

## Cast ons to try:

**Elastic edge:** Cast on 50% more stitches than needed. (K1, k2tog) around in the first round. Or (p1, k2tog) for 1x1 rib. Or (k1, k2tog, p1, p2tog) around for a 2x2 rib.

**Ruffled edge:** Do the long tail but cast on twice as many stitches as you need. K2tog in the first round. Or work a couple rounds even first for a longer ruffle. Work k2tog, p2tog for a 1x1 rib or k2tog, k2tog, p2tog, p2tog for a 2x2 rib. Try making a ruffle with three times as many stitches as needed. It will be even more ruffy!

**Picot edge:** Start with a provisional cast on. Knit a few rounds. Next round: (yo, k2tog) around. Knit a few rounds. Take out provisional cast on and knit the cast on edge into the next round.

**Twisted German cast on:** Instructions online.

**Tubular cast on:** A very elastic cast on. Instructions online.

## Other techniques to try:

Knit your socks on two circular needles. *Socks Soar on Two Circular Needles* by Cat Bordhi is a popular resource for this.

Knit your socks on one long circular needle.

Knit two socks at once using the double knitting technique!

Knit your socks toe-up.

Incorporate a stitch pattern into the leg and top of the foot. Maybe lace?

Work a two color stitch pattern.

## Caring for your socks:

When you see a weak spot, duplicate stitch over it before a hole develops.

Use a nylon reinforcement thread in the heel and toe when knitting your socks. Some sock yarns come with a matching reinforcement thread.

Wash them with care. Some yarns are machine washable. Some are not. Read the labels so you know how to wash and dry your knitwear.

The instructions on the other side of this sheet tell you how to work a slip stitch heel. This will prevent your heel from wearing through. There are other ways doing this: garter stitch, other slip stitch patterns...

## Resources:

There are many great sock knitting books out there. Check out *Twisted Sisters Sock Workbook* by Lynne Vogel or *Folk Socks* by Nancy Bush.

Knitting magazines regularly publish sock patterns.

Lucy Neatby has two DVDs with just sock knitting techniques!

A simple search online will lead you to tons of techniques and patterns.

# Generic Sock Pattern

Make a top-down, heel flap sock with any yarn, for any foot

by Kate Gilbert

### Gauge swatch:

Knit a gauge swatch. Ideally, this should be done in the round.

Yarn ..... Needle size .....

### Calculations:

- A** Sts per inch
- B** Rows per inch
- C** Measurement around foot (in inches)
- D** Length of foot (in inches)
- E** Number of sts needed (**A** x **C**)  
Make the number of sts to cast on divisible by 4 by rounding down.  
For a tighter sock, round down even more. Many people subtract 10% or more!
- F** Sts to cast on
- G** Sts per needle (**F** divided by 4)

A
B
C
D
E
F
G

### Cuff:

CO **F** sts onto one needle, then divide evenly over 4 needles.

Work 1 - 2 inches of ribbing... or work it all the way down the sock.

### Leg:

Work St st (or ribbing or stitch pattern) to length desired to top of heel.

These socks do not have shaping so they will not be able to go over calves.

### Heel flap:

Put half of your sts onto one needle to work heel flap. Heel flaps are worked flat. You'll leave the other stitches on the other 2 needles for the time being.

**Row 1:** (RS) \*S11, k1, rep from \* to end.

**Row 2:** (WS) S11, p across.

Repeat these 2 rows until the flap is approximately square, ending with Row 1.

For women's socks, about 2 1/2 inches (6.25 cm) is good. For men, 3 inches (7.5 cm)

### Turn heel:

**Row 1:** S11, p to center of heel, then 4 sts past, p2tog, p1, turn. For children's socks, leave fewer sts in the center. For babies' socks, only leave the 2 center sts.

**Row 2:** S11, k until to the same number of sts past center, ssk, k1, turn.

There will be the same number of unworked sts on each side of the heel flap.

**Row 3:** S11, p until 1 st rem bef gap made by turn, p2tog, p1, turn.

**Row 4:** S11, k until 1 st rem bef gap made by turn, ssk, k1, turn.

Rep rows 3 and 4 until all sts have been worked, ending with row 4.

Note: If there aren't enough sts at the end of the row to work the p1, just p2tog and turn. Work to the end of the next row, ssk, then go on to gusset instructions.

### Pick up gusset sts:

Pick up 1 st in each slipped st on side of heel flap (needle 1), work in patt across the top of the foot (needles 2 and 3), pick up 1 st in each slipped st on other side of heel flap (needle 4). Divide heel sts between needles 1 and 4. Needles 2 and 3 should still have **G** sts. Needles 1 and 4 will have more.

### Work gusset decreases:

Work until 2 sts rem on needle 1, k2tog, work even across needles 2 and 3, ssk, k to end of needle 4.

Knit 1 round even.

Continue working around like this until **G** sts rem on needles 1 and 4.

### Work even to toe decreases:

If you're working in a sock or sport weight yarn, you can usually work up to your toes, start decreasing and the sock will end up about the right length. Or, do the math and be sure.

**H** Number of decrease rounds needed (**G** minus **A**). Children's and babies' socks should end with fewer than **A** sts per needle.

**I** Length of toe decrease rounds (**H** divided by **B**)

**J** Length of foot before toe decreases (**D** minus **I**)

Work even until foot measures **J**.

H
I
J

### Work toe decreases:

K until 3 sts rem on needle 1, k2tog, k1, k1, ssk, k to end of needle 2, k until 3 sts rem on needle 3, k2tog, k1, k1, ssk, k to end of needle 4.

Repeat this round until **A** sts rem on each needle. Or fewer for smaller socks. **K** across needle 1.

### Finishing:

Graft toe shut with "kitchener stitch":

Put all sts on needles 2 and 3 onto one needle. Do the same with needles 1 and 4. Thread a length of yarn onto a tapestry needle.

- 1 Go through the first st on the front needle as if to purl. Leave the st on the needle.
  - 2 Go through the first st on the back needle as if to knit. Leave the st on the needle.
  - 3 Go through the first st on the front needle as if to knit, drop it off the needle, then go through the next st on the front needle as if to purl and leave it on the needle.
  - 4 Go through the first st on the back needle as if to purl, drop it off the needle, then go through the next st on the back needle as if to knit and leave it on the needle.
- Repeat steps 3 and 4 until 1 st remains on each needle. Go through the st on the front needle as if to knit, drop it off the needle. Go through the st on the back needle as if to purl, drop it off.

Weave in ends.