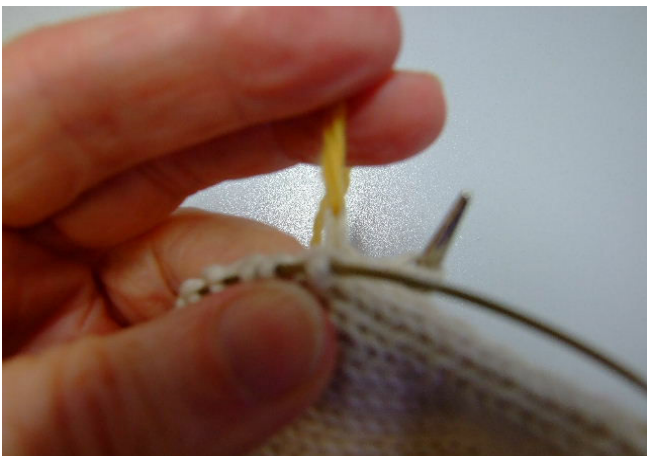
Row 23. Sl 1, K 15; Slip **N-st** as before; work **SPR**. Turn.



Row 24. Sl 1, P 16; Slip **N-st** as before; work **SPR**. Without turning, slip last N-st as before, pick up purl bar of st on yarn, just to your left. Use this loop to work the SPR as before. Turn.



Row 25. Sl 1, K 18; slip last N-st as before. Slip the tip of you RN under the purl bar of the st held on the yarn to your left. Use this loop, as you did for the **SPR** on the knit side.



Row 25 cont- Next, lift stitch on yarn, slip it onto LN. With RN, knit in back loop. Knit next 2 sts.

You are now ready to knit the instep stitches. Slip the 14 instep sts into the start position and knit across.

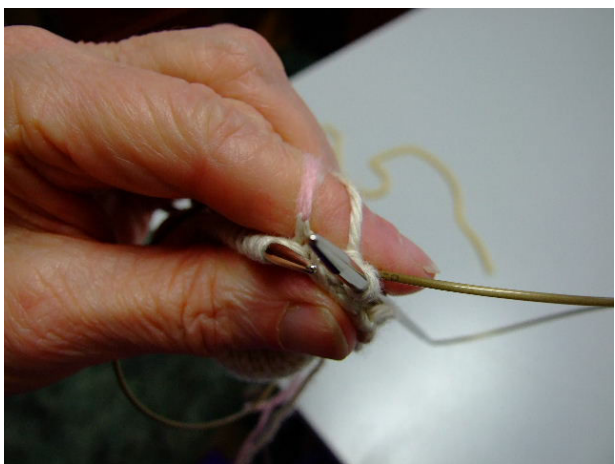


As you move to NB, to complete the round, make sure that the first stitch is up against the cord of the circle needle. No gaps, please.

Knit across the 14 sts.



Begin the next round on NA, by knitting 2 sts. Again, make sure it lies close to the cord, as before.



Pick up the stitch held on the yarn, put it on the LN, and knit it through the back loop.

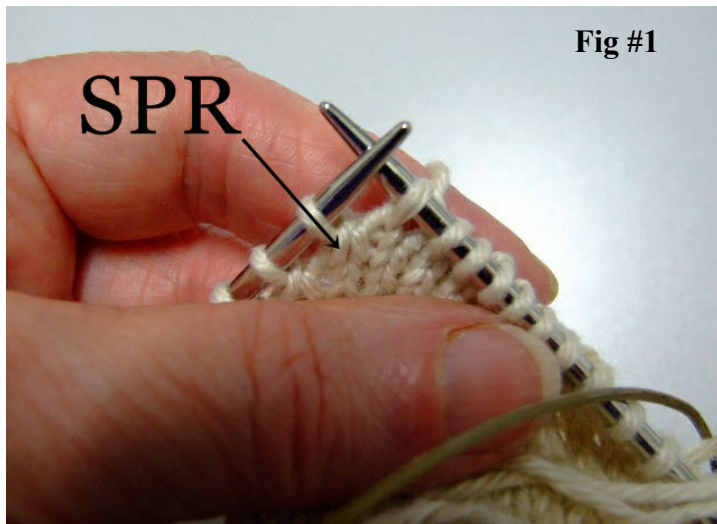
Continue, knitting across NA. After knitting one more complete round, slip the extra stitches on each end back to their respective needles so that you have 20 sts on N-A, and N-B.



Knit a couple of more rounds then bind off. If you have done it correctly, it should look like the picture at the left.

Once you have done this several times it becomes easy. Then you can share it with someone else.

What is an SPR?



The **SPR** is actually created when you slip the first stitch of a row. How? Whether you have knitted or purled the last stitch of a row, once you turn and slip this last stitch, it has a tendency to make the one below it, lean toward the direction you are going, or toward the center of your work.

In Fig #1, the **SPR** on the knit side is pointed out by the arrow. You will see that it slants slightly toward the right. This is the loop we will use to begin to close our heel short rows.



Fig #2- shows the right needle picking up the **SPR** from the bottom up.



Fig#3- The **SPR** is knitted by wrapping the yarn as to knit. Using the tip of the left needle the **SPR** is lifted over the wrapped yarn to form a new stitch.

Slip st to right over new stitch

Fig#4. Insert tip of left needle (LN) into slipped st to right of the new st then PSSO.

Fig #4

Fig #5

Working SPR, finished

Fig #5. Once slipped st has been dropped over the new stitch, the closing move working the **SPR** is completed.

Next , turn.

Fig #6

SPR, purlside row

Working SPR-Purl side

Fig # 6. Arrow points to the **SPR** on the purl side.

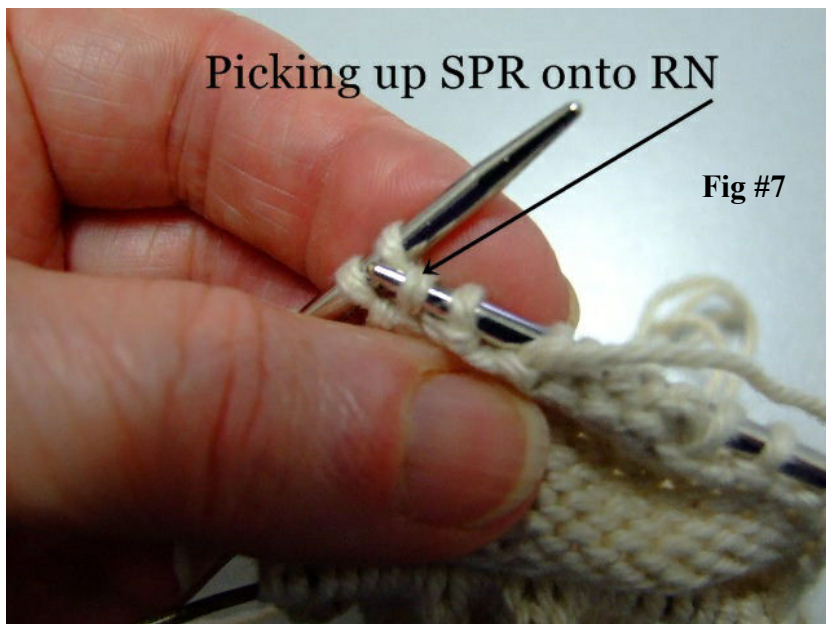


Fig. #7 Slip SPR onto RN, from the bottom.



Fig # 8. Once SPR is on RN, slip the tip of the LN in the back loop of the SPR. This put it in the position to be purled.

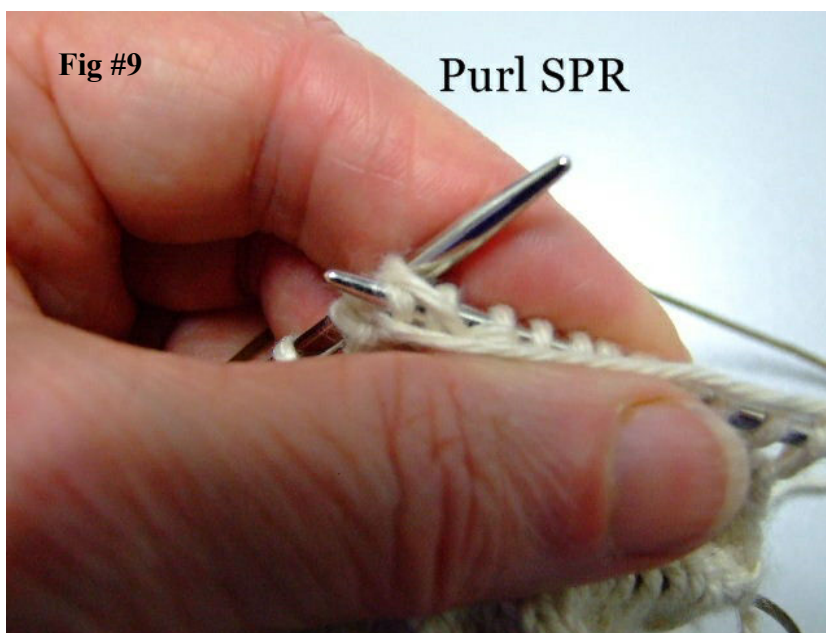


Fig #9. Wrap the yarn as to purl. Using the tip of your LN. Lift the SPR over the wrapped yarn, forming new st.

Pass stitch to right over new st.



Fig #10

Fig#10. Now pass the slipped stitch to the right over the new st, and drop it off the needle. Turn.

You have just completed working the APR on the purl side.

Naked stitch-knitside



Fig #11

Fig#11. You can see that the N-st, has no bar laying at it's base. If you look closely you will see that the one next to it on the left, has the horizontal bar lying directly under it. The point is that they look entirely different.

Naked stitch-purlside

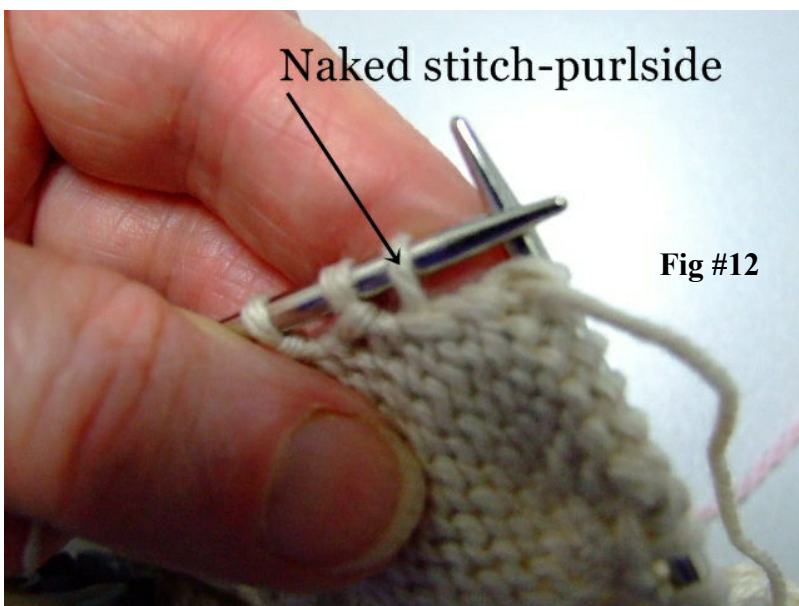


Fig #12

Fig#12. This is a picture of the N-st, on the purl side. It is easier to see than the one on the knit side. But with practice, you will be able to distinguish them very quickly from the others.

Making it Neat



It seems that no matter how care we are to keep our slipped stitches tight, there always seem to be a few that get away from us.



I have learned to deal with this by picking up the leg of the loose stitch with one of my small DP's . Next, pull up the excess yarn, then lifting each leg of the adjacent stitches, feather out the excess across the stitch row.



This method seems to work fine for picky people like me.





***Alternative method for keeping the end slip sts tight.** *This is a spin off of my "Knitting Backward tutorial."*

In the picture at the left, you will see that I have just finished the first row of the heel section.



Row 2 - *I begin this row with the yarn remaining in my right hand (English)*

A. Leaving yarn in back, slip the tip of the LN into the front loop of the last st you knitted in row #1. *This equal a slip 1, only you are doing it from knit side.*

Slip the stitch off the RN.



B. Insert the LN into the back loop of the next st to the right. Bring the yarn over the LN as shown.



C. Lift the tip of the RN over the end of the LN, bringing the new yarn through.



D. Now tighten up the two stitches you have on your LN. Turn, and continue Row #2 by Purling 18.sts. Turn.

OR-continue knitting across using the method I shared in my tutorial. You can download it free at

