

Basic Worsted Socks

Cascade 220 – 1 skein
Size 7 double pointed needles (set of 5)
Size F crochet hook
Tapestry needle

Gauge: 21 stitches/28 rows to 4 inches

K=knit number of stitches indicated
P=purl number of stitches indicated
K2tog=knit 2 stitches together (left leaning decrease)

SSK=slip stitch as if to knit, slip next stitch as if to knit, slide stitches back to left hand needle and knit through the back loop of both stitches (right leaning decrease)



Cuff:

Cast on 40 stitches (10 on each needle). Work K2/P2 ribbing for 1 inch (or to suit you). Change to stockinette stitch (knit every row) and work the cuff of the sock until it measures 4 inches (or to suit you). On the last row work across needles 1-3. At needle 4 you're going to begin the heel flap.

Using the double pointed needle, work all stitches from needle 4 and needle 1 onto one needle (20 stitches). You're going to work the heel flap across these 20 stitches, working back and forth.

Heel flap:

Stockinette option -

Row 1: Slip the first stitch as if to knit (this will create a nice, neat edge for picking up the gusset stitches), knit across the row (20 stitches).

Row 2: Slip the first stitch as if to purl, purl across the row.

Repeat Rows 1 & 2 until the heel flap measures 2 ½ inches (or length needed to fit).

Heavy-wear option –

Row 1: Slip the first stitch as if to knit (SL1)(this will create a nice, neat edge for picking up the gusset stitches), *K1, SL1*. Repeat from * to * across the row, ending with a knit stitch.

Row 2: Slip the first stitch as if to purl, purl across the row.

Repeat Rows 1 & 2 until the heel flap measures 2 ½ inches (or length needed to fit).

This will create a more dense fabric which will stand up to wear much better.

Heel turning:

Still working flat, work the following short rows to turn the heel.

(NOTE: There are a number of ways to work short rows. This is just how I do it and it works for me.)

Row 1: Slip the first stitch as if to knit, K10, K2tog, K1, turn. (Note: you will have unworked stitches left of the left-hand needle. They will be worked off as you continue the short rows)

Row 2: Slip the first stitch as if to purl, P3, P2tog, P1, turn.

Row 3: Slip the first stitch as if to knit, K4, K2tog, K1, turn.

Row 4: Slip the first stitch as if to purl, P5, P2tog, P1, turn.

Row 5: Slip the first stitch as if to knit, K6, K2tog, K1, turn.

Row 6: Slip the first stitch as if to purl, P7, P2tog, P1, turn.

Row 7: Slip the first stitch as if to knit, K8, K2tog, K1, turn.

Row 8: Slip the first stitch as if to purl, P9, P2tog, P1, turn.

Row 9: Slip the first stitch as if to knit, K9, K2tog, turn.

Row 10: Slip the first stitch as if to purl, P9, P2tog, turn. (10 stitches)

Row 11: Knit across to the end

Gusset:

Using your working yarn, use your crochet hook to pick up 10 stitches along the side of the heel flap. You should have fairly clear indications of where to pick up from where you slipped the first stitch of each row. Slide the new live stitches onto one of your free double pointed needles.

Knit across Needle 2 and then knit across Needle 3.

Using your crochet hook again, pick up 10 stitches along the other side of the heel flap. Slide the stitches onto a double pointed needle and **with the same needle** knit 5 stitches from the heel stitches. Slide the remaining 5 heel stitches onto Needle 1. You should now have 15 stitches on Needle 1, 10 stitches on Needle 2, 10 stitches on Needle 3 and 15 stitches on Needle 4.

Round 1: Knit even all the way around.

Round 2: Knit to the last 3 stitches on Needle 1, K2tog, K1. Knit Needles 2-3. On Needle 4, K1, SSK, knit to the end of the needle.

Repeat Rounds 1 & 2 until you have 10 stitches on all needles.

Foot:

Knit even until the sock measures 2" less than what the total length should be. End after knitting Needle 1. (Needles 2-3=top of foot; Needles 4-1=bottom of foot) (Measure from where you turned the heel.)

Toe Shaping:

Decrease Round

Needle 2 – K1, K2tog, knit to the end of the needle

Needle 3 – Knit to the last 3 stitches, SSN, K1

Needle 4 – K1, K2tog, knit to the end of the needle

Needle 1 – Knit to the last 3 stitches, SSN, K1

Work 1 decrease round and 1 even round until you have 4 stitches on each needle. Cut the yarn, leaving a 14" tail.

If you want a less pronounced tapering for the toe, start the decrease 3 inches from the end and work 1 decrease round followed by 2 even rounds several times. Then do 1 decrease round, 1 even round until you have 4 stitches on each needle.

Slide all stitches from Needle 3 onto Needle 2 and all stitches from Needle 1 onto Needle 4.

Using the tapestry needle, bind off using the Kitchener stitch.

If you have trouble with wear on the toe, you can use the same heavy-wear stitch that was suggested for the heel on Needles 2 & 3 (the top of the toe).

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