

EASY PEASY SOCKS



by Stacey Trock

These socks are designed with the first-time sock knitter in mind. Sock knitting can seem daunting, but it doesn't have to be. All you need to be able to do is work in the round, decrease and pick up stitches, and you can make these socks!

These are worsted weight socks, which means that they'll be warm, and work up quickly. They may not be the socks that you want to wear every day, but I think that you'll be a less discouraged sock knitter if

you learn the basics on a project that you'll finish quickly. Save your pretty self-striping sock-weight yarn for your next pair.

warning This pattern is annotated with lots of helpful hints & notes... it's sorta like a transcript of what a sock class with me is like. This is probably very boring if you've knit socks before!

the boring stuff (read it, anyway!)

This pattern is for a women's average sized sock. You will determine the length of the sock by trying it on as you're knitting, so don't worry if your foot is longer than most- you can still use this pattern. If you have a big ankle/foot, you can go up a needle size, and follow this pattern. If you have a REALLY big foot... find a friend with a women's average-sized foot. Once you finish knitting this pattern, you'll have all of the skills you need to knit any fancy-pants sock pattern in any size. Consider it practice.

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yarn: worsted weight, about 200 yards total (Claudia's Handpainted Worsted, color Antique Jeans, is the yarn used in the sample)

gauge: 6 sts/inch

tools you'll need

needles: size 5 double points OR SIZE TO GET GAUGE

a tapestry needle

5 stitch markers, one in a contrasting color

abbreviations

k: knit	ssk: slip, slip, knit
p: purl	sm: slip marker
p2tog: purl 2 together	st(s): stitch(es)
pm: place marker	wyib: with yarn in back
sl: slip	wyif: with yarn in front

* helpful tip* Pick double points that are 6 or 7 inches long if you're not familiar with double points. If you're a newbie, and you use 5 inch needles, your stitches may be tempted to fall off of the sides of the needle. Not good news.

the pattern (you better have read the boring stuff!)

the cuff

CO 40 sts.

helpful tip When casting on for socks, it's best to use the long tail cast on. If you tend to be a tight caster-on-er (or, if you're not sure... because it's better safe than sorry) cast on over two needles, or using a bigger sized needle. This will ensure that the sock will actually fit over your foot.

helpful tip It's helpful to cast the stitches on the three needles so that they're set up for later on in knitting. To do this, cast on 20 sts on one needle, 10 sts on the second needle, and 10 sts on the third needle.

Now, you will begin working in the round.

*k1, p1. Repeat from * until you've completed the round (40)

helpful tip see the tail hanging off of the start of the round? Whenever you see that tail, you'll know you're at the end of the round. This is much easier than trying to stick a stitch marker between two double point needles.

Work in a k1, p1 rib until your sock cuff is 2" long.

heel flap

For the heel flap, you will only work the 20 sts that are on the first needle. (yes, this means that some parts of your sock will get longer, while other stitches sit around looking lonely. Don't feel bad for those stitches. They'll get to do exciting stuff later on.)

(RS): knit all 20 sts.

(WS): purl all 20 sts.

Repeat these last two rows until you have worked a total of 20 rows.

turning the heel

Now you're going to do what's called 'turning the heel', which is where you get that great round shape in the heel. It's not too hard, but follow the instructions carefully. When you turn the heel, you will knit some stitches, and then turn the work without knitting all of the stitches on your needles. It seems funny, but just do it.

And, do this part all in one sitting... put up a do-not-disturb sign, and let your loved ones fend for themselves. It's heel-turning time, and you mustn't be bothered.

helpful tip When you slip a stitch, always slip it purlwise (like you're purling) unless it says otherwise. I'm not going to say otherwise in this pattern.

Row 1 (RS): k12, ssk, k1

Row 2 (WS): sl 1 (wyif), p5, p2tog, p1

Row 3: sl 1 (wyib), k6, ssk, k1

Row 4: sl 1 (wyif), p7, p2tog, p1

Row 5: sl 1 (wyib), k8, ssk, k1

Row 6: sl 1 (wyif), p9, p2tog, p1

Row 7: sl 1 (wyib), k10, ssk

Row 8: sl 1 (wyif), p10, p2tog

helpful tip I know things like 'wyif' and 'wyib' look scary. In this pattern, you're just going to keep the yarn where it belongs... holding it in the front on WS rows, and in the back on RS rows. As long as you keep that in mind, you can avoid all of the 4-letter abbreviations.

Row 9: knit across (12 sts remain)

You did it! See, that wasn't so bad! You can now be bothered, again.

the gusset

The gusset is the triangle-y bit at the sides of your sock. To make the gusset, we're going to pick up stitches on the sides of the heel flap, and then work some decreases. Nothing you can't handle.

helpful tip When I pick up stitches, I only pick up one loop of the stitch, because I think that's easier. You can pick up both loops... it's just personal preference. Just try to do the same thing on each stitch.

You are now at the end of the heel flap. You will pick up stitches **ON THIS NEEDLE** (so yes, this guy will have lots of stitches. He'll deal.) PU 20 sts. This is basically every stitch that you'll see on the side of the heel flap. Place a stitch marker after the 19th stitch.

Now you're at the next needle. Knit all of these stitches.

Knit all of the stitches on the next needle, as well. You will pick up stitches **ON THIS NEEDLE**. Along the side of the heel flap, pick up 20 stitches, placing a stitch marker after the 1st stitch.

When you're done, you'll have 72 sts, and you'll be right before your old friend, the heel stitches. Until you get to your toe, this point will be the end of the round. You can place a locking stitch marker on your sock heel if you need a reminder (although, to be honest, you don't really need to keep track of rounds... just as long as you count how many stitches are left)

Now it's time to start your decreases:

Decrease round: k to 2 sts before marker, k2tog. sm, k to next marker, sm, ssk. Knit to end of round.

Repeat the decrease round until there are 40 sts remaining.

Don't remove your stitch markers, you'll come back to them later.

helpful tip you may find it difficult to work the stitches, since they aren't evenly distributed on your needles. You can feel free to rearrange the stitches on the needles. From now on, all that you need to keep track of is the stitch markers.

the foot

continue working in stockinette stitch (knit all the way around) until the sock (when tried on) comes to the bottom of your big toe.

helpful tip You want to be careful when you are trying your sock on... if you're not, you can break one (or more) of your needles. (trust me, I've done it). You can either slip the sock on **VERY CAREFULLY**, or slip all of the stitches onto a scrap piece of yarn before trying it on. No matter which you do, it's worth the time to try on your sock before starting the toe decreases.

the toe

You're almost done! If you're like me, you've probably been knitting around and around, putting the sock down a couple times and picking it up again. So, let's reorient ourselves, and move the start of our round while we're at it.

Knit around the sock, over to the first stitch marker after you've knit across the bottom of the foot. Slip this marker and knit the next stitch. Here, place your end of round marker.

Setup round: k1, pm, k18. pm, k2, sm, k18, sm. k1. Now you're at the end of the round, with all of your stitch markers in place. You'll start working your decreases now.

Round 1: k1, * sm, k2tog. k to 2 sts before next marker, ssk. knit to next marker. Repeat from *. knit to end of round.

Round 2: knit every stitch.

Continue working rounds 1 & 2 until 12 stitches remain.

Remove your markers, and cast off with Kitchener's Stitch, and weave in your ends!

You did it! You made a sock! Congrats!

Now, all you need to do is make that second one...

(turn to page 1, and start over)

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www.freshstitches.com/wordpress**