

## Sock-Heel Tips

Let's start with some fun facts that you might not know.

Try holding your palm across the arch of your foot and you'll see that the smallest width of your hand is equal to the smallest width of your foot. Your foot arch and your hand palm are probably the same width.

Your whole length of your foot will lie between your elbow and your wrist. Your foot is really the same length as your arm from wrist to elbow.

The length between your elbow and the inner angle of your breast when the arm is folded equals the length of your foot.

Heel flaps are rarely knit in stockinette stitch, as the resulting fabric is too thin. There are many different heel types that use a combination of stitches.

If you tend to wear out the heels of your socks, try working a strand of thread with the yarn while working the heel flap. You can use regular sewing thread or buy special sock-reinforcement thread.

You can also drop down a needle size while knitting your heels for a denser fabric.

To tighten the join between the heel flap and gusset, pick up stitches through the back loop of the chain edge stitches along the heel flap. This will twist the stitches and tighten them up.

If you have a hole at the intersection of the top half and the bottom half of the sock, especially when doing toe-up, the best way to deal with this is to pick up a stitch from the row below and knit together with current stitch on the needle.

Short heel flaps are the major cause of socks that constantly work down into your shoes. Make sure that you knit the heel flap plenty long enough.

Too-tight socks fall down more than looser socks. If you're knitting top-down socks, make sure to cast on loosely - try casting on over two needles if you tend to cast on tightly. If you're knitting toe-up socks, bind off extra loosely.

You can make the soles of your socks extra warm and cushy by using the same heel stitch that is used in the heel flap but knitted in the round.

A sock with a heel flap and gusset is more accommodating to a foot with a high arch.

Avoid hot water when washing hand knit socks. Even socks knitted from superwash yarn might felt or shrink a little in hot water. To make your socks last longer, always dry them flat. Over time, the dryer will break down fibers.

There is an alternative to the Kitchener Stitch. It's called the Finchley Graft. Roxanne Richardson explains this alternative method of grafting live stitches:

<https://backyardblueberries.com/the-finchley-graft-in-2-easy-steps-the-best-kitchener-stitch-alternative/>