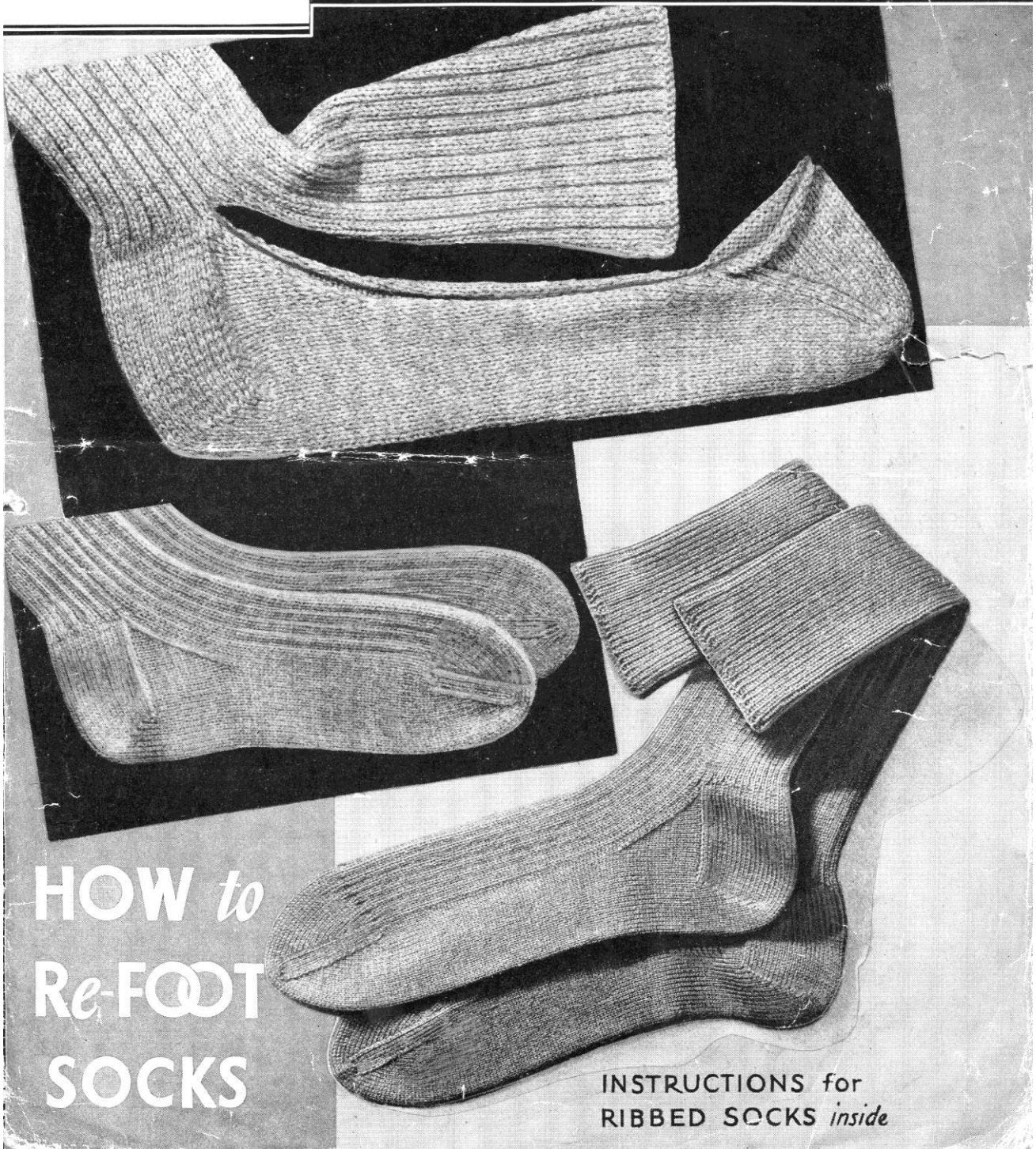


**BESTWAY**  
LEAFLET **3<sup>d</sup>**  
No. 741

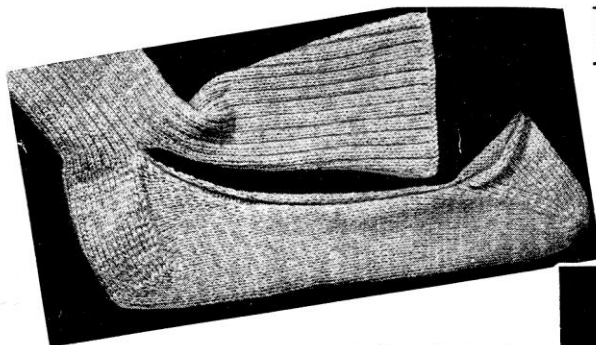
# HOW TO RE-FOOT SOCKS and A PAIR of MEN'S SOCKS (4-ply)



**HOW to**  
**Re-FOOT**  
**SOCKS**

INSTRUCTIONS for  
RIBBED SOCKS *inside*

BESTWAY KNITTING LEAFLET No. 741



*The sole and toe are worked separately from the instep. This can be done easily from any knitting pattern.*

Schoolboys particularly wear out the heels and toes of their socks very quickly, so here is a method that will enable you to re-foot the heel, sole and toe only, by working the instep separately. Any sock or stocking can be worked in this way from the directions given for any particular sock.

Ravel the old sock from the toe to the beginning of the heel flap, then work as follows :

Take, for instance, a sock for a boy of 9-11 years, with 66 sts. on the round when the ankle is finished. The sts. are usually divided so that the heel takes about half of them, in this case, 16 on the 1st pin, 33 on the 2nd, and 17 on the 3rd. Now pass the 1st and 3rd pin sts. on to a safety-pin for the present, and proceed as follows :

**THE HEEL FLAP.** On the 2nd pin sts. work 32 rows in s.s., always slipping the 1st st. of every row.

**TO TURN THE HEEL.** Sl. 1, k. 17, k. 2 tog., k. 1, turn; sl. 1, p. 4, p. 2 tog., p. 1, turn; sl. 1, k. 5, k. 2 tog., k. 1, turn.

Continue in this way, working 1 st. more before the dec. on every row, until 19 sts. remain on one pin, ending with a k. row.

**Next round :** K. the first 10 sts., then with another pin k. 9 remaining heel sts. On the pin with 9 sts. pick up and k. 17 sts. from the row ends at the side of the heel, giving 26 sts. on this pin, turn and p. to the end; p. the 10 sts. on next pin and with that pin pick up and p. 17 sts. from the opposite side of heel flap, giving 27 sts. on the 2nd pin. (53 sts.)

**Next row :** K. 1, k. 2 tog., k. to within 3 sts. of end of 2nd pin, k. 2 tog., k. 1.

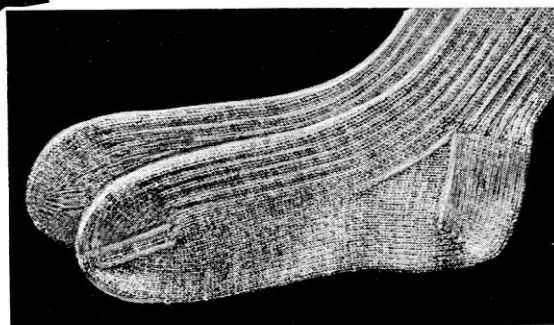
**Next row :** P. across both pins.

Repeat the last 2 rows 9 times more to finish the instep decreases. (33 sts.)

Work 50 rows on these sts. or according to length of foot required, less 2½ inches for the toe.

## FIRST AID FOR SOCKS

Follow this plan when knitting socks and they can be re-footed very easily



*The sole is sewn to the instep at the sides and across the toe. When it is worn out, the stitches are undone and toe unravelled.*

Cast on 33 sts. with a third pin which will now be the 2nd pin.

**THE TOE.** Knit 2 rounds plain.

**Dec. round :** On the 1st pin k. until 3 remain, k. 2 tog., k. 1; on the 2nd pin k. 1, sl. 1, k. 1, p.s.s.o., k. until 3 remain, k. 2 tog., k. 1; on the 3rd pin k. 1, sl. 1, k. 1, p.s.s.o., k. to the end. Repeat the last 3 rounds 4 times more, then k. 1 round plain and 1 dec. round alternately for 5 dec. rounds more, leaving 26 sts. in the round. (6 sts. on 1st pin, 13 on 2nd pin, and 7 on 3rd pin.) K. the 1st pin sts. on to the end of the 3rd pin, giving 13 on each of 2 pins. Graft the toe.

Now return to the instep sts. and work 70 rounds in the same rib pattern and cast off.

Your work will now appear as above, left, with the sole and toe finished separately from the instep, so for repairs the work can be undone as far as the worn-out part of the heel flap.

Now take some strong sewing silk the same shade as the wool, and sew the instep to the sides of the sole and across the toe, taking 1 st. from each side at a time, by the under-and-over method (not over-casting), so as to ensure a flat seam. This is important across the toe as there should not be any "rub." The same wool may be used, but the sewing silk is more easily distinguished from the wool, when the two parts have to be separated for repairs.

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# TOO GOOD TO THROW AWAY!



FIGURE 1

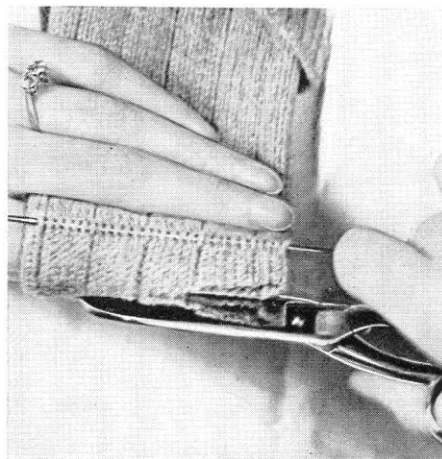


FIGURE 2

*How to re-foot hand-knitted socks. It is such a good idea when the heel is too badly worn for darning.*

**U**SING a knitting pin several sizes finer than those used for the knitting, pick up the stitches on one round above the heel flap, taking up the right half of the loop each time. Also remember to lift the p. stitch or stitches between the knitted ribs.

**C**UT away the worn wool a few rows below the stitches you have picked up. The old feet can be cut flat and sewn or machined together for a polishing cloth, and the leg of the sock is quite as good as ever.

*Little boys wear through the heels of their socks so quickly, they are soon too bad to darn. Re-footing is very quickly done.*

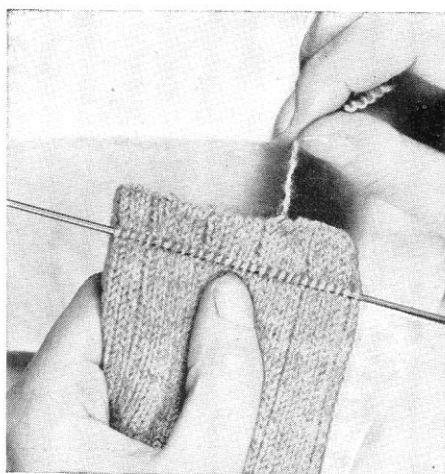


FIGURE 3

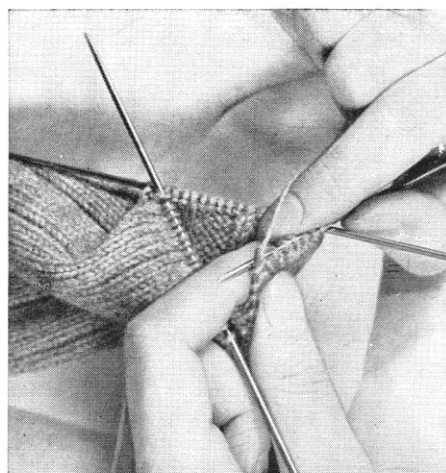


FIGURE 4

**P**PULL out the worn wool until the round with the picked up sts. is reached. Leave about 12 inches of the old wool unbroken when raveling the last round as this will be wanted to make a strong join with the new wool.

**W**ORK a round or two before dividing the sts. for the heel flap. Join new wool by knitting the 1st st. with that wool, and passing the old wool over the new, before knitting each st. Darn in old and new ends on wrong side when work is finished.

There are BESTWAY designs for every style and age

BESTWAY KNITTING LEAFLET No. 741

# THEY ALWAYS NEED SOCKS

Here is a good design in a neat “Two and One” rib that grips the leg firmly. The foot can be made any length from these directions

**MATERIALS.** — 5 ounces of Patons Beehive Fingering, 4-ply; a set of four steel knitting pins, No. 14.

**TENSION AND MEASUREMENTS.**—Worked at a tension of 12 sts. to the inch in width on the s.s., the socks will expand to 12 inches round the leg in wear, and as the rib is not shaped, it closes to fit the ankle; round the instep expands to 11 inches; length from top to ankle, 13 inches; back of heel to toe, 12 inches, but these lengths are easily varied on the straight part as required. As No. 14 pins give a close stitch, No. 12 pins may be used for larger circumference round leg and instep, and the length adjusted accordingly.

**ABBREVIATIONS**—TO BE READ BEFORE WORKING.—K., knit; p., purl; tog., together; sl., slip; p.s.s.o., pass the slipped stitch over; st., stitch.

**TO WORK.** Cast on 84 sts., that is 24 on 1st pin, 36 on 2nd pin, and 24 on 3rd pin. Work 70 rounds in single rib (k. 1 and p. 1 alternately). Work 100 rounds in k. 2 and p. 1 rib.

**THE HEEL FLAP.** Rib the first 20 sts. from 1st pin, then on the same pin, slip the last 21 sts. of the 3rd pin, which gives 41 sts. for the heel. Divide the remaining 43 sts. between two pins and leave for the instep.

For the heel work 38 rows in s.s., beginning with a purl row, and always slipping the first st.

To turn the heel work as follows: Sl. 1, p. 23, p. 2 tog., p. 1, turn; \* sl. 1, k. 8, k. 2 tog., k. 1, turn; sl. 1, p. 9, p. 2 tog., p. 1, turn; repeat from \*, always working 1 st. more before the dec. until all the side sts. have been worked in, ending with a k. row.

Divide these sts., putting the first 13 sts. on one pin for the end of third pin, and the remaining 12 sts., with wool ball attached, for the beginning of 1st pin.

**Next round:** With the pin holding 12 sts., pick up and k. 20 sts. from row ends at side of heel, which gives 32 sts. for 1st pin; rib 43 instep sts. for 2nd pin; pick up and k. 20 sts.

from side of heel and also k. 13 half heel sts., which gives 33 sts. for 3rd pin.

**THE ANKLE SHAPING.** **1st round:** K. 1st pin; rib 2nd pin; k. 3rd pin.

**2nd round:** On 1st pin, k. until 3 sts. remain, k. 2 tog., k. 1, rib the 2nd pin; 3rd pin, k. 1, sl. 1, k. 1, p.s.s.o., k. to end.

Repeat the last 2 rounds 10 times more, when there will be 20 sts. on 1st pin and 21 sts. on 3rd pin. (84 in round.)

Work 66 rounds with the 1st and 3rd pins in plain knitting and 2nd pin in rib.

These rounds can be varied according to length of foot required, allowing 3 inches more for the toe.

**TO SHAPE THE TOE.** K. 2 rounds.

**Next round:** K. until 3 sts. of the 1st pin remain, k. 2 tog., k. 1; 2nd pin, k. 2, sl. 1, k. 1 p.s.s.o., k. until 4 remain, k. 2 tog., k. 2; 3rd pin, k. 1, sl. 1, k. 1, p.s.s.o., k. to end.

Repeat last 3 rounds 4 times more. Now work 1 round only before the dec. round until 24 sts. remain in round. With the third pin, k. the 1st pin sts.

**TO GRAFT THE TOE.** Place one pin behind the other. Cut the wool, leaving about half a yard, which thread into a fine bodkin or a blunt embroidery needle, and proceed as follows: Put the bodkin in first st. of front row as if about to knit, slip st. off pin, and draw wool through; now put bodkin in second st. of front pin as if about to purl, draw wool through, but do not slip st. off pin. Pass bodkin under front pin and put it in first st. of back row as if about to purl, draw wool through and slip st. off pin, put bodkin in second st. of back pin as if about to knit, draw wool through, but do not slip off pin. You will see that the action is reversed on the back pin. Repeat until all the sts. are worked off, and fasten off.

Grafting can easily be remembered by the following little drill: Front Pin: Knit and slip off, purl and keep on. Back Pin: Purl and slip off, knit and keep on.

Darn in all ends and press with a damp cloth over the right side of the sock.

Work a second sock in the same way.