

THE KNITTER'S **BOOK** OF **SOCKS**

The Yarn Lover's Ultimate Guide to Creating Socks
That Fit Well, Feel Great, and Last a Lifetime



CLARA PARKES author of the bestselling
The Knitter's Book of Yarn and *The Knitter's Book of Wool*



Stepping-Stones

Designed by Clara Parkes

Stepping-stones guide us from one place to the next. My hope is that these socks will start you on your own sock-knitting journey. If you're new to socks, or if you're feeling rusty and in need of a refresher course, begin here. Throughout the pattern you'll find lots of helpful hand-holding that will familiarize you with the fundamentals of sock construction.

This sock also serves as a gentle reminder that, while most so-called sock yarns are extremely fine, you can knit a lovely pair of socks out of thicker yarns. For everyday comfort and wear, the maximum recommended thickness would be worsted-weight yarn, which is what I used in this pattern.

Sock A (right) is knit using a springy and rounded three-ply Merino from Blue Moon Fiber Arts; and sock B (left) is knit using plush, though equally springy, four-ply Merino from Malabrigo. The pattern is simple enough to incorporate almost any color theme your heart desires, whether it be a solid or semisolid or, in the case of Malabrigo, a flickering multicolor.

SIZE

Women's M (Women's L/Men's M)

FINISHED MEASUREMENTS

Foot circumference: 7½ (7¾)" (19 [19.5]cm)
unstretched, to fit foot circumference of about 8¾
(9.5)" (22 [23.5]cm)

YARN

300 (340) yd (274 [311]m) of worsted-weight yarn:

Sock A (right), in women's M: 1 skein Blue Moon Fiber Arts Socks That Rock Heavyweight, 100% superwash Merino, 7 oz (198g), 350 yd (320m), color Oregon Red Clover Honey
Sock B (left) in men's M: 2 skeins Malabrigo Rios, 100% superwash Merino, 3½ oz (100g), 210 yd (192m), color 862 Piedras



MEDIUM

NEEDLES

Set of 4 U.S. size 2 (2.75mm) double-pointed needles, or size to obtain gauge

NOTIONS

Tapestry needle

GAUGE

28 stitches and 40 rows = 4" (10cm) in stockinette stitch (knit in the round)

Notes

- ▶ *The heel flap is knit using two strands of yarn, working one stitch from one strand and the next stitch from the other strand, to create an extra-thick, plush, and durable heel. If you want to create a multicolored effect, you can use a contrasting color for the second strand. Otherwise, the easiest solution is to wind your yarn into a center-pull ball (using a ball winder, nostepinne, or your hands) and use the other end for the second strand.*
- ▶ *The Leg Pattern and Instep Pattern can be worked using either the charts provided or the written directions in the Stitch Guide.*
- ▶ *Slipped stitches are slipped as if to purl, with the yarn held to the wrong side of the work.*

Stitch Guide

Leg Pattern

(Also see the Leg Chart on page 60.)

Round 1: *K1, p1; repeat from * to the end of the round.

Round 2: *K3, p3; repeat from * to the end of the round.

Instep Pattern

(Also see the Instep Chart on page 60.)

Round 1: (K1, p1) 3 times, (k5, p1) 3 times, (k1, p1) 2 times.

Round 2: K1, p3, k21, p3.

Cuff

Cast on 54 (60) stitches. Divide stitches evenly onto 3 needles. Join to work in the round, taking care not to twist the stitches.

Round 1: *K1, p1; repeat from * to the end of the round.

Repeat this round until cuff measures 1½" (4cm).

Leg

Work in Leg Pattern on all stitches until the piece measures 6" (15cm) from the cast-on edge, or until desired leg length has been reached. End having worked round 2 of the pattern.

Heel Flap

Rearrange the stitches as follows: Place the first 26 (32) stitches on needle 1 for the heel, then divide the remaining 28 stitches over needles 2 and 3 and hold them aside to be worked later for the instep.

Using the working yarn and the other end of the same skein, work the heel back and forth in rows, alternating the 2 strands of yarn, as follows:

Row 1 (RS): Slip 1, (k1 with working yarn, k1 with second strand) 12 (15) times, k1 with the working yarn, turn work.

Row 2 (WS): Slip 1, (p1 with working yarn, p1 with second strand) 12 (15) times, p1 with the working yarn, turn.

Work rows 1 and 2 until the flap measures 2 (3)" (5 [7.5]cm); end having worked a wrong-side row. Cut the second strand of yarn and work the rest of the pattern with the original strand only.



Turn Heel

Row 1 (RS): Slip 1, k14 (18), ssk, k1. Turn work.

Row 2 (WS): Slip 1, p5 (7), p2tog, p1. Turn.

Row 3 (RS): Slip 1, knit to 1 stitch before the gap created by the turn on the previous row, ssk to close the gap (1 stitch from each side of the gap), k1. Turn.

Row 4 (WS): Slip 1, purl to 1 stitch before the gap created by the turn on the previous row, p2tog to close the gap (1 stitch from each side of the gap), p1. Turn. Repeat rows 3 and 4 until all stitches have been worked, ending with a wrong-side row—16 (20) heel stitches remain.

Gussets

Return to working in the round, as follows: With right side facing, slip 1, knit to the end of the heel needle. Then, using the same needle, pick up and knit 1 stitch in each selvedge stitch along the edge of the heel flap, and 1 stitch between the heel flap and the instep (this is now needle 1). With another needle, work round 1 of the Instep Pattern across the 28 instep stitches (this is now needle 2). With a third needle, pick up and knit 1 stitch between the instep and the heel flap and 1 stitch in each selvedge stitch along the edge of the heel flap, then knit across the first 8 (10) heel stitches (this is now needle 3). You are now ready to begin your instep decreases, which will happen on needles 1 and 3 every other round. Needle 2 will always be worked in the Instep Pattern.

Round 1: On needle 1, knit all stitches. On needle 2, work in the Instep Pattern as established. On needle 3, knit to the end of the round.

Round 2 (decrease): On needle 1, knit to the last 3 stitches, k2tog, k1. On needle 2, work in pattern as established. On needle 3, k1, ssk, knit to the end of the round.

Repeat rounds 1 and 2 until 28 (32) stitches remain on the sole (needles 1 and 3)—56 (60) stitches total.

Foot

Continue to work in the round, keeping to the established pattern on needle 2 and working in stockinette on needles 1 and 3 until the foot measures 1¾ (2)" (4.5 [5]cm) less than desired sock length. (For optimal fit and wear, the desired sock length should be at least 10 percent shorter than the actual foot length. See Foot Length Tables on page 191 for the actual foot length of common U.S. shoe sizes.)

