



Simple Socks

SCHOOL SUPPLIES:

- One set of 5 double point needles – US size #1, #2, or #3
- One skein of Madtosh Sock Yarn or any Fingering Weight Yarn
- Darning Needle
- Stitch Marker or Safety Pin
- Light colored worsted weight scrap yarn
- One gauge swatch measuring 2-3” in stockinette stitch, knit in the round.

MEASURE THAT FOOT:

In order to customize the fit of your sock and make sure it actually stays up we need to take a few measurements. Warning, very easy math – do not be afraid of the digits.

1. Length of foot _____ in.
2. Ankle measurement _____ in. (= ankle circumference – 1")
3. Gauge X _____ (stitches per inch)
4. # to cast on (multiply #2 by #3) _____ (round to multiple of 4)
5. *cast on stitches / 2*

START KNITTING:

Leg:

Using the long tail method, cast on *loosely* to double pointed needles, the number of stitches (#4) determined above with your fabulous math skills; _____.

(Tip: if you cast on tightly, try casting on your stitches on two double points held together.)

Join and begin knitting in a K2P2 ribbing pattern for 2- 4 inches (or less if you like – depending on how long you want your sock to be).

Next, switch to stockinette stitch and work at least 2 rows. I like to work a couple of inches – but then again I like tall socks.

Heel:

Divide the stitches to separate the heel from the instep. Half of the stitches will become your instep and the other half the heel. Put the instep stitches on hold for now – we will return to them later. (Tip: a cable needle that closes is what I like to use, just slip the stitches on to the cable needle.)

Place the heel stitches on one needle. As you work, slip the last stitch of each row, then on the next row, knit the first stitch on a purl row or purl the first stitch on the knit row. This will help you to easily spot the stitches you need to pick up later on. Now, knit stockinette stitch for as many rows as there are stitches on the needle, ending with a right side (knit) row.

Turn the heel:

Purl to the middle of the row _____ st. Place your marker.

P1, P2tog, P1, and turn.

Slip 1, K back to the middle, K 1, SSK, K1, and turn.

Slip 1, P back to the middle, P2, P2tog, P1, turn.
(P2 across the sl 1 gap)
Slip 1, K back to the middle, K2, SSK, K1, turn.
(SSK, across the gap)
Slip 1, P back to the middle, P3, P2tog, P1, turn.
Slip 1, K back to the middle, K3, SSK, K1, turn.

Continue in this manner, increasing the number of stitches by 1 after slipping marker, until you have approximately half the number of stitches you started with. Finish with a right side row.

Gusset:

With a new needle (#1), pick up stitches on the side of the heel – 1 stitch for every 2 rows or about half the number that you started the heel with.

(Note: This is where the slipping of the last stitch and knitting or purling that first stitch will come in handy.)

Pick up the loose strand of yarn between your needles and knit into the back of it.

(Note: This will help with the holes that develop from the loose yarn at the corners of the instep.)

With a new needle (#2) transfer half of the stitches from the cable needle, knit across the instep stitches. Now transfer the rest of the stitches from the cable needle (#3) and knit across them. Pick up the same number of stitches on the other side of the heel (#4). Using the same needle, knit the heel stitches to the marker. Remove the marker.

Transfer remaining heel stitches to needle #1, slipping the stitches purlwise. Knit heel stitches, then gusset stitches. Continue to knit. Knit even on row around. You have now rearranged the stitches so that the round begins in the middle of the heel. The needles are arranged as follows:

Needle 1: begins the round with half of the heel stitches and the picked up stitches
Needle 2: has the instep stitches
Needle 3: has the other half of the instep stitches
Needle 4: has the last of the picked up stitches and the other heel stitches

Gusset Decreases:

To decrease away the extra stitches, start from the middle of the heel (beginning of the round) and knit to the last 2 stitches on the first needle.

Next, K2tog. Knit the instep stitches – both needles. SSK the first 2 stitches on the last needle. Knit to end of round. Knit 1 round without decreases.

Repeat these rounds until you are back to our original cast on number: _____.

Foot:

Knit the foot of the sock until it is approx. 2 ½ inches shorter than your desired foot length. Stop.

Now begin to decrease for the toe.

Start from the middle of the heel (or bottom of the foot).

Round 1:

First Needle: K until there are 3 stitches left on the needle, K2tog, K1.

Instep Needles: K1, SSK, K until there are 3 stitches left on the second instep needle, K2tog, K1.

Last Needle: K1, SSK, K to the end.

Rounds 2 and 3:

Knit evenly around

Repeat these 3 rounds until you are down to the last inch or so of stitches on each side of the foot (often 4-8 on each side of the foot or 8-16 stitches total).

Break off sufficient yarn, DO A LITTLE DANCE and proceed to close that toe.

Kitchener stitch is best – but 3 needle bind off is easier. YOUR choice on this one!

Weave in yarn ends. Make the first sock a mate and wear, photograph and talk about constantly thereafter.

Final Tips:

- Keep a list handy with the numbers used on the first sock so the mate will match.
- See KnittingHelp.com for great step-by-step video instructions (for all you visual learners) on all the stitches in this pattern!
- Check out socknitters.com. It's a perfect resource for all sock questions. Post in the forum and 100 years of experience will answer you!



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