

Sock Knitting Workshop

Sock Pattern by Melissa Jaarsma

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This is a great, basic sock pattern meant to fit an average woman's foot.

Materials:

US 2 Needles (2.75 mm)

Tapestry needle

Scissors

Approx. 300 yards fingering weight yarn

Abbreviations:

k	Knit
p	Purl
sl	Slip
p2tog	Purl Two Together
k2tog	Knit Two Together
ssk	Slip as if to knit, Slip as if to knit, Knit both stitches together through the back loop
CO	Cast On
EOR	End of Round

Method:

Tips: When separating stitches onto four needles, it helps to lay everything flat on a table.

CO 64 sts onto one DPN using the long tail method, leaving about 20 inches of yarn for the cast on.

Separate stitches so that there are 16 sts per needle across 4 needles. Carefully join stitches in the round, being careful not to twist.

Cuff:

Tips: The tail of yarn from your cast on is an easy way to remember the End of Round point. You could also use a safety pin or a clip-type stitch marker.

k2, p2 and repeat from * to End of Round. Repeat this row until the cuff measures approximately 1 inch.

Leg:

Tips: To help prevent ladders, pull the second stitch of each needle tighter than the rest. This helps close the gap in stitches between needles.

Switch to stockinette (knit all stitches) to start the leg. Continue knitting until piece measures 5 inches (or desired length) from cast-on edge. Finish the leg at the end of the round.

Heel Flap:

Tips: The heel flap is worked back-and-forth instead of in the round. It helps to put all the heel flap stitches onto one needle so that you're using two needles.

Work in heel stitch as follows.

Row 1: *slip stitch purl wise, knit 1* - Repeat from *, until you have knit across two needles, 32 stitches, ending with a knit stitch. Turn work.

Row 2: Slip first stitch purl wise, purl to end of row. Turn work.

Repeat these two rows 14 more times, for a total of 15 repetitions (30 rows total).



Heel Turn:

Tips: After the first two rows, you should see a gap between the two stitches that make up the ssk or the p2tog. Instead of counting out stitches at each row, after you turn the work, just knit (or purl) to one stitch before the gap, then ssk (or p2tog).

At the beginning of the row, work the heel turn as follows.

Row 1: Knit 18 sts, ssk, k1, turn

Row 2: Sl 1, p5, p2tog, p1, turn

Row 3: Sl 1, k6, ssk, k1, turn

Row 4: Sl 1, p7, p2tog, p1, turn

Row 5: Sl 1, k8, ssk, k1, turn

Row 6: Sl 1, p9, p2tog, p1, turn

Row 7: Sl 1, k10, ssk, k1, turn

Row 8: Sl 1, p11, p2tog, p1, turn

Row 9: Sl 1, k12, ssk, k1, turn

Row 10: Sl 1, p13, p2tog, p1, turn

Row 11: Sl 1, k14, ssk, k1, turn

Row 12: Sl 1, p15, p2tog, p1, turn

Row 13: Sl 1, k16, ssk, turn

Row 14: Sl 1, p16, p2 tog, turn

18 stitches on heel flap, heel turn is complete.

Gusset:

Tips: We're going back to working with all five needles (four on the sock and one working needle). The gusset decreases will be happening at the 'top' of the heel flap which is also the point between the sole of the sock and the top of the foot (instep) of the sock.

You'll be at the beginning of the Heel Flap. Knit 9 onto one needle.

This is your new end of round point, the point at the middle of the heel/sole.

Knit 9 onto next needle. Using same needle, pick up 16 stitches along flap edge, picking up 15 slipped stitches, and one in between picked up stitches and next needle, total 25 sts on needle.

Knit across next two needles (32 stitches) in stockinette for the instep.

Pick up 1 stitch in between slipped stitches and previous needle on a new needle, pick up 15 slipped stitches and knit 9 stitches on heel turn needle - 25 sts total. You will now be at the End of Round.

1. knit to last three stitches on the first needle, k2tog, k1. Knit next two needles. K1, ssk, knit to EOR.

2. Knit to EOR

Repeat above two rounds a total of 9 times until there are 16 stitches on two sole needles.

Foot:

Tips: Instead of pulling off your shoes and checking your sock length, hold your sock-in-progress up to your forearm. The length between your elbow and wrist is (usually) the same length as your foot!

Continue knitting around until sock measures two inches less than length of foot, toe to heel.

Toe:

Tips: The decreases here will be worked at the "big toe" point and the "pinky toe" point and will only be every other round.

Round 1: First Needle: knit to 3 sts from end of the needle, k2tog, k1.

Second Needle: k1, ssk, k to end of the needle.

Third Needle: k to last 3 sts, k2tog, k1.

Fourth Needle: k1, ssk, k to end of round.

Round 2: Knit to end of round.

Repeat above rounds total of 11 times until there are 5 stitches per needle, 20 stitches total.

Knit 5 stitches on the first needle, and arrange stitches on two needles - 10 stitches for the top of the foot, and 10 for the sole.

Kitchener stitch:

Tips: This is just one of many, many ways to close up the toe of a sock. You'll be using a tapestry needle for this section, and the stitches will all be held on two DPNs.

Cut yarn and leave about a 10 inch tail.

Thread yarn onto tapestry needle. Move stitches to the end of both needles.

Setup:

Insert needle knit-wise into stitch on front needle (needle closest to you). Leave stitch on needle.

Insert Needle purl-wise into stitch on back needle (needle furthest from you). Leave stitch on needle.

Insert needle knit-wise into stitch on front DPN, drop stitch off DPN. Insert needle purl-wise into front DPN, leave stitch on DPN.

Insert needle purl-wise into stitch on back DPN, drop stitch off DPN. Insert needle knit-wise into back DPN, leave stitch on DPN.

It helps me to remember the stitch like this: Knit off, purl - Purl off, knit

Continue in this fashion until one stitch remains on each DPN. Insert needle knit-wise into front DPN, drop stitch off DPN. Insert needle purl-wise into back DPN, drop stitch off DPN.

Finishing:

Weave in ends, and knit a second!

Notes/Modifications

I make notes all over my patterns and have left this space open for you! If you make a change to the pattern, write it down so that you can remember it for the second sock.