

ela's horseshoe heel

This heel is the one that fits me best and it is a combination between a short row heel and a dutch heel and is knitted with a heel flap and a gusset.

When you have finished the leg, you start knitting the heel flap over half of the stitches, e.g. if you knit a sock with 72 stitches, then your heel flap is knitted with 36 stitches. Depending on the pattern, I knit the heel flap for round about 32 rows.

After finishing the heel flap, the heel is divided into three parts:

- center stitches
- short row stitches
- decrease stitches

Usually you see this abbreviation on my notes / patterns (knitting 72 sts):

8 – 6 – 8 – 6 – 8

which means:

you have 8 decrease stitches on both sides, 6 short row stitches on both sides and 8 center stitches in the middle (36 sts).

Basically this heel turn is worked at first as a short row heel (with 8 center stitches) until the width of the sole is reached and then decreasing heel stitches left and right until all stitches are worked (square / dutch heel).

c center stitches
s short row stitches
d decrease stitches

Chart Heel Stitches

1	2	3	4	5	6	7	8	1	2	3	4	5	6	1	2	3	4	5	6	7	8	1	2	3	4	5	6	1	2	3	4	5	6	7	8
d	d	d	d	d	d	d	d	s	s	s	s	s	s	c	c	c	c	c	c	c	c	s	s	s	s	s	s	d	d	d	d	d	d	d	d

On the following chart you see how the heel is turned.
 Example: 72 stitches => 28 rows.

Chart Symbols

- knit
- purl
- II wrap & turn or German short row stitch (V-Stich / Double Stitch)
- ↖ ssk (slip one stitch knitwise, slip another stitch knitwise, knit these two stitches together)
- ↗ p2 tog (purl 2 stitches together)
- sp slip purlwise
- sk slip knitwise

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[illegible]

Written Instruction (German short row stitch / V-stitch / double stitch)

row 1: knit 23 stitches, turn
 row 2: first stitch: German V-stitch / double stitch, purl 9 stitches, turn
 row 3: V-stitch, knit 10 stitches, turn
 row 4: V-stitch, purl 11 stitches, turn
 row 5: V-stitch, knit 12 stitches, turn
 row 6: V-stitch, purl 13 stitches, turn
 row 7: V-stitch, knit 14 stitches, turn
 row 8: V-stitch, purl 15 stitches, turn
 row 9: V-stitch, knit 16 stitches, turn
 row 10: V-stitch, purl 17 stitches, turn
 row 11: V-stitch, knit 18 stitches, turn
 row 12: V-stitch, purl 19 stitches, turn
 row 13: V-stitch, knit 19 stitches, ssk, turn (reducing 1 st => 35 sts left)
 row 15: s1 purlwise, purl 18 stitches, p2tog, turn (reducing 1 st => 34 sts)
 row 16: s1 knitwise, knit 18 stitches, ssk, turn (33 sts)
 row 17: s1 purlwise, purl 18, p2tog, turn (32 sts)
 row 18: s1 knitwise, knit 18 sts, ssk, turn (31 sts)
 row 19: s1 purlwise, purl 18, p2tog, turn (30 sts)

and so on until every decrease stitch is work (20 sts remain).

Of course you can substitute the V-stitch with wrap & turn (w&t) =>

row 1: knit 22 sts, w&t
 row 2: slip wrapped st, purl 8 sts, w&t
 row 3: slip wrapped st, knit 9, w&t
 row 4: slip wrapped st, purl 10, w&t
 [...]

until 20 stitches worked (19 + 1 wrapped) and then start decreasing on both sides.

Now your heel turn is finished und you can pick up your gusset stitches left and right of your heel flap as usual.

Gusset

In our example I wrote that I usually knit 32 rows, which means that I would pick up 16 stitches on either side. Additionally I pick up another one at each corner (to avoid holes). Now the stitch count on the heel / sole looks like this:

1 – 16 – 20 – 16 – 1

Makes a total of 54 stitches, that now will be reduced to the original 36 stitches with two decreases (2nd sts left and right) every other row.

Other Sizes

An example for a sock with 64 sts (=> 32 heel stitches) could be:

7 – 6 – 6 – 6 – 7

This is a picture of the finished heel:



Feedback – Comments – Questions

For feedback (which is always greatly appreciated), comments or if you do have any questions, please don't hesitate and contact me:

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