

Double Pointed Needles 40 Stitch Adult Socks (to fit a lady's size Average)

**4 or 5 Double Pointed Needles US Size #7
1 Skein Worsted Weighted Yarn (#4)**

Cuff: Cast on 40 stitches. There are three ways to do this. Method a) is preferred.

- a) Cast on all the stitches onto one needle and divide them onto 3 or 4 needles before joining to knit in the round. We will be using a total of 4 needles, 3 will contain stitches and the 4th needle is used to knit stitches off the 3 with stitches.
- b) Cast on all stitches onto one needle and divide the stitches evenly onto two needles, work on these two needles only for the first few rounds and then introduce another needle
- c) Cast on X number of sts onto the needles as you are casting on

Join to work in the round being careful not to twist your work. If you have not worked in the round before, you may want to place a marker midway on the last needle so you know when you are on the last needle without having to make a conscious effort to remember. The tail also serves as a reminder as it falls between the last and the first needles.

(There are several methods of avoiding the jog when joining to knit in the round but we will not be using them in this class. The simplest way is to last on one extra stitch and, then, when joining remove it from the last needed and place it on the first. Then knit this last extra stitch together with the first on the first row.)

Rib until you are satisfied with the length of the ribbing. Rib can be any form you prefer. For this class, we will do a 2 X 2 (K2, P2) for 10 rows.

Stocking stitch for 2". Note: When knitting in the round, stocking stitch means knit every stitch on every round.

Heel Flap: This is worked back and forth on half of your stitches only and the remainder of stitches will rest unworked and are for your instep.

To make the heel, you will not work in the round but back and forth. When the heel flap is complete, you will rejoin it to the sock proper and resume working in the round.

To work the flap, when you have completed 2" of stocking stitch and are at the end of a round,

Row 1: *Slip 1 stitch as to purl to right hand needle point, knit next stitch*. Repeat this slip 1, knit 1 across all 20 sole stitches with one double pointed needle, ending with a knit stitch. Turn work, continuing to work just these same stitches using just two needles. I like to place my instep stitches on a piece of scrap yarn as I find it makes the piece easier to work with.

Row 2: Slip 1 stitch as to purl to right hand needle point, purl remaining 19 stitches.

Work these two rows until you have completed a total of 20 rows. End with a purl row. Turn work.

Turning the Heel:

Row 1 (RS): Slip 1 stitch purlwise, k 11, ssk, k1 (5 sts left on needle), turn work

Row 2 (WS): sl1, p5, p2tog, p1 (5sts left on needle) turn work

Row 3: sl1, k6, ssk, k1 (3 sts left on needle) turn work

Row 4: sl1, p7, p2tog, p 1 (3 sts left on needle) turn work

Row 5: sl1, k8, ssk, k1 (1 stitch left on needle) turn work

Row 6: sl1, p9, p2tog, p1 (1 stitch left on needle) turn work

Row 7: sl, k10, ssk, turn work

Row 8: sl1, p10, p2tog, turn work

Row 9: sl1, k11 (12 stitches on needle) – DO NOT TURN

Gusset: With right side facing you, looking down the side of the heel flap portion you just completed. completed, you will see 10 'horseshoe' shaped stitches along the edge. With needle point or crochet hook pick up 10 stitches, slipping the point/hook just under each of these stitches, catching the working yarn, pulling through under horseshoe to create a new stitch. (I find it helps to use a separate, smaller needle to pick these up and then knit them from this smaller needle onto the working needle. I only pick up the outermost edge of the 'horseshoe' and I knit into the back of the 'new' stitch, which twists it to avoid making a hole). This needle is now called needle 1

Work across instep sts with a different needle (needle 2)

With a third needle, locate and pick up 10 'horseshoe' stitches up the 2nd side of the heel flap then, with the same needle knit 6 stitches onto it from needle 1.

This is the new start/end point of each round. You should now have 16 sts on needles 1 and 3 and 20 stitches on needle number 2 for a total of 52 stitches.

Gusset Decreases:

Round 1: Setting stitches and preparing for gusset decreases. Knit around, decreasing any extra stitches picked up on the sides of the heel flap (needles 1 and 3) by using the k2tog method. Do not use the first or last stitch (at the intersection) as a decrease stitch. If you end up with a hole where the gusset joins the instep stitches (as sometimes happens), don't worry. It is easy to fix once your sock is completed.

Round 2: Needle 1: Knit stitches until 3 stitches are left on the needle, k2tog, k1. Needle 2: work instep stitches. Needle 3: K1, ssk, knit to end of needle.

Round 3: Knit

Repeat rows 2 and 3 until you have decreased enough stitches to bring your total stitches back to the original 40 stitches – 10 on needle 1, 20 on needle 2, and 10 on needle 3. You are ready now to work the foot of your sock.

Foot:

Work all stitches in pattern until foot measures approximately 8 inches from back of heel, or until about 2 inches less than desired finished measurement of entire foot of sock. If uncertain where to stop, a good stopping point is at the beginning of the little toe. You can very carefully try on your sock to check the length. Be careful not to let your stitches slip off the needles if you do this.

NOTE: sole stitches (those on needles 1 and 3) are usually knit in plain stocking stitch even in socks with a patterned leg and instep. If you wish, for a more snug fit, you may use a 1 X 1 rib but always excluding the first few stitches of the sole nearest the instep and tapering as the ribbing approaches the toe. I don't suggest this until you are more familiar with knitting socks in the round.

Shaping the Toe:

Round 1:

Needle 1: Knit to 3 stitches left on the needle, k2tog, k1. Needle 2: k1, ssk, knit to 3 sts left on needle, k2tog, k1. Needle 3: k1, ssk, knit to end. (4 sts decreased)

Round 2:

Knit all stitches.

Continue in this manner until there are only 20 stitches remaining (5 on needle 1, 10 on needle 2 and 5 on needle 3).

At this point begin decreasing every row until only 12 stitches remain (3 on needle 1, 6 on needle 2, 3 on needle 3). The toe is a place where the length can be adjusted so try on if necessary and adjust your decrease rows if you need to. On the last round, when you have completed the decrease on needle 3 continue and knit the stitches on needle 1 onto the same needle.

This results in you having two double pointed needles, each with 6 stitches.

Graft these stitches together using the Kitchener method.

Weave in ends. A gusset hole is easily fixed from the inside of the sock by gently going around it and then wrapping the yarn around itself once and pulling to tighten. Weave ends back and forth over where the hole was.