

heels by number

Disclaimer: I have not personally turned each of these heels using the number of stitches indicated, but the numbers should work. If you encounter any problems, I would appreciate being advised by mail to qazwsx15@hotmail.com

Note: You can also start turning the heel on a purl row, and many people prefer to do so. I actually do either, depending on the pattern I'm working on. End the heel flap ready to start a wrong side row. Substitute purl for knit, and P2tog for SSK, and vice versa. You will not have the "Sl1, K across" row at the end of the heel.

If your sock is knit using	40 44 48 52 56 60 64 68 72 76 80	stitches,
your heel flap is probably done on	20 22 24 26 28 30 32 34 36 38 40	stitches.
End ready to start a right side row.		

V heel, aka Half Hankerchief

Slip 1, Knit	9 10 11 12 13 14 15 16 17 18 19	stitches, SSK, K1, turn.
Slip 1, Purl	1 1 1 1 1 1 1 1 1 1 1	stitches, P2tog, P1, turn.
Slip 1, Knit	2 2 2 2 2 2 2 2 2 2 2	stitches, SSK, K1, turn.
Slip 1, Purl	3 3 3 3 3 3 3 3 3 3 3	stitches, P2tog, P1, turn.
Slip 1, Knit	4 4 4 4 4 4 4 4 4 4 4	stitches, SSK, K1, turn.

Continue working one more stitch until all stitches have been worked.
Slip 1, knit across.

Round heel, aka French heel

Slip 1, Knit	11 12 13 14 15 16 17 18 19 20 21	stitches, SSK, K1, turn.
Slip 1, Purl	5 5 5 5 5 5 5 5 5 5 5	stitches, P2tog, P1, turn.
Slip 1, Knit	6 6 6 6 6 6 6 6 6 6 6	stitches, SSK, K1, turn.
Slip 1, Purl	7 7 7 7 7 7 7 7 7 7 7	stitches, P2tog, p1, turn.
Slip 1, Knit	8 8 8 8 8 8 8 8 8 8 8	stitches, SSK, K1, turn.

Continue working one more stitch until all stitches have been worked.
Slip 1, knit across.

Rounder heel

Slip 1, Knit	12 13 14 15 16 17 18 19 20 21 22	stitches, SSK, K1, turn.
Slip 1, Purl	7 7 7 7 7 7 7 7 7 7 7	stitches, P2tog, P1, turn.
Slip 1, Knit	8 8 8 8 8 8 8 8 8 8 8	stitches, SSK, K1, turn.

Slip 1, Purl	9 9 9 9 9 9 9 9 9 9 9	stitches, P2tog, P1, turn.
Slip 1, Knit	10 10 10 10 10 10 10 10 10 10 10	stitches, SSK, K1, turn.

Continue working one more stitch until all stitches have been worked.
Slip 1, knit across.

Square heel, aka Dutch heel

Slip 1, Knit	12 13 15 16 17 19 20 21 23 24 25	stitches, SSK, turn.
Slip 1, Purl	6 6 8 8 8 10 10 10 12 12 12	stitches, P2tog, turn.
Slip 1, Knit	6 6 8 8 8 10 10 10 12 12 12	stitches, SSK, turn.

Continue last two rows until all stitches have been worked.
Slip 1, knit across.

Modified square heel

Slip 1, Knit	11 12 13 14 15 16 17 18 19 20 21	stitches, SSK, K1, turn.
Slip 1, Purl	5 5 5 5 5 5 5 5 5 5 5	stitches, P2tog, P1, turn.
Slip 1, Knit	* * 6 6 6 6 6 6 6 6 6	stitches, SSK, K1, turn.
Slip 1, Purl	7 7 7 7 7 7 7 7 7 7 7	stitches, P2tog, P1, turn.
Slip 1, Knit	* * * 8 8 8 8 8 8 8 8	stitches, SSK, K1, turn.
Slip 1, Purl	9 9 9 9 9 9 9 9 9 9 9	stitches, P2tog, P1, turn.
Slip 1, Knit	* * * 10 10 10 10 10 10 10 10	stitches, SSK, K1, turn.
Slip 1, Purl	11 11 11 11 11 11 11 11 11 11 11	stitches, P2tog, P1, turn.
Slip 1, Knit	* * 12 12 12 12 12 12 12 12 12 12	stitches, SSK, K1, turn.

* Once you reach the *, continue as for the square heel.

Band heel, aka German Strap heel

Slip 1, Knit	13 15 17 18 20 21 23 24 26 28 30	stitches, K2tog, turn.
Slip 1, Purl	10 11 12 13 14 15 16 17 18 19 20	stitches, P2tog, turn.
Slip 1, Knit	10 11 12 13 14 15 16 17 18 19 20	stitches, K2tog, turn.

Continue last two rows until all stitches have been worked.
Slip 1, knit across.

The math involved in these heels is not hard once you understand how the heel is shaped:

V heel - work across half the heel flap, decrease, work one stitch and turn; work one stitch, decrease, work one stitch and turn; work to gap, decrease, turn, etc.

Round heel - work across half the heel flap plus two stitches, decrease, work one stitch and turn; work five stitches, decrease, work one stitch and turn; work to gap, decrease, turn, etc.

Rounder heel - work across half the heel flap plus three stitches, decrease, work one stitch and turn; work seven stitches, decrease, work one stitch and turn; work to gap, decrease, turn, etc.

Square heel - work across two-thirds the heel flap, decrease and turn, work one-third of the heel flap, decrease and turn, work to gap, decrease and turn, etc.

Modified square heel - work as for round heel until you reach the corresponding number of stitches required for a square heel, then continue as for a square heel.

Strap heel - work across three-quarters the heel flap, decrease and turn, work one-half of the heel flap, decrease and turn, work to gap, decrease and turn, etc.

Acknowledgements:

I gratefully bow in the direction of Nancy Bush, whose wonderful book *Folk Socks - The History & Techniques of Handknitted Footwear* introduced me to a variety of ways to turn heels. (Interweave Press, ISBN 0-934026-97-1) There are many more styles of heel shown in her book. If this type of thing interests you, I would heartily recommend that you purchase her book and enjoy.

I also thank the extremely talented Jackie Erickson-Schweitzer for introducing me to the modified square heel. To see more detail about this heel, see [Jackie's Errant Ankles Lace Socks](#). You can see more of Jackie's great designs at [HeartStrings FiberArts](#). She also uses this heel in her Parting Ways Socks.

I must also thank Holly Doyne for patiently taking the time to explain the Band heel for me - twice.