

BEGINNER'S SOCKS

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An easy beginner's sock pattern, knit in worsted weight yarn, to learn sock knitting! I'll walk you through each step—don't be intimidated by socks! This pattern makes a thicker pair of 'house socks'.



Size: Women's average

Finished Measurements: about 8 inch foot circumference

Materials:

Worsted Weight wool-blend yarn

(about 300 yards, more for longer cuffs)

Size US 6 (4.0mm) dpns (set of 5), or size needed to obtain gauge.

Stitch markers

Tapestry needle

Gauge: 22 sts in stockinette = 4 in/10cm.

To save time, take time to check gauge.



Abbreviations:

St, Sts - stitch, stitches

RS, WS - right side, wrong side

S1 - slip one stitch purl-wise

K2tog - knit two together

P2tog - purl two together

SKP - Slip 1 knitwise, knit 1, pass slipped stitch over knit stitch.

Measurements:

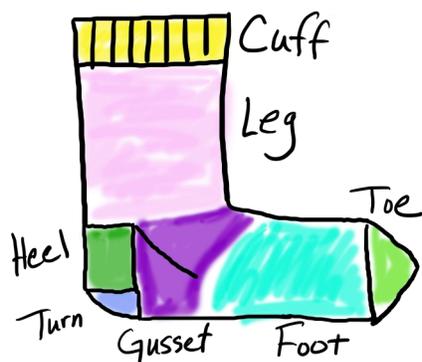
To get the best fit for your socks, you should measure a few things:

Heel Depth: height from your heel bone to the floor.

Foot Circumference: measure around the ball of your foot. The average is 8 inches—most patterns are written for that measurement (including this one!) See ‘Tips’ section (page 4) if your measurement is different.

Heel to Toe length: from the back of your heel straight to the tip of your toe.

Ankle Circumference: Measure around your ankle. Usually this is the same size as your foot circumference—see ‘Tips’ section (page 4) if it’s not.



Directions:

Cast on 40 stitches loosely (i.e. long-tail cast on, or similar stretchy cast on technique).

Join to work in round, making sure to not twist the work.

Divide your stitches as follows:

Using 5 dpns: 10, 10, 10, 10 using the 5th needle as your working needle.

Mark the beginning of the round.

Cuff:

Work in k2, p2 rib for 14 rounds , or 2 in/5cm.

Leg:

Work in stockinette st. for 4 rounds (anklets) or for desired leg height.

From beginning of round, knit next 20 sts onto one needle. (These are your heel sts.) Leave the remaining 20 sts (the instep sts) on two dpns, or place them on a stitch holder.

These stitches will not be worked while the heel is being worked.

Work the heel as follows:

Turn work to wrong side, then:

Row 1 (ws): S1, purl across, turn work.

Row 2 (rs): * S1, k1 *, repeat across row, turn work.

Repeat these 2 rows for 20 total rows, or until the heel flap is the depth of your heel.

End with a right side row.

Now we will turn the heel:

(Note: some stitches will be left unknit in these rows—just follow the directions and you will end up with a heel turn! We are making short rows to turn the corner of the heel.)

Turn your work and then,

Row 1: S1, p11, p2tog, p1, turn.

Row 2: S1, k5, skp, k1, turn.

Row 3: S1, p6, p2tog, p1, turn.

Row 4: S1, k7, skp, k1, turn.

Row 5: S1, p8, p2tog, p1, turn.

Row 6: S1, k9, skp, k1, turn.

Row 7: S1, p10, p2tog, turn.

Row 8: S1, k10, skp. **Do not turn.**

There will be 12 sts left.

Gusset:

Now we will be joining back to our instep sts.

Using the same needle that the heel sts are on, pick up and knit 11 sts along the side of the heel flap (pick up more than this if you knit a deeper heel flap – one st for each slipped st on the edge.)

Then knit across the instep stitches - keeping them divided onto two needles.

Then, using a new needle, pick up and knit 11 sts along the other side of the heel flap. Using the same needle, knit the first 6 sts of the heel. The center of the heel is now the beginning of the round, and your stitches are divided onto 4 needles.

Begin the gusset decreasing as follows:

Round 1: knit across.

Round 2: knit to within 3 sts of the end of needle one, k2tog, k1. Knit across instep stitches. On fourth needle: k1, skp, then k to end of round.

Repeat rounds 1 and 2 until you have decreased back down to 40sts total.

Foot:

Now work even in stockinette stitch until sock is about 2 in/5cm shorter than your heel to toe length.

Toe:

The beginning of the round is still the center bottom of foot. You should have 10 sts on each of 4 needles.

Round 1: Knit to within 3 sts of end of needle 1, k2tog, k1.

On needle 2, k1, skp, then knit to end. On needle 3, knit to within 3 sts of end, k2tog, k1. On needle 4, k1, skp, knit to end.

Round 2: Knit across all needles.

Repeat these two rounds until you have 16 sts remaining.

Using Needle 4, knit the 4 sts on needle 1, and then slip all 8 instep sts onto one needle. You now have your 16 sts divided onto 2 needles.

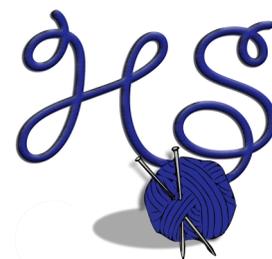
Kitchener stitch the toe closed. (see Kitchener Instructions following.)

Now make another sock to match!

Tips:

If your foot circumference is different than the average 8 inches, or your measurement isn't given as an option in the pattern you are using, you could try going up or down a needle size to adjust your gauge tighter or looser to allow the socks to fit your foot. Going down a needle size should tighten your gauge to fit a smaller circumference, and going up a needle size should loosen your gauge to allow the socks to fit a larger circumference. You could also adjust your cast on number, but be sure to account for any ribbing and other patterns in the sock that will require a particular multiple of stitches.

If your ankle measurement differs from your foot circumference, there are a few ways you can adjust to fit your foot. If your foot is smaller than your ankle—simply work more gusset decrease rounds to fit your foot more snugly. If your foot is larger than your ankle, then work fewer gusset decreases. Another option is to increase or decrease your cast on stitches, as above, to adjust the sock circumference—but, again, be sure to account for any pattern repeats when you do so.



Kitchener Stitch:

Cut about a 12 inch yarn tail.

Hold work so that yarn tail is on right hand side in back.

Thread tail onto sewing needle.

Set-up Round:

Keeping yarn underneath knitting needles, pull yarn through the first stitch on the front needle as if to Purl, and leave

that stitch on the needle. Then, pull the yarn through the first stitch on the back needle as if to Knit, leaving that stitch on the needle.

Then:

Step 1: Front needle: Pull yarn through first stitch as if to knit, and slip that st off the needle, then pull yarn through the next st as if to purl, leaving that st on the needle.

Step 2: Back needle: Pull yarn through the first st as if to purl, and slip that st off the needle, then pull yarn through the next st as if to knit, and leave that st on the needle.

(An easy way to remember these steps is “Knit off, Purl on, Purl off, Knit on” and keep repeating it as you work.)

Repeat these two steps until one st remains on each needle - then knit off the front st and purl off the back st.

Tighten up your row, and weave in ends.

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