

Designs from Dove Cottage

Basic Socks

Materials:

100g sock yarn - 440 yards fingering weight(275 yards sport weight)
Set of double-pointed needles, US 1 (3), or size needed for gauge with chosen yarn
Tapestry needle

All instructions are given based on a 64 (56)-stitch size, which fits an average woman's foot. You may need more or fewer stitches. Jot down YOUR numbers in the spaces [__] provided.

Cast on 64 (56)[__] stitches, 16 (14) [__] on each of 4 needles, plus one extra stitch on the 4th needle.

Being careful not to twist, join into a circle (well, a square) by knitting the FIRST stitch cast on (using the 4th needle), then slip the LAST stitch cast on over it. You are back to 64 (56) [__] stitches.

Slip this stitch just worked onto the 5th needle, K1 P2, then work around in K2 P2 ribbing until you have as much ribbing as you want, or you're sick of doing it. You'll want at least an inch, or you can do the entire ankle in ribbing.

When your sock leg is about 6 inches long (or as long as you want it), begin the heel flap. NOTE: if you did the entire leg in ribbing, you may want to knit several rounds in stockinette before you begin the heel flap.

HEEL FLAP:

Knit across 32 (28) [__] stitches -- one-half of the total -- with a single needle (you won't need the 5th needle for a while). Turn work.

Row 1: Slip 1, P across.

Row 2: Slip 1, K across.

Repeat these 2 rows 16 (14) [__] times total --32 (28)[__] rows -- the same number of rows as heel flap stitches. You should have a chain of 16 (14) [__] slipped stitches up each side of the heel flap. End by working Row 2.

TURN HEEL:

Row 1: Slip 1, P16 (14)[*], P2tog, P1. Turn work. [*= 1/2 of heel flap st]

Row 2: Slip 1, K3, K2tog, K1. Turn work.

Row 3: Slip 1, P4, P2tog, P1. Turn work.

Row 4: Slip 1, K5, K2tog, K1. Turn work.

Row 5: Slip 1, P6, P2tog, P1. Turn work.

K = knit; P = purl; K2tog = knit 2 together; P2tog = purl 2 together; tbl = through back loop(s); SSK = slip 2 stitches knitwise, then knit them together tbl

Row 6: Slip 1, K7, K2tog, K1. Turn work.

You will see that when you P2tog or K2tog, you are working one stitch from each side of a little "gap" - continue in this manner until all heel stitches have been worked, ending by working a K row. Count the stitches which remain and make a note of it: _____

GUSSET:

Working down the side of the heel flap (with outside of sock facing you), pick up and Ktbl each of the 16 (14) [___] slipped stitches. You may want to pick up and Ktbl an additional stitch at the beginning of the ankle/instep area, too.

K across the instep stitches (the 2 needles that have been waiting unworked while you did the heel).

Pick up and Ktbl a stitch between the instep and the other side of the heel flap, then pick up and Ktbl the 16 (14) [___] slipped stitches on the side of the heel flap. K onto this same needle HALF the number of stitches which remained after you turned the heel (the number you wrote down above).

With the back of the heel facing you, you should have (working clockwise):

Needle 1: Half the remaining heel stitches + 16 (14)[___] or 17 (15)[___] stitches

Needle 2: 16 (14)[___] instep stitches

Needle 3: 16 (14)[___] instep stitches

Needle 4: 16 (14)[___] or 17 (14)[___] stitches + half the remaining heel stitches

You will decrease at the END of Needle 1 and the BEGINNING of Needle 4 every other round, until you have 16 (14) [___] stitches on each needle (=64 (56) [___]). Decrease as follows:

Needle 1: K to 3 stitches from end, K2tog, K1

Needle 2: K across

Needle 3: K across

Needle 4: K1, SSK, K to end

K next round without decreasing.

Repeat these 2 rounds until you are back to 64 (56) [___] stitches.

K around even until the foot of your sock comes to about the base of your big toe.

DECREASING FOR TOE

Set-up: K stitches of Needle 1

Round 1:

Needle 2: K1, SSK, K to end

Needle 3: K to 3 stitches from end, K2tog, K1

Needle 4: K1, SSK, K to end

Needle 1: K to 3 stitches from end, K2tog, K1

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Round 2:

K around without decreasing.

Repeat these 2 rounds until 16-24 (14-20) stitches remain.

GRAFTING THE TOE (KITCHENER)

Transfer stitches from Needle 2 onto Needle 3, and stitches from Needle 1 onto Needle 4. The decreases should be at the ends of the two needles.

Break yarn, leaving a 6-8 inch tail. Thread yarn end into a tapestry needle and hold work as if you were going to continue knitting. The needle nearest you is Needle A; the other is Needle B. The yarn should be at the right end of Needle B.

Setup: Insert tapestry needle into the first stitch on Needle A as if to purl, but DO NOT take stitch off needle. Draw yarn through stitch. Next, insert tapestry needle into the first stitch on Needle B as if to knit, but DO NOT take stitch off needle. Draw yarn through stitch. NOTE: It is important to keep the grafting yarn BELOW the tips of the knitting needles throughout.

Needle A: Insert tapestry needle into first stitch as if to KNIT, and take stitch off knitting needle. Insert tapestry needle into next stitch as if to PURL, but DO NOT take off. Draw yarn through stitch. (Not too tight - you will adjust tension when all stitches are grafted.)

Needle B: Insert tapestry needle into first stitch as if to PURL, and take stitch off knitting needle. Insert tapestry needle into next stitch as if to KNIT, but DO NOT take off. Draw yarn through stitch.

Repeat these steps until all stitches have been grafted. The last pair of stitches may stick out a little bit, but can be pulled to the inside when the yarn tail is woven in.

Kitchener mantra:

Needle A (near): K OFF, P ON

Needle B (far): P OFF, K ON

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