



MY FIRST SOCKS

A pattern for any yarn and any size!



THIS IS KNIT WITH:

YARN:

Any sock yarn of your choosing. See the FAL Guide Book for average yarn quantities required.

NEEDLES & NOTIONS:

Any 80-100cm circular needle that gives you a nice dense fabric with your chosen yarn.

2 x Stitch Markers

1 x Tapestry needle for weaving in ends.

GRAB YOUR SWATCH AND LET'S CUSTOMISE!

You've swatched, blocked and measured diligently. With the custom calculators on the Follow Along lesson pages, and your worksheet print out in hand, you're almost ready for this sock party!

We've even included bonus instructions for calf shaping or knee-high socks on the final page, so you can step up your sock game whenever you're ready!

This pattern is designed to accompany the video tutorials and resources in the "My First Socks" Follow Along program and all techniques are covered in depth on the lesson pages of the FAL.

Ready? Let's go!

TENSION:

Your very own! (Make sure to note down your stitch gauge and row gauge on your worksheet print out.)

INSTRUCTIONS:

Toe -

(See the video tutorial for help with the cast on method used here.)

Using your circular needles and Judy's Magic Cast On, cast on [B] sts to each needle tip.

Rnd 1: K all sts

Rnd 2: K1, Inc1, k to 1 st before the end of the needle, Inc1, K1. Repeat on second needle (4 sts increased).

Repeat Rnds 1 and 2 until you have a total of [C] sts on the needles.

Foot -

Knit in stockinette st (knit all stitches) until your work measures approx 2 inches shorter than the length of your foot from toe to heel. [L]

Heel -

Set up step: K across one needle worth of sts, while placing markers as follows -

K [E] sts, PM, k [D] sts, PM, K [E] sts

Turn work so that the purl side is facing you and begin German Short Rows. (Please view the full video tutorial on making double stitches before beginning this section.)

Row 1: MDS, P to end of needle, turn work

Row 2: MDS, K to one st before the end of the needle, turn work

Row 3: MDS, P to last DS, turn work

Row 4: MDS, K to last DS, turn work

Row 5: MDS, P to last DS, turn work

Repeat Rows 4 and 5 until all but one st outside the markers is a DS.

Resume knitting in the round.

Next Rnd: MDS, K across all sts, resolving all DS as you meet them.

K one further round, resolving remaining DS as you meet them.

Second half of heel -

Row 1: K to 2nd marker, k1, turn work

Row 2: MDS, remove marker, P to 1st marker, p1, turn work

Row 3: MDS, remove marker, K to DS, resolve DS, K1, turn work

Row 4: MDS, P to DS, resolve DS, P1, turn work

Row 5: MDS, K to DS, resolve DS, K1, turn work

Row 6: MDS, P to DS, resolve DS, P1, turn work

Repeat Rows 5 and 6 until just one st remains to be made into a DS.

Next Rnd: MDS, K all sts, resolving all DS as you meet them.

Next Rnd: Resolve last DS, K all sts to end.

Leg -

K in stockinette st for desired length of leg before your cuff ribbing. (If you are planning knee-high socks, or wish to add custom calf shaping, then please see the **bonus instructions** on the next page.)

Cuff -

Rnd 1: Work either K1tbl, P1 OR K2, P2 rib OR any cuff style of your choosing.

Repeat Rnd 1 until your cuff is the desired length.

Cast off -

Cast off using a stretchy cast off method. (Your choice of larger needle, Italian bind off or other stretchy style.)

Make a second sock to match.

Finishing -

Weave in ends, gently wash and block your socks (simply laying flat to dry or using sock blockers for your size.)

ABBREVIATIONS:

Cm - Centimetre

DS - Double St

In - Inch

Inc1 - Increase 1, using backward loop cast on

K - knit

K1tbl - knit one through the back loop

MDS - Make Double St

P - purl

PM - place marker

Rnd - round

St(s) - stitch(es)



READY TO KNIT YOUR FIRST SWEATER?

You can join our "My First Sweater Follow Along" and access 20+ video tutorials and have continuous online support.



TO FIND OUT MORE

Scan the QR code
or click **HERE...**

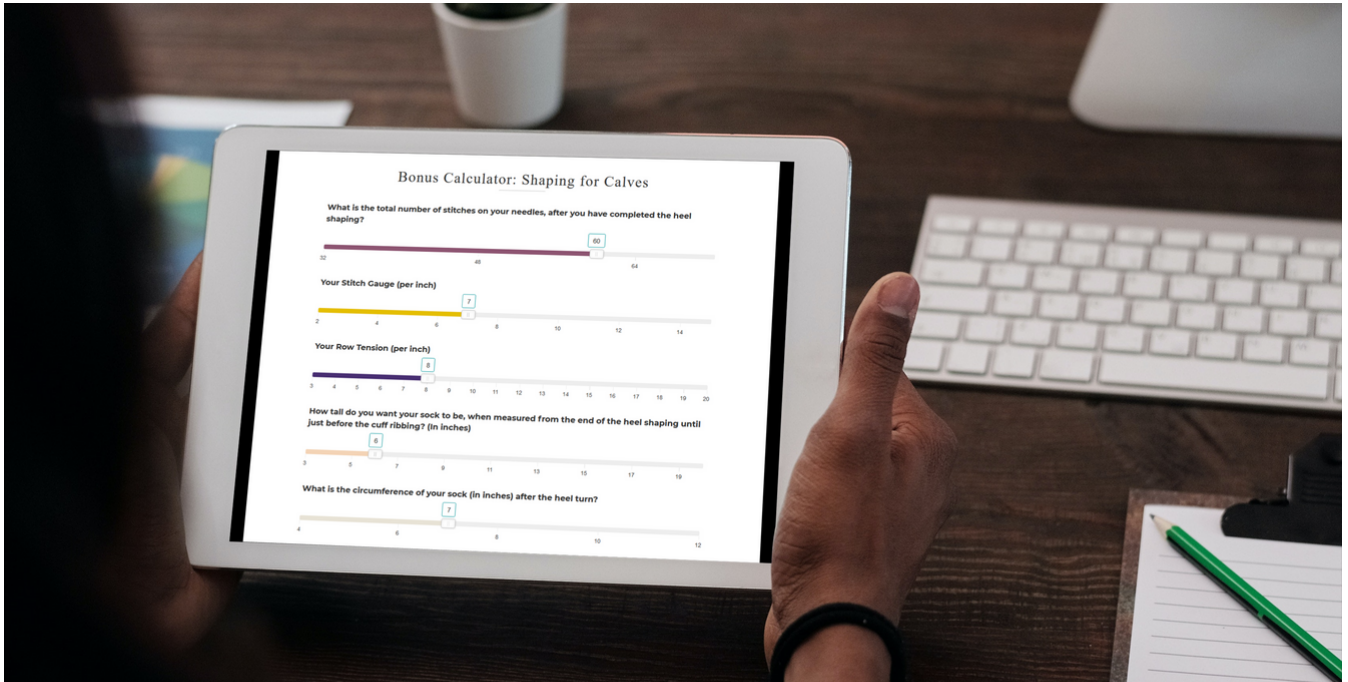


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BONUS CONTENT

Custom Calf Shaping / Knee High Socks



REMEMBER!

If you're moving beyond ankle length socks then you may need additional yarn for your project. See the FAL Guide Book for average yarn quantities required.



**CALF- SHAPING
CALCULATOR**

MOVING ON UP..!

Seeking a better fit around your calves? We've got you!

Simply pop your key numbers into our bonus Calf-Shaping Calculator and then follow the instructions below -

Next Rnd (after heel shaping has been completed): K all sts, placing a unique marker at the centre back leg position (this will be halfway along your second needle).

Continue in stockinette st, working the following double increase round on every rnd number [G] -

Inc rnd: K to 1 st before marker, Inc1, K1, SM, K1, Inc1, K to end.

Continue alternating plain rounds and inc rounds at the set rate (every [G] rows) until you have [F] number of stitches on your needles in total. Then proceed to the cuff style of your choice.