


37. *Holding down heel and toe.* Words cannot tell how important this is. Experience only tells. Expert operators always hold first part of heel and toe down by hand, as follows :

Place the wrist-portion of the left-palm of the hand against the front-inside of needle-cylinder, using the cylinder as a fulcrum or rest to strengthen the hand, while pulling down the web of heel or toe as it is being knit. The web is held between the thumb and fore-finger of left hand with the thumb lying across the centre of the fore-finger opposite the middle knuckle, and the grip on the work is raised higher on the web, each four or five rows knit.

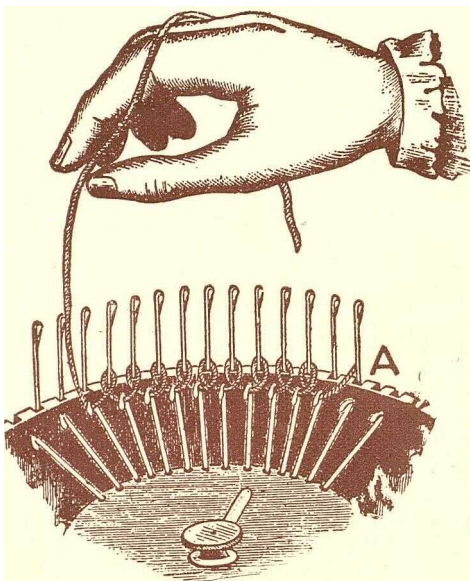
38. *The second part of heel and toe* is held down by

experts with the heel-hooks. See chart, page 14. It is absolutely necessary to raise the heel-hooks higher on the work as it descends, especially the outside-heel-hooks should be raised each four or five rows knit. Hold down in such manner as will positively keep the stitches from rising on the needles and perfectly close to the top of the needle-cylinder. This is *only* necessary on the needles which are actually knitting, and especially on the side needles, next those which are raised.


 *Side-needles missing the yarn.* In case the, side-needles miss the yarn, place the yarn over on the back of the side-needle missed. The missing is caused by the work being insufficiently held down on the missing needle.

## SECOND KNITTING LESSON.

### A MAN'S PLAIN SOCK.



39. *The knitting machine* is a good schoolmaster and will not advance the operator unless competent, therefore do not be surprised if it turns you back a, few times to mind your P's and Q's and A B C lessons.

 *Bear in mind, A* indicates back of machine ; C the front side ; B left side ; D right side ; BD cylinder-centre-marks ; 1-2 toe-line or cylinder marks ; 3-4 heel-line or cylinder marks ; 5-6 line indicating position for commencing large heel. See chart.

40. *Setting up work :*

Place A B C diagram before you. If lost send five cents for a new one.

Turn crank forward ; stop yarn-carrier at back or at A ; thread machine. See page 12.

Use yarn suitable for cylinder, or cylinder best adapted to yarn.

41. *Ordinary rib-top :*

Remove every third needle from needle-cylinder ; regulate tension or length of stitch.

For practice use medium fine yarn, rather than coarse. Place set-up within cylinder as shown in cut. Hold it with the left hand so the hooks are

One-eighth of an inch below top of needle-cylinder.

Draw yarn through carrier until it reaches the floor.

Commence setting up at back or at A, exactly as shown by cut.

Place the yarn around each and every needle and corresponding hook of set-up.

Cross the yarn between each needle as shown in cut.