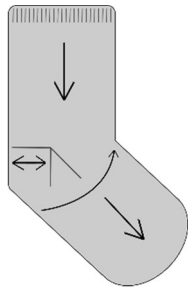




These socks are knit from the top down with a heel-flap construction. The toe is grafted together.

This pattern will fit most adult foot sizes as the foot section can be knit to desired length.



Yarn: West Yorkshire Spinners

Signature 4-Ply (75% superwash wool, 25% nylon; 437yds per 100g) or Cascade Heritage (75% superwash merino wool, 25% nylon; 437yds per 100g).

Needles: 2.25mm/US1 – 2.75mm/US2 set of DPNs or long circular for Magic Loop.

Gauge: 28-30 sts = 4"/10cm in stockinette

Other tools: darning needle, stitch markers

CUFF AND ANKLE

Cast on 64 sts. Join in the round, being careful not to twist.

[K2, P2] for 1¼".

Left Foot:	Right Foot:
<p>Set Up Round: K58, pm, P1, K2, P1, K2.</p> <p>Round A: K to 2 sts before marker, K2tog, sm, P1, K2, P1, K1, M1L, K to end of round.</p> <p>Round B: K to marker, sm, P1, K2, P1, K to end of round.</p>	<p>Set Up Round: K2, pm, K1, P1, K2, P1, K to end of round.</p> <p>Round A: K to marker, M1R, sm, K1, P1, K2, P1, SSK, K to end of round.</p> <p>Round B: K to marker, sm, K1, P1, K2, P1, K to end of round.</p>
<p>Repeat Rounds A & B 36 more times.</p>	
<p>On last repeat of Round B, stop 6 sts before end of round; heel is worked over next 32 sts. <i>Relocate sts as needed, ignore original beginning-of-round going forward.</i></p>	<p>K to marker, rm, K1, stop; heel is worked over next 32 sts. <i>Ignore original beginning of round, and relocate stitches as needed.</i></p>

HEEL FLAP

This section is worked flat (back and forth) across 32 sts. The other 32sts are held on spare needles or the magic loop cord.

Row 1 (RS): *Sl1, K1, repeat from * sixteen times (to end of heel flap sts)

Row 2 (WS): Sl1, P to end of row (start of heel flap sts).

Repeat Rows 1 and 2 fifteen more times (for a total of 16 repeats). Repeat Row 1 one more time.

TURNING HEEL

Setup A (WS): Sl1, P17, P2tog, P1, turn.

Setup B (RS): Sl1, K5, SSK, K1, turn.

Row 1 (WS): Sl1, P to 1 st before gap made by previous turn, P2tog, P1, turn.

Row 2 (RS): Sl1, K to 1 st before gap made by previous turn, SSK, K1, turn.

Repeat rows 1 and 2 until all heel flap sts are included in the turn. (18st remaining from heel flap).

GUSSET

Pick up and knit 16 sts along the left side of the heel flap. PM, or note this as Left Side Point (LSP) in some manner.

Knit across the 32 instep stitches.

PM, or note this as Right Side Point (RSP) in some manner.

Pick up and knit 16 sts along the right side of the heel flap, then knit 9 sts from heel.

The beginning-of-round now occurs at this point, in the middle of the bottom of the heel. PM, or note this as Beginning of Round (BOR) in some manner.

Decreasing Round 1: K to 3 sts before LSP, K2tog, K1, K32 instep stitches, K1, SSK, K to end of round. (2 sts decreased)

Decreasing Round 2: K.

Repeat Decreasing Rounds 1 and 2 eight more times (64sts remain),

FOOT AND TOE

Continue as established, knitting all sts, until the sock measures 2"/5cm shorter than the total desired length.

Decreasing Round A: K to 3 sts before LSP, K2tog, K1, K1, SSK, K to 3 sts before RSP, K2tog, K1, K1, SSK, K to end of round. (4 sts decreased)

Decreasing Round B: K

Repeat Decreasing Rounds A and B seven more times (32 sts remain)

K to LSP, then distribute sts evenly between 2 needles (16 sts on each, LSP and RSP being at the ends).

Break yarn with 18" tail and thread onto a darning needle (DN). Hold the two needles parallel in the left hand, begin at the right-most stitches:

1. Insert DN into 1st st on front needle purlwise and pull yarn through, leaving st on needle.
2. Insert DN into 1st st on rear needle knitwise and pull yarn through, leaving st on needle.
3. Insert DN into 1st st on front needle knitwise, letting st fall off needle, then insert DN into next st on front needle purlwise, leaving st on needle, pull yarn through.
4. Insert DN into 1st st on rear needle purlwise, letting st fall off needle, then insert DN into next st on rear needle knitwise, leaving st on needle, pull yarn through.

Repeat Steps 3 and 4 until all sts are grafted together. Weave in all ends.

Abbreviations:

K – knit
P – purl
pm – place marker
rm – remove marker
M1L – make one stitch, left leaning
M1R – make one stitch, right leaning
SSK – slip 2 sts knitwise, move both to left needle and K 2 together through back of loop
K2tog – knit 2 together
P2tog – purl 2 together
Sl1 – slip stitch
RS/WS – right side/wrong side
St(s) – stitch(es)
LSP/RSP – left side point/right side point
BOR – Beginning of round
DN – darning needle