



These socks are knit from the top down with a heel-flap construction. The toe is grafted together. A mirrored lace panel runs the length of each sock.

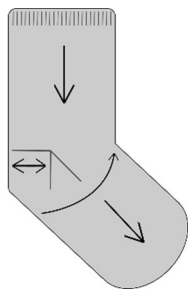
This pattern will fit most adult foot sizes as the foot section can be knit to desired length.

Yarn: Cascade Heritage (75% superwash merino wool, 25% nylon; 437yds per 100g). *Shown in 5649 Iris.*

Needles: 2.25mm/US1 double pointed needles or longer circular for magic loop.

Gauge: 30 st = 4"/10cm

Other tools: darning needle, stitch markers



CUFF AND ANKLE

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

*K1, P1, repeat from *, until cuff measures approx. 3cm from cast on edge.

Set Up Round:

Left Foot:

K49, pm, P1, K11, P1, pm, K2.

Right Foot:

K2, pm, P1, K11, P1, pm, K49.

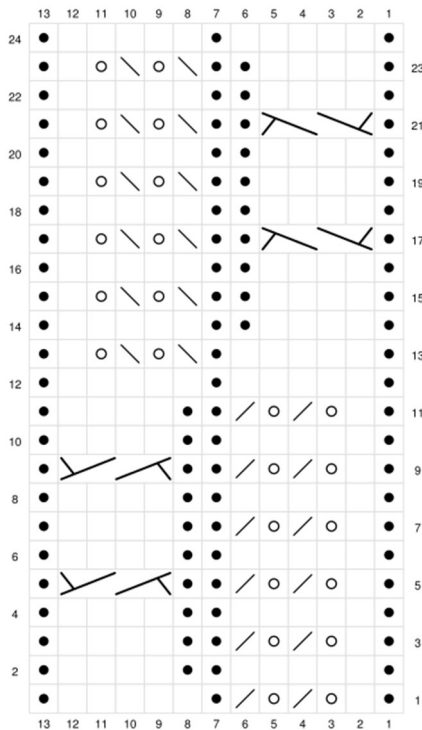
Both Socks: K to marker, sm, work 13sts of Ladder Lace (*see written or chart instructions*), sm, K to end of round.

Continue in established pattern (Ladder Lace between markers, K all other sts), repeating rows 1-24 of Ladder Lace a total of 4 times.

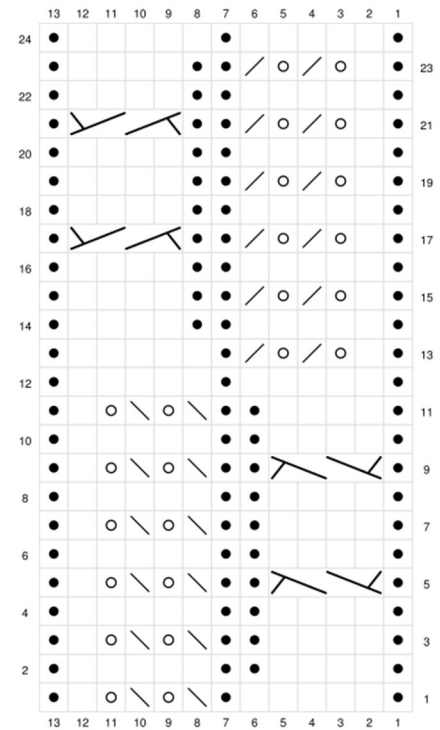
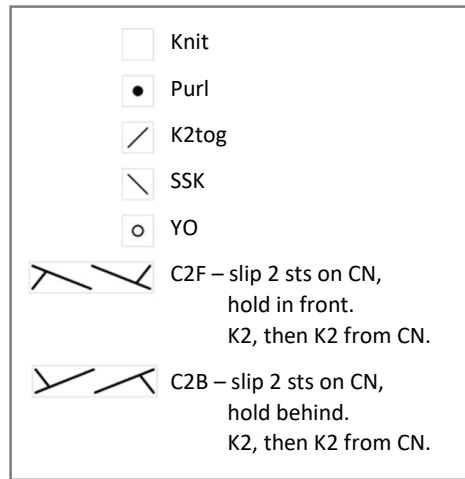
Right Foot Only: on last round of last repeat of Ladder Lace: K to marker, sm, work 13sts of Ladder Lace, sm, K17. Stop here and proceed to Heel Flap.

LADDER LACE

Read left or right foot chart, beginning at bottom right square and reading right-to-left, or read written instructions. Each row is worked **once** per round (between markers).



Ladder Lace Chart
Left Foot



Ladder Lace Chart
Right Foot

Left Foot:

- Row 1: P1, K1, [YO, K2tog] twice, P1, K5, P1
- Rows 2, 4, 6, 8, 10: P1, K5, P2, K4, P1
- Row 3: P1, K1, [YO, K2tog] twice, P2, K4, P1
- Row 5: P1, K1, [YO, K2tog] twice, P2, C2B, P1
- Row 7: P1, K1, [YO, k2tog] twice, P2, K4, P1
- Row 9: P1, K1, [YO, K2tog] twice, P2, C2B, P1
- Row 11: P1, K1, [YO, K2tog] twice, P2, K4, P1
- Row 12: P1, K5, P1, K5, P1
- Row 13: P1, K5, P1, [SSK, YO] twice, K1, P1
- Rows 14, 16, 18, 20, 22: P1, K4, P2, K5, P1
- Row 15: P1, K4, P2, [SSK, YO] twice, K1, P1
- Row 17: P1, C2F, P2, [SSK, YO] twice, K1, P1
- Row 19: P1, K4, P2, [SSK, YO] twice, K1, P1
- Row 21: P1, C2F, P2, [SSK, YO] twice, K1, P1
- Row 23: P1, K4, P2, [SSK, YO] twice, K1, P1
- Row 24: P1, K5, P1, K5, P1

Right Foot:

- Row 1: P1, K5, P1, [SSK, YO] twice, K1, P1
- Rows 2, 4, 6, 8, 10: P1, K4, P2, K5, P1
- Row 3: P1, K4, P2, [SSK, YO] twice, K1, P1
- Row 5: P1, C2F, P2, [SSK, YO] twice, K1, P1
- Row 7: P1, K4, P2, [SSK, YO] twice, K1, P1
- Row 9: P1, C2F, P2, [SSK, YO] twice, K1, P1
- Row 11: P1, K4, P2, [SSK, YO] twice, K1, P1
- Row 12: P1, K5, P1, K5, P1
- Row 13: P1, K1, [YO, K2tog] twice, P1, K5, P1
- Rows 14, 16, 18, 20, 22: P1, K5, P2, K4, P1
- Row 15: P1, K1, [YO, K2tog] twice, P2, K4, P1
- Row 17: P1, K1, [YO, K2tog] twice, P2, C2B, P1
- Row 19: P1, K1, [YO, k2tog] twice, P2, K4, P1
- Row 21: P1, K1, [YO, K2tog] twice, P2, C2B, P1
- Row 23: P1, K1, [YO, K2tog] twice, P2, K4, P1
- Row 24: P1, K5, P1, K5, P1

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 in established pattern (continuing Ladder Lace pattern between markers, K other sts).

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, work 32sts in established pattern, K1, SSK, K to end of round. (2 sts decreased)

Decreasing Round 2: K to LSP, work 32sts in established pattern, K to end of round.

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

FOOT AND TOE

Continue as established, working Ladder Lace pattern on top of the foot between markers, and plain stockinette (K every stitch) everywhere else, 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

CN – cable needle

C2F: Slip 2 sts on CN and hold in front of work, K2, then K2 from CN.

C2B: Slip 2 sts on CN and hold in back of work, K2, then K2 from CN.

pm – place marker

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

YO – yarn over

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