

## Basic Sock Pattern Judith Newman

**Gauge:** 7.5 stitches on 2mm, 2.25mm, or 2.5 mm (or 2.75mm) double pointed needles  
I prefer bamboo - the stitches don't slip off, but the yarn slides smoothly on them. They're worth the cost.

**Size:** to fit an 8" ankle approx (ladies shoe size 7-8) .

**Cuff:** Cast on 64 stitches (16 stitches on each of 4 needles - for man's sock I cast on 72 stitches and adjust stitch numbers accordingly) and do K2 P2 ribbing for 1.5 – 2:00" (I knit just 12 rows - because I prefer a shorter cuff)

**Leg:** Switch to stocking stitch (knitting every round) and continue until desired length (anywhere from 5.5" – 8.5")

**Heel:** Leave 32 stitches on needle 2 and 3 for instep.  
Put remaining 32 stitches (from needles 1 & 4) on 1 needle and work heel flap back and forth on this needle.

There are a variety of ways of turning a heel. I've described the "**Regular**" below. However, I prefer the "Eclectic" Heel (<http://lupinworks.com/eclecticHeel/>).

### Regular Heel Stitch:

Row 1: sl1, \*K1, sl 1\* repeat from \* across the needle ending with K1

Row 2: sl 1, purl across

Work in heel stitches until heel flap is about 2.25" long

### Turn Heel:

Working in short rows over heel flap stitches:

Row 1: sl 1, K19, K2 together, turn

Row 2: sl 1, P9 P2 together, turn

Row 3: sl 1, K9, K2 together, turn

Row 4: sl 1, P9 P2 together, turn...

Repeat rows 3, 4 until all the "side" stitches are used and a10 stitches remain on the needle.

**Gusset:** Knit 5 stitches. Add back in the spare needle and Knit the 5 remaining stitches. (This needle becomes needle 1). Pick up 1 stitch in each slipped edge stitches along the side of the heel flap and 1 additional stitch in the instep. Knit these stitches onto needle 1 (twisting each stitch as you knit it to make the join snug).

Work across needles 2 and 3 – the instep stitches.

Pick up 1 stitch in each of the slipped edge stitches on the other side of the heel flap and 1 extra stitch in the instep. (This becomes needle 4) Knit these stitches then the 5 remaining heel flap stitches. Needles 1 and 4 should have the same number of stitches.

Knit one row.

**Foot:** Continue in plain knitting on these 64 stitches until the foot is the desired length – approximately 7" for a ladies size 8 shoe (I count rows, instead of length. 50 rows, on 2.5mm needles, after the gusset fits a ladies size 8 shoe).

**Toe:** Decrease Row:

Needle 1: work to last 3 stitches, K2 together, K1

Needle 2: K1 K2 together, Knit to end

Needle 3: work to last 3 stitches, K2 together, K1

Needle 4: K1 K2 together, Knit to end

\*Knit 2 rows and repeat Decrease Row\* — Repeat until you have 12 stitches on each needle.

Then \*Knit 1 row, and repeat Decrease Row\* – Repeat until you have 9 stitches on each needle.

Finally do Decrease Rows every row until you have 6 stitches on each needle.

Do decrease on Needle 1 – that will give you 5 stitches on that needle.

**Graft Toe:** Use Kitchener Stitch (<http://www.lupinworks.com/knitting/kitchener/>)

