

Abbreviations and terms

- ❖ K1; Knit one
- ❖ P1: Purl one
- ❖ Sl: Slip stitch
- ❖ K2tog: Knit 2 stitches as one
- ❖ Psso: pass slipped stitch over
- ❖ Knitting plain: knit stitch/stockinette

Materials and notes:

- ❖ Around 200g 4 ply sock yarn
- ❖ 2,5mm or 1.5 size double pointed needles, 2mm or 1 size needles if you are a loose knitter.
- ❖ Stitch marker
- ❖ A tapestry needle

Instructions:

Setting up - Cast on 72 stitches and divide in 24 stitches per needle

Work k1, p1 ribbing for 24 rounds

Then proceed to knit k5, p1 ribbing for 23 cm or 9 inches

Shaping - The last stitch of your round will become your seam stitch, place a stitch marker to indicate.

1st round - k2tog, knit until the 3 last stitches, sl1, k1, psso

2nd round - knit in k5, p1 ribbing

Repeat this 3 more times or until you have 62 stitches left

Knit in the k5, p1 rib for another 13 cm or 5 1/2 inches

Heel - To form your heel flap put 27 stitches on one needle with your seam stitch in the middle

Slip the first stitch of every row, knitting the right side and purling the wrong side for 26 rows.

To turn the heel:

Row 1 - k20, sl1 k1 psso turn the work

Row 2 - p14, p2tog, turn

Row 3 - k14, sl1, k1

Repeat *row 2 & 3* until you have 14 stitches left

Gussets - Pick up 14 stitches on the left side of the heel flap.

k37 onto one needle - this will be the top of the foot and will be worked in the k5, p1 ribbing

On your 3rd needle, pick up 14 stitches on the other side of the heel flap and pick up 7 from your first needle

Decrease as followed:

k4 rounds with the first and third needle in stockinette and the second needle in rib

1st needle - k until the last 4 sts, k2tog, k2

2nd needle - k5, p1

3rd needle - k2, sl1, k1, psso, k the rest

Repeat these until you have 18 stitches left on the first and third needle

Knit 60 rows of the pattern. This can be more or less depending on the side of the sock you wish to make.

Toe -Moving forward, everything is knit in stockinette.

On your last round of normal knitting, k2tog the first 2 stitches of your second needle.

Decrease as followed:

1st needle - k until the last 4 sts, k2tog, k2

2nd needle - k2, sl1, k1 , psso, k until the last 4 sts, k2tog, k2

3rd needle - k2 sl1 k1, psso

Knit 3 rounds plain

Repeat this 4 more times

Then decrease every other row until you have 28

Put these on 2 needles and finish with the kitchener stitch