



## Sock One

Having knitted numerous socks of varying sizes, widths and lengths it was time I had a go at designing one too, this is my first attempt with a four row pattern.

I work socks over three dpn's, knitting with the fourth and will use the fifth to help with stitch shuffling after the rib. This pattern can also be made on circulars.

I have provided tick off charts for the rows to help keep track of where you are within the pattern itself

### Ingredients

- Fingering or sock weight yarn 60 to 80 grams (I used 60 grams for a size 7)
- Set of five 2.5mm double pointed needles
- Tapestry needle
- Measuring tape
- Scissors
- Two stitch markers (optional but helpful)

- If you decide to knit these on a small circular needle you will also need an additional three stitch markers to mark the stitch count for each needle

### Sizes

Foot circumferences:

Small – 7.5 inches – 56 stitches

Medium – 8.5 inches – 64 stitches

Large – 9.5 inches – 72 stitches

Instructions provided for UK sizes 5 to 8 with link to information for other sizes

### Abbreviations

- k – knit
- p – purl
- sts - stitches
- stst – stockinette stitch
- dpn – double pointed needle
- sl – slip stitch purl wise
- k2tog – knit two together
- ssk – slip two stitches knitwise one after the other, knit the slipped stitches together
- rs – right side
- ws wrong side

### Cuff

Cast on 56 (64, 72) stitches and distribute them over the three needles as follows:

Small – 17, 22, 17

Medium – 21, 22, 21

Large – 25, 22, 25

Make sure the stitches are not twisted, join to work and knit the first round

Next 15 rows \*k2, p2\* to create a rib of 1.5 inches




## Leg

The pattern is repeated 11 times on needle two (the 22 stitches) with k on needles one and three.

Round 1 – k

Round 2 – k

**Round 3** – k to needle two – (p2tog) twice, (yo k1) three times, yo, (p2tog) four times, (yo k1) three times, yo, (p2tog) twice

Round 4 – k

Omitting the last round 4 as we will use this to shuffle the stitches ready for the heel flap, as below

	1	2	3	4	5	6	7	8	9	10	11
1											
2											
<b>3</b>											
4											

Last Round 4:

Use the fifth needle to shuffle the stitches around:

- Knit 14 (16, 18) sts from the first needle
- Switch to a new needle and knit the remaining from needle one and 11sts from needle two
- Switch to a new needle and knit the last 11sts from needle two and 3 (5, 7) sts from needle three
- Switch to a new needle and (s1, k1) on the remaining 14 (16, 18) sts from needle three, continue on the same needle and (s1, k1) the stitches on the first needle, 14 (16, 18) stitches to end

## Heel

You should have two needles holding the pattern and a few stitches either side (14, 16, 18 sts each needle) and one needle to knit the heel flap and gusset with 28 (32, 36) stitches on

Turn, sl1, p across, turn and complete the following two rows until you have 28 (32, 36) rows in total

Row 1 (rs) – (sl1, k1) to end, turn

Row 2 (ws) – sl1, p to end

1													
2													

1					
2					
		<b>S</b>		<b>M</b>	<b>L</b>

## Heel turn

Still working across the 28 (32, 36) sts of the heel continue:

Row 1 (rs) – k all sts, turn

Row 2 (ws) – sl1, p 15 (19, 21) p2tog, p1, turn

Row 3 (rs) – sl1, k 5 (9, 9) ssk, k1, turn

Row 4 (ws) - sl1, p 6 (10, 10) p2tog, p1, turn

Continue working row 3 and 4 k and p until one stitch before the gap created by the ssk/p2tog from the previous row before completing the row turning until all stitches are worked. Omit the p1 and k1 of the last two rows, ending on a rs row. You should have 16 (20, 22) sts left.

## Gusset



We will pick up stitches along each side of the heel flap this round will count as round 1 of the pattern which will be picked up again for the decrease. We will shuffle the stitches around the needles to help with continuing the pattern.

Use the grid to mark off your rows ending on the 4<sup>th</sup> row for S, M or L.

- Continue with needle 1 and pick up and knit 14 (16, 18) sts along the edge of the heel flap place a marker one stitch before the last pick up = needle one
- With a new needle, knit across 14, (16, 18) sts and continue onto the next needle knitting another 14 (16, 18) sts, the pattern will be central on this needle now for ease of working = needle two
- With a new needle pick up and knit 14 (16, 18) sts placing a marker after the first pick up), continue onto the first needle and knit 8 (10, 11) sts = needle three

You should have now:

Needle one – 22 (26, 29) sts and a stitch marker one before the end

Needle two – 28 (32, 36) sts and your pattern

Needle three – 22 (26, 29) sts and a stitch marker after the first stitch

## Gusset decrease

We are back working in the round now continuing with the pattern on Round 2:

Round 1 – knit

Round 2 – k to 2 sts before first marker, k2tog, sm, k1, k to next marker, sm, ssk, k to end

**Round 3** – k to needle two – k 3, (5, 7) (p2tog) twice, (yo k1) three times, yo, (p2tog) four times, (yo k1) three times, yo, (p2tog) twice, k 3 (5, 7)

Round 4 – repeat round 2

Work to your foot circumference (S, M or L)

	1	2	3	4	5	6
1 – Knit						
2 – Dec						
<b>3 – Patt</b>						
4 – Dec						*
	Size			<b>S</b>	<b>M</b>	<b>L</b>
	Stitch count			<b>56</b>	<b>64</b>	<b>72</b>

(\*knit the last round for the L size but omit the decrease)

You should have your original stitch count with 14 (16, 18) stitches on needles one and three as noted above

## Foot

Remove markers as you go, continue in pattern until the sock measures 2 inches shorter than the foot measurement (from heel to the longest toe). The tick off chart below gives an indication of how many repeats to do for UK shoe sizes 5 to 8 as a guide. End on a round 4.

Round 1 – k

Round 2 – k

**Round 3** – k to needle two – k 3, (5, 7) (p2tog) twice, (yo k1) three times, yo, (p2tog) four times, (yo k1) three times, yo, (p2tog) twice, k 3 (5, 7)

Round 4 – k



	1	2	3	4	5	6	7	8	9	10
1										
2										
3										
4										

	11	12	13	14	15	16
1						
2						
3						
4						
	Size	5	6	7	8	

## Toe

We will work in rounds across the three needles as they are already set up as follows:

### Round 1

- needle one, k to last 3sts, k2tog, k1
- needle two, k1, ssk, k to last 3sts, k2tog, k1
- needle three, k1, ssk, k to end

Round 2 – k

Round 3 – k

Round 4 – k

Round 5 – repeat round 1

Round 6 – k

Round 7 – k

Round 8 – repeat round 1

Round 9 – k

Continue repeating round 1 until you have 22 (24, 26) sts left in total. Knit to the end of needle one and slide the stitches from needle three onto it so you have two needles parallel

to each other with the same amount of stitches on each, 11 (12, 13).

Kitchener stitch to finish. There are lots of video and written tutorials on the internet.

## Other Foot sizes

For any other sizes, Kate Atherley has published a comprehensive table of foot and sock sizes, which can be found here:

<http://kateatherley.com/2017/08/10/foot-size-tables/>

I am happy for this pattern to be used to make items to sell, please credit/refer to this pattern in your selling/makings

