New symbols in XCharter:

Glyph name	glyph	macro
uni1E9E	ß	\symbol{"1E9E}
uni1E9E.ss01	SS	{\addfontfeature{StylisticSet=1}\symbol{"1E9E}}
germandbls.sc	ß	{\textsc{\ss}}
germandbls.sc.ss01	SS	{\addfontfeature{StylisticSet=1}\textsc{\ss}}

Effect of choice of StylisticSet:

StylisticSet	\ss	\SS	\MakeUppercase{\ss}	\textsc{\ss}
None	ß	ß	ദ്ര	ß
=1	ß	SS	SS	SS

Choosing the shape of the oldstyle figure "one":

The default is 1. The choice is controlled by the feature cv01. To change this globally when you load XCharter, you may make oldstyle numbers the default with the alternate shape for "one":

\setmainfont{XCharter}[CharacterVariant={1:0},Numbers={OldStyle}]

To set this for one-time use, you can write:

{\addfontfeature{CharacterVariant={1:0}, Numbers={OldStyle}}1}

to make 1 render as 1. (According to its documentation, the first index 1 in {1:0} refers to the CharacterVariant index, and the second index, 0, refers to the first choice specified among the variant forms.)