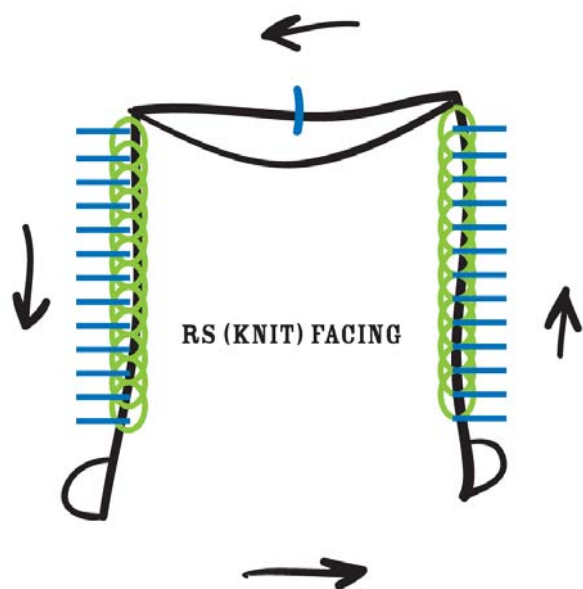


PICKING UP AND WORKING SOCK GUSSET STITCHES USING MAGIC LOOP

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Begin with right side (knit side) facing you and heel turn at the top of your knitting. Using needle 1/4, knit across the flap to the end. Pick up one stitch in each chain (selvedge) stitch at the edge of the heel flap. Using needle 2/3 knit across the instep stitches to rejoin for working in the round. Using needle 1/4, pick up an equal number of stitches on the other side of the heel flap. Round begins at center of heel/beginning of needle 1.



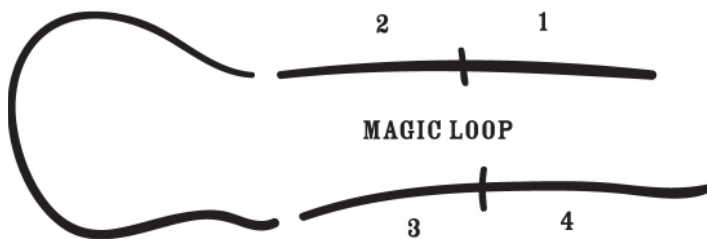
(HEEL AND GUSSET STITCHES)



(INSTEP STITCHES)

Alternately, knit to center of heel flap. Divide heel stitches onto two needles and begin round at center of heel. Knit to halfway across instep. Stitches for needles 1 and 2 make up left half of heel. Stitches for 3/4 make up right half of heel. Begin and end instep with a purl stitch or place a marker to help you keep track of the decreases, which happen at the end of needle 1 and the beginning of needle 4.

(LEFT HALF OF HEEL)



(RIGHT HALF OF HEEL)