How to Knit Socks: Free Sock Patterns and Instructions to Learn How to Knit a Sock
How to Knit Socks: *Free Sock Patterns and Instructions to Learn How to Knit a Sock*

**KNITTING SOCKS CAN SEEM REALLY DIFFICULT AT FIRST.** There are hundreds (maybe thousands?) of sock knitting patterns out there! How do you choose? Top down or toe up? Circular needles or double pointed needles? Patterned socks or plain? Striped, solid, or variegated yarn?

If you’re a beginning sock knitter, you start at the beginning, of course! In *How to Knit Socks: Free Sock Patterns and Instructions to Learn How to Knit a Sock*, we’ll go through each of these parts as we knit a sock together. You’ll learn all kinds of techniques, such as how to turn a heel and how to pick up stitches; in short, you’ll learn how to knit a sock!

Sock knitting is lots of fun; once you get started, you’ll find it hard to stop. So get ready, here we go!

Cheers,

*Kathleen*

Kathleen Cubley
Editor, *KnittingDaily.com*

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The Anatomy of a Sock

Knitted socks are composed of several parts: the cuff, the leg, the heel flap, the heel turn, the gusset, the foot and the toe.

The cuff. This is the top of the sock, usually one or two inches knit in a K1, P1 rib or a K2, P2 rib. The rib hugs the leg and helps keep the sock up.

The leg. There are so many sock patterns to choose from, and this is usually where you begin working a stitch pattern if there is one.

The heel flap. The heel flap is the extra bit of knitting that extends along the back of the heel from the ankle bone to the base of the foot. The heel flap is usually knit in a slip-stitch pattern, which adds durability.

The heel turn. This is one of the parts of the sock (the other is the gusset) that transitions the leg of the sock to the foot of the sock. The heel turn is usually worked with short-rows, which are partial rows worked on just the center stitches.

The gusset. The gusset connects the heel with the instep so that you can work the foot in rounds to the tip of the toe.

The foot. Made up of the instep and the sole, this is just what it sounds like—the foot part of the sock!

The toe. Sets of decreases taper the foot portion of the sock into the toe portion. The decreases are worked until there is about an inch of stitches widthwise on the needles. If your toes are pointy, you can decrease more; if they’re flat, decrease less. The toe can be finished with the Kitchener stitch or by simply drawing a length of yarn through all of the toe stitches and pulling it tight.
Let’s Knit a Sock!

Our practice pattern is knit from the top down with worsted-weight yarn at a gauge of 5 stitches per inch. This larger-than-normal sock gauge will be easier to see as you work it, and your socks will be done quickly! You’ll be able to wear these socks with snow boots, or just around the house. This sock is an adult medium, and this pattern is written for four double-pointed needles. (This sock tutorial is based on one of the sock patterns in the book Getting Started Knitting Socks, by Ann Budd.)

Finished Size: About 9” foot circumference and about 10¾” foot length from back of heel to tip of toe.

Yarn: Worsted Weight (#4, medium) superwash wool (such as Cascade 220 Superwash), about 279 yards

Gauge: 5 stitches per inch

Needles: Size 6 U.S., or size necessary to obtain gauge

Notions: Tape measure, stitch markers, stitch holder, tapestry needle, sock blocking forms (optional)

Step One: Cast On and Knit the Cuff
Cast on 44 stitches (cast on loosely; try casting on over two size 5 needles). Place a marker and join for knitting in the round, being careful not to twist the stitches. Knit in K1, P1 rib for an inch.

Step Two: Knit the Leg
Change to stockinette stitch (knit every row) and knit until the leg portion measures 8 inches from the cast-on edge.

Step Three: Knit the Heel Flap
Place half of the stitches (22 stitches) on a stitch holder. These stitches will become the instep, or top, of the sock. (Remove your marker when you come to it.) Work back and forth in rows on the remaining 22 stitches.

Row 1: (Right side) *Slip 1 purlwise with yarn in back, k1; rep from *.
Row 2: Slip 1 purlwise with yarn in front, purl to end.

Repeat rows 1 and 2 until a total of 22 rows have been worked. You’ll have 11 slipped stitches on each edge of the heel flap. The slipped stitches at the beginning of each row will come in handy when you’re picking up stitches for the gusset in Step Five.

Step Four: Turn the Heel
Row 1: (Right side) K13, ssk (see Glossary), k1, turn.
Row 2: Slip 1 purlwise, p5, p2tog, p1, turn.
Row 3: Slip 1 purlwise, knit to 1 stitch before the gap made on the previous row, ssk (using 1 stitch from each side of the gap), k1, turn.
Row 4: Slip 1 purlwise, purl to 1 stitch before the gap, p2tog (using one stitch from each side of the gap), p1.

Repeat Rows 3 and 4 until all heel stitches have been worked—14 stitches remain.

Step Five: Knit the Gusset

Round 1: With one needle (Needle 1), knit across all heel stitches, then pick up and knit 12 stitches along the selvedge edge of the heel flap. With another needle (Needle 2), work across the 22 held (instep) stitches. With another needle (Needle 3), pick up and knit 12 stitches along the other side of the heel flap, and then knit across the first 7 heel stitches from Needle 1 again—60 stitches total (19 stitches each on Needle 1 and Needle 3, 22 instep stitches on Needle 2). Your round will now begin at the center of the heel. Place your marker, and continue with Row 2.

Round 2: On Needle 1, knit to last 3 stitches, k2tog, k1; on Needle 2, knit across all instep stitches; on Needle 3, k1, ssk, knit to end—2 gusset stitches decreased.

Round 3: Knit.

Repeat Rounds 2 and 3 until 44 stitches remain.
remain—11 stitches each on Needle 1 and Needle 3; 22 instep stitches on Needle 2.

Step Six: Knit the Foot
Knit in stockinette until the foot measures 8 inches from the back of the heel, or 2 to 2 1/4 inches less that the desired total length. At this point, you can try your sock on to see how close you are to starting the toe decreases. The toe will add another 2 to 2 1/4 inches to the foot of the sock. If you have extra long toes, knit a little more on the foot before starting the toe. If you have short toes, like I do, knit a little less on the foot.

Step Seven: Knit the Toe
Round 1: On Needle 1, knit to last 3 stitches, k2tog, k1; on Needle 2, k1, ssk, work to last 3 stitches, k2tog, k1; on Needle 3, k1, ssk, knit to end—4 stitches decreased.
Round 2: Knit.
Rep Rounds 1 and 2 until 20 stitches rem. You’ll start to see your toe form, getting pointier as you knit.
Rep Round 1 only until 8 stitches remain. Knit stitches from Needle 1 onto Needle 3—4 stitches each on 2 needles.

Step Eight: Finishing
You’re super close to being done with your first sock!
Cut your yarn, leaving about an 18-inch tail. With this tail, work the Kitchener stitch (see Glossary) across the toe stitches to form a seamless toe. Or, you can draw the yarn through all 8 stitches, pull tight, draw the yarn through again, and pull tight again. Weave in the tail. Now knit the other sock!
To block, place socks on blockers (or lay them flat on a towel) and spray lightly with water. Let dry.

10 Tips for Longer-Lasting Socks
1. Don’t wind your yarn into a cake until you’re ready to knit. Winding a skein into a cake pulls fibers taut and over months the yarn could lose its ability to spring back into shape.
2. Choose the right yarn for the project; 100% cotton yarn isn’t necessarily appropriate for socks because they will quickly sag and lose their shape when worn. Wool and wool/nylon blends are popular for socks because of their innate elasticity.
3. Choose high-quality sock yarn—inexpensive sock yarn tends have short fibers, which pill and wear out more quickly than longer fibers. If your budget is tight, you can find great deals in sale sections.
4. Go down one needle size when knitting the feet. If a label calls for a US 2 needle, knit the foot of the sock on a US 1 so you get a dense fabric that holds up to wear.
5. Knit the right size socks. Too-big socks slip around more on the foot and cause more wear as they move around in your shoes.
6. Rinse socks separately before washing with other items. While dye shouldn’t run, super-saturated colors might, and you don’t want your other socks to be affected.
7. Turn socks inside-out when washing. That way the inside of the sock gets a fuzzy halo over time, not the outside.
8. Consider washing your finished socks in a small mesh bag in the machine so they don’t catch on zippers.
9. Don’t wash socks in hot water. Even socks labeled “superwash” could felt or shrink a bit.
10. Lay socks flat to dry. Over time, machine drying will lessen stitch definition and make socks look worn. The intense heat of drying might also break down fibers.
—Allison Van Zandt, Simply Socks Yarn Company
working socks from the toe up

knitting socks from the toe up is a fun technique that people love for many reasons, not the least of which is that you can easily try your sock on as you knit. plus, there’s no kitchener stitch! here’s sock-knitting expert ann budd to teach you the technique of toe-up sock-knitting.

in general, i like to knit socks from the top down, beginning with a cast-on at the top of the leg and ending with the kitchener stitch at the tip of the toe. but sometimes it’s practical (and preferable) to work in the opposite direction—from the tip of the toe to the top of the leg. with this method, you cast on stitches at the tip of the toe, work the foot to the desired length, work short-rows to shape the heel, then work the leg to the desired length, finishing with a flexible bind-off at the top of the leg. one advantage of the toe-up method is that you can try on the socks at any point along the way to make sure that they fit just right.
Another advantage of toe-up sock knitting is that the heel is shaped in short-rows without a heel flap or gussets. You won’t have to count rows in the heel flap or pick up stitches for the gussets, which can be particularly helpful if you’re working with a highly textured yarn that obscures individual stitches or you tend to have trouble seeing the stitches. And best of all for many knitters, when you work from the toe up, you don’t have to work the Kitchener stitch.

Working socks from the toe up is also a good idea if you’re worried about running out of yarn. Begin with two balls of equal size; one for each sock. Work the foot to the desired length while you have lots of yarn, then continue up the leg as far as you can before the ball runs out. This is a great way to economize with expensive yarn—buy a single ball for each sock and use every precious yard.

The basic toe-up example here is for working a sock with an 8” (20.5 cm) foot circumference (adult small) at five stitches to the inch on a set of four double-pointed needles. But you don’t have to be limited to that size or gauge. Key numbers for five sizes and five gauges are provided in Table A, page 9.

**TOE**

Use the Eastern method (see “Eastern Cast-On” below) to cast on the desired number of stitches on two needles (see Table A, page 9). For our example, we’ll cast on 8 sts, 4 on each needle. Knit across the sts on the top needle, then rotate the work and knit across the sts on the bottom needle. The sts on the top needle will form the instep; the sts on the bottom needle will form the sole and heel. To continue with four double-pointed needles, k2 with a spare needle—there will be 2 sts each on two needles (for the sole) and 4 sts on another needle (for the instep). The rnd begins at the center of the sole.

**Rnds 1-3**

**Rnd 1:** With Needle 1, k1, M1 (see Glossary), k1; with Needle 2, k1, M1, k2, M1, k1; with Needle 3, k1, M1, k1—4 sts inc’d.

**Rnd 2:** With Needle 1, knit to the last st, M1, k1; with Needle 2, k1, M1, knit to the last st, M1, k1; with Needle 3, k1, M1, work to end of needle—4 sts inc’d.

Rep Rnds 2 and 3 until you have the total number of desired sts (see the Table C, page 9). For our example, we’ll inc 4 sts every other rnd 5 times for a total of 40 sts.

**FOOT**

Work even in St st until the piece measures 2” less than the desired length from the tip of the toe to back of heel (see Table D, page 9). The heel will add 2” to the length of the foot. The foot in our example measures 7½” (19 cm) from the cast-on edge.

**HEEL**

There are a number of ways to work a heel from the bottom up. My favorite is Priscilla A. Gibson-Robert’s short-row heel (Simple Socks: Plain and Fancy, Nomad Press, 2001), which has no gusset sts to pick up later. Place the heel half of the sts on one needle and divide the instep sts on two needles to be worked later. The short-row heel is worked in two parts. The first part shapes the sole half of the heel; the second part shapes the back half.

**First Half**

In this half, one less st is worked every row so that the sts in the center of the needle are worked for the greatest number of rows (this technique creates the fabric pouch at the center of the heel).

**Row 1:** (RS) Knit across to the last heel st (do not work the last st), then turn the work around. There will be 1 st unworked.

To begin, bring the yarn forward between the two needles and use a third needle to knit across the wraps on the top needle (Figure 2). Rotate the two needles so that the needle that had been on the bottom is now on the top; use the free needle to knit across the wraps on that needle (Figure 3).

**Eastern Cast-On**

Hold two dpn parallel to each other. Leaving a 6” (15 cm) tail, wrap the working yarn around both needles counterclockwise (Figure 1) half as many times as the number of stitches you want. For example, if you want to cast on 12 stitches, wrap the yarn around the two needles six times.
Row 2: (WS) Yo backward (i.e., wrap the yarn around the needle from back to front; see “Yarnovers,” below), purl to the last st, leaving 1 st unworked at this end of the needle.

Row 3: (RS) Yo as usual (from front to back) and knit to the paired sts made by the yo of previous row (the yo will stick out to the side of unworked st), leaving 3 sts on left needle (i.e., do not knit the pair; Figure 1), turn.

Row 4: (WS) Yo backward and purl to the paired sts made by the yo of the previous row—3 sts left unworked on left needle (Figure 2).

Rep Rows 3 and 4 until the specified number of sts remain between yos (see Table F, page 9), ending with a RS row, but do not turn the work. For our example, we’ll have 8 sts between yos. The first half of the heel is now completed.

Second Half
In the second half, one more st is worked every row so that the sts at the sides are gradually brought back into play. With the RS still facing, continue with the last row of the first half as follows:

Row 1: (RS) K1 (the first st of the pair), correct the mount of the yo so that the leading leg is in front of the needle (i.e., slip the yo pwise, use the left needle to enter the slipped yo from front to back to correct st mount, and place the st on the left needle in its corrected orientation; Figure 3), k2tog (i.e., the yo with the first st of the next pair; Figure 4), leaving a yo as the first st on the left needle.

Usually, yos on the purl side are worked by bringing the yarn from the front over the top of the needle to the back, then under the needle to front again (Figure 1). In working a short-row heel, yos are worked in the opposite direction. Bring yarn under needle to back, then over needle to front again, and continue purling row (Figure 2).
TOE-UP SOCK GUIDE

Choose between five sizes, from a child’s small to an adult’s large sock, and five gauges from a bulky four stitches to the inch to a fine eight stitches to the inch. Follow the general instructions on page 6, but substitute the appropriate number for your size and gauge.

### TABLE A
Number of stitches to cast on:

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<th>Size</th>
<th>Foot Circumference</th>
<th>Child S</th>
<th>Child M</th>
<th>Adult S</th>
<th>Adult M</th>
<th>Adult L</th>
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<tr>
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</tr>
<tr>
<td>Gauge</td>
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### TABLE B
Increase four stitches every round to:

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### TABLE C
Increase four stitches every other round to:

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<th>Size</th>
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### TABLE D
Work even until the foot measures (from tip of toe):

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### TABLE E
Work the heel on:

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<th>Size</th>
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### TABLE F
Work the first half of the heel until there are the following number of stitches between yarnovers:

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### TABLE G
Number of ankle rounds (work in stockinette stitch):

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<td>23</td>
<td>25</td>
<td></td>
</tr>
<tr>
<td>Gauge</td>
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<tr>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9 rnds</td>
<td></td>
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<td>6</td>
<td>7</td>
<td>8</td>
<td>10</td>
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<td>6</td>
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<td>7</td>
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<td>11</td>
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<tr>
<td>8</td>
<td>10</td>
<td>12</td>
<td>12</td>
<td>14</td>
<td>16</td>
<td></td>
</tr>
</tbody>
</table>

### TABLE H
Length of the leg from the base of the heel to the bind-off:

<table>
<thead>
<tr>
<th>Size</th>
<th>Foot Circumference</th>
<th>6/8”</th>
<th>7/8”</th>
<th>8</th>
<th>9</th>
<th>9 1/2”</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>16.5</td>
<td>19</td>
<td>18</td>
<td>23</td>
<td>25 1/2”</td>
<td></td>
</tr>
<tr>
<td></td>
<td>18</td>
<td>20.5</td>
<td>23</td>
<td>25.5</td>
<td>28 cm</td>
<td></td>
</tr>
</tbody>
</table>

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Row 2: (WS) Yo backward, purl to the paired st made by the yo of the previous row, purl the first st of the pair, ssp (i.e., the yo with the first st of the next pair, leaving a yo as the first st on the left needle).

Row 3: (RS) Yo as usual, knit to the paired st made by the yo of the previous row, knit the first st of the pair (the following 2 loops are yos), correct the mount of each of the next 2 yos, k3tog (i.e., 2 yos with the first st of the next pair), turn the work.

Row 4: (WS) Yo backward, purl to the next yo, (the next two loops are yos), sssp (slip 3 sts knitwise, one at a time, and purl tog through the back loops, i.e., 2 yos with the first st of the next pair; Figure 5).

Row 5: (RS) Yo as usual, knit to the next yo (the next 2 loops are yos), correct the mount of each of these yos, and k3tog (i.e., 2 yos with the first st of the next pair).

Rep Rows 4 and 5 until all the yos of the first half have been worked, ending with Row 4. The last turn will bring the RS facing.

Rejoin for working in the rnd as follows: Yo as usual, knit to the yo at the end of the heel sts, transfer this yo to the beginning of the next needle, and work the yo tog with the first instep st as k2tog. Knit to the last st of the instep sts. Work the last instep tog with the yo at the beginning of the heel sts as ssk. There will be the same number of sts as before you started the heel (in our case, 20 heel sts, 40 total sts).

LEG

Divide the heel sts evenly on two needles and continue working in rnds for the specified number of rnds (see Table G, page 9) so that the ankle measures about 1" (2.5 cm) from the rejoining rnd. Change to k2, p2 rib and continue even until the leg measures about half the total desired length (see Table H, page 9). Change to larger needles and continue until the leg measures the total desired length. For our example, we changed to larger needles when the leg measured about 4½" (11.5 cm) and worked until the leg measured about 8" (20.5 cm) from the base of the heel.

FINISHING

Cut yarn, leaving a tail about three times the circumference of the leg. Thread the tail on a tapestry needle and use the sewn method (see Glossary) to bind off all the sts.

Weave in the loose ends, tightening up the sts along the cast-on row. If necessary, use additional yarn threaded on a tapestry needle to close up any holes along the sides of the short-row heel.

Block by spritzing with water and laying the socks flat to dry.

ANN BUDD is the former managing editor of Knits and is currently a book editor for Interweave. She has never met a handknitted sock she didn’t like.
NOTES

- These socks are worked from the toe up in a 2x2 rib pattern. Stitches are cast on for the toe in a simple method borrowed from Eastern knitting (where toe-up socks are the norm), the heel is worked in short-rows (a clever method developed by expert knitter Priscilla A. Gibson-Roberts), and the leg is shaped by increasing needle size or increasing stitches. The rib pattern helps draw in the knitting to make a snug-fitting sock.

SOCK

Toe: With smaller needles and using the Middle East–wrap method, CO 8 (8, 8, 12) sts on two needles. Knit across sts on top needle, then rotate the work and knit across sts on bottom needle. Divide sts between three needles so that there are 2 (2, 2, 2, 3) sts on Needle 1 for half of the sole, 4 (4, 4, 4, 6) sts on Needle 2 for the instep, and 2 (2, 2, 2, 3) sts on Needle 3, for the other half of the sole. Rnd beg at center of sole, between Needle 1 and Needle 3. Next rnd: On Needle 1, k1 (1, 1, 1, 2), M1, k1; on Needle 2, k1, M1, k2 (2, 2, 2, 4), M1, k1; on Needle 3, k1, M1, k1 (1, 1, 1, 2)—4 sts inc’d. Inc rnd: On Needle 1, knit to the last st, M1; on Needle 2, k1, M1, knit to the last st, M1, k1; with Needle 3, k1, M1, work to end of needle—4 sts inc’d. Rep Inc rnd every rnd 1 (2, 3, 4, 4) more time(s)—20 (24, 28, 32, 36) sts. Rep Inc rnd every other rnd 6 (7, 7, 8, 8) times—44 (52, 56, 64, 68)sts; 11 (13, 14, 16, 17) sts each on Needle 1 and Needle 3; 22 (26, 28, 32, 34) instep sts on Needle 2. Foot: On Needle 1, knit; on Needle 2, establish rib patt by working p2 (2, 1, 1, 2), [k2, p2] 4 (5, 6, 7, 7) times, k2, p2 (2, 1, 1, 2); on Needle 3, knit. Cont in patt as established until foot measures 5½ (6½, 7¼, 8, 8¾)” from CO, or 1½ (1¾, 2, 2¼, 2½)” less than desired total foot length from back of heel to tip of toe, and end after working the sts on Needle 3. Heel: Heel is worked back and forth in short-rows on the 22 (26, 28, 32, 34) sts on Needles 1 and 3. Leave the 22 (26, 28, 32, 34) instep sts on Needle 2 to be worked later. First half:

Row 1: (RS) With Needle 3, knit to the last st on Needle 1—1 heel st unworked at end of Needle 1; 21 (25, 27, 31, 33) heel sts worked onto Needle 3. Turn so WS is facing.

Row 2: (WS) Yo backward, purl to the last st (do not work the last st), turn.

Row 3: (RS) Yo as usual (from front to back) knit to the paired sts made by the yo of the previous row (the yo will stick out to the side of the unworked st), leaving 3 sts on the left needle (do not knit the paired sts), turn.

Row 4: (WS) Yo backward, purl to the paired sts made by yo of previous row, turn. Rep Rows 3 and 4 until there are 6 (8, 10, 12, 12) sts between paired sts, ending with a RS Row 3, but do not turn the work. The first half of the heel (the sole portion) is now completed. With the RS still facing, cont with Row 1 of the second half as foll:

Second half:

Row 1: (RS) K1 (the first st of the paired sts), correct the mount of the yo so that the leading leg is in front of the needle, k2tog (the yo with the first st of the next pair), leaving a yo as the first st on the left needle, turn.

Row 2: (WS) Yo backward, purl to the paired st made by the yo of the previous row, purl the first st of the pair, ssp (the yo
with the first st of next pair), leaving a yo as the first st on the left needle, turn.

**Row 3:** (RS) Yo as usual, knit to the paired st made by the yo of the previous row, knit the first st of the pair (the next 2 loops will be yos), correct the mount of each of the next 2 yos, k3tog (2 yos with the first st of the next pair), turn.

**Row 4:** (WS) Yo backward, purl to the next yo (the next 2 loops will be yos), sssp (2 yos with the first st of the next pair;), turn.

Rep Rows 3 and 4 until all yos of the first half have been consumed, ending with Row 4. The last turn will bring RS facing.

Rejoin for working in the rnd on all sts as foll: Yo as usual, knit to the yo at the end of the heel sts, transfer this yo to the beg of Needle 2 (holding the instep sts), work the yo tog with the first instep st as p2tog, work in rib patt to last st of Needle 2, work instep st tog with the yo at the beg of the heel sts as ssp. There will now be 22 (26, 28, 32, 34) heel sts on one needle.

Arrange the heel sts on two needles as before so that there are 11 (13, 14, 16, 17) sts on each needle: 11 (13, 14, 16, 17) sts on Needle 1; 22 (26, 28, 32, 34) instep sts on Needle 2; 11 (13, 14, 16, 17) sts on Needle 3. Rnd beg at center of heel sts (between Needle 3 and Needle 1). **Leg:** Working instep sts in rib patt as established, work rem sts in St st for 9 (10, 11, 13, 14) rnds. Choose crew or knee-length.

**CREW SOCKS:**

**Next rnd:** Work all sts in 2×2 rib to match patt established on instep sts. Cont even in rib until leg measures 3¼ (4, 4½, 5, 5½)” from base of heel. If desired, change to optional larger needles to accommodate shape of calf muscle. Cont even in rib until leg measures 7 (8, 9, 10, 11)” from base of heel, or desired total length. Cut yarn, leaving a 36” tail. Go to Finishing.

**KNEE SOCKS:**

**Next rnd:** Work all sts in 2×2 rib to match patt established on instep. Cont even in rib until leg measures 4 (4½, 5, 5½, 6)” from base of heel.

**Rnd 1:** Work in patt to end of Needle 3, then use the M1 method to inc 1 st at end of rnd—1 st inc’d at center-back leg at end of rnd.

**Rnds 2–8:** Working new st into established patt, work 7 rnds even.

**Rnd 9:** Using the M1 method, inc 1 st at beg of Needle 1, work in patt to end—1 st inc’d at center-back leg at beg of rnd.

**Rnds 10–16:** Working new st into established patt, work 7 rnds even.

Rep the last 16 rnds 3 (3, 3, 5, 5) more times—8 (8, 8, 12, 12) sts inc’d; 52 (60, 64, 76, 80) sts total. Cont even in rib patt as established until leg measures about 13 (13¼, 14, 14½, 15)” from base of heel or 1¼ (1½, 2, 2, 2½)” less than desired total leg length. Next rnd: Work k1, p1 rib across all sts. Cont in rib patt as established for 1½ (1¼, 2, 2, 2½)” less than desired total leg length. **Finishing**

Thread tail on a tapestry needle and use the sewn method to BO all sts. Weave in loose ends, tightening CO sts at toe, if necessary.
glossary

How to Knit Socks: Free Sock Patterns and Instructions to Learn How to Knit a Sock

ABBREVIATIONS

beg beginning, begin; begins
bet between
BO bind off
CC contrasting color
cm centimeter(s)
cn cable needle
CO cast on
cont continue(s); continuing
dec(s) decrease(s); decreasing
dpn double-pointed needle(s)
foll following, follows
inc increase(s); increasing
k knit
k1f&b knit into front and back of same st
k2tog knit two stitches together
kwise knitwise
LC left cross
m(s) marker(s)
MC main color
mm millimeter(s)
M1 make one (increase)
M1R(L) make one right (left)
p purl
p1f&b purl into front and back of same st
p2tog purl two stitches together
patt(s) pattern(s)
pm place marker
psso pass slipped stitch over
pssos pass two slipped stitches over
pwise purlwise
RC right cross
rem remain(s); remaining
rep repeat; repeating
rev St St reverse stockinette stitch
rev sc reverse single crochet
sc single crochet
sl slip
sl st slip stitch (sl 1 st pwise unless otherwise indicated)
skk slip 1 kwise, slip 1 kwise,
k2 slsts tog tbl (decrease)
ssp slip 1 kwise, slip 1 kwise, p2 sl sts tog tbl (decrease)
st(s) stitch(es)
St st stockinette stitch
tbl through back loop
tog together
WS wrong side
wyb with yarn in back
wyf with yarn in front
yo yarn over
* repeat starting point (i.e., repeat from *)
** repeat all instructions between asterisks
() alternate
[ ] instructions that are to be worked as a group a specified number of times

Raised (M1) Increases

Left Slant (M1L) and Standard M1

With left needle tip, lift strand between needles from front to back (Figure 1). Knit lifted loop through the back (Figure 2).

Right Slant (M1R)

With left needle tip, lift strand between needles from back to front (Figure 1). Knit lifted loop through the front (Figure 2).

Purlwise (M1P)

With left needle tip, lift strand between needles, from back to front (Figure 1). Purl lifted loop (Figure 2).

Sewn Bind-Off

Cut the yarn 3 times the width of the knitting to be bound off, and thread onto a tapestry needle. Working from right to left, *insert tapestry needle purlwise (from right to left) through first 2 sts (Figure 1) and pull the yarn through, then bring needle knitwise (from left to right) through the first st (Figure 2), pull the yarn through, and slip this st off the knitting needle. Repeat from *.

Kitchener Stitch

Step 1: Bring threaded needle through front stitch as if to purl and leave stitch on needle.
Step 2: Bring threaded needle through back stitch as if to knit and leave stitch on needle.
Step 3: Bring threaded needle through first front stitch as if to knit and slip this stitch off needle. Bring threaded needle through next front stitch as if to purl and leave stitch on needle.
Step 4: Bring threaded needle through first back stitch as if to purl (as illustrated), slip this stitch off, bring needle through next back stitch as if to knit, leave this stitch on needle. Repeat Steps 3 and 4 until no stitches remain on needles.

Ssk Decrease

Slip two stitches knitwise one at a time (Figure 1). Insert point of left needle into front of two slipped stitches and knit them together through back loops with right needle (Figure 2).

Illustrations by Gayle Ford