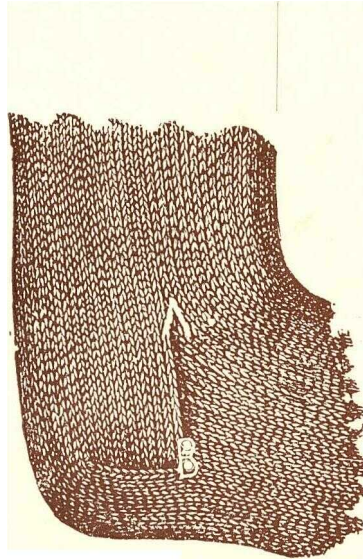


HAND-MADE OR CAP-HEEL.

(Finished on Machine).

59. Cap-heel or square heel.

1. Stop yarn-carrier at front or at C.
2. Raise out of action all needles on
3. Back, or back of centre line BD.
4. Place yarn in the take-up-spring or
5. Regulate lock or take up, as required.
6. Place heel-hook on to hold work down,
7. While knitting Hat-web part of heel.
8. Raise side heel-hooks on selvedge edge
9. Occasionally as the work descends.
10. Knit flat-web, 20, 22, 24 or 26 rounds,
11. According to length of heel required,
12. Say 20 rows for a 54 needle-cylinder,
13. 22 rows for a 60 and 24 for a
14. 72 cylinder and so forth, according to cylinder used.
15. Stop yarn-carrier last row knit at left or at **B**.
16. Count the number of needles in flat-web-heel.
17. Raise 1/3 of needles on right side of flat web
18. Out of action. Knit one row to right.
19. Stop yarn-carrier at back or at A.
20. Remove heel-hooks and weight-hooks from heel.
21. Lift entirely out of cylinder, 1/3 of needles
22. On left side of heel, lift them with stitches on.
23. Place them inside of cylinder, hooks downward.
24. Lift entirely out of cylinder 1/3 of needles,
25. On right side of heel, with stitches on.
26. Place them inside of cylinder, hooks down.
27. 1/3 of heel needles will now remain in the
28. Centre of cylinder or flat-web-heel,
29. Upon which the bottom of heel is knit,
30. Thereby dividing heel into three equal parts.



5. On right side of centre-web ; place its stitch
6. On first needle on right of centre-web.
7. In lifting the latter needle, always lift it
8. From under the yarn and not over it.
9. Knit one row to the left and one row to right.
10. Repeat lifting one needle from inside of cylinder,
11. On each side of centre of flat-web,
12. Each two rows knit, until all the stitches
13. On needles lying on inside of cylinder are raised.
14. Knit last row to left; stop carrier at left or at B.
15. Two stitches may be placed over needle on one side,
16. That is, if necessary to make stitches come out even.

61. Replacing needles :

1. Place all needles in empty cylinder-grooves
2. On the right side of centre-flat-web, and
3. Put down the first or corner needle which is
4. Up on the right side of needles without stitches.
5. Place a stitch on the needle just put down,
6. Lifting the stitch from lower corner of flat-web
7. To make a good corner where heel and instep join.
8. Lift with work-hook on all empty needles,
9. Stitches from the right-hand selvedge loops ;
10. From the point A to B (see cut)
11. Lift them so as to divide selvedge web evenly
12. Over the empty needles placed in cylinder
13. On the right-hand side of heel-centre-web.
14. Now put down all needles which remain u p -
15. Turn crank forward and at the same time
16. Press work down on the front of the yarn carrier.
17. Stop the yarn-carrier at back or at A.
18. Lift stitch from lower corner of flat-web:
19. Place it on the last needle put down on left,
20. So as to make a good corner where heel and instep join.
21. Place all needles into empty grooves on the left.
22. Lift with work-hook on all empty needles,
23. Stitches from the left-hand selvedge loops :
24. And divide them evenly over the empty needles.
25. Place heel-hooks with weights on the cap-heel.
26. Remove yarn from the take-up-spring, or
27. Regulate the lock or take-up as required.
28. Knit the foot 6 inches or about 50 or 60 rounds.
29. Make round toe or hand-made toe as desired.
30. See page 17 for round toe, and page 25 for hand-made.

60. Knitting bottom of heel :



1. Lift the 1st needle on the inside of cylinder,
2. On left side of centre-web ; place its stitch
3. On first needle on left of centre-web.
4. Lift the first needle on inside of cylinder,