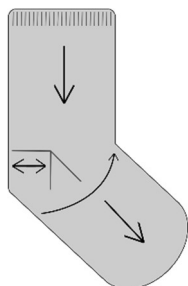




Todd

Extra-thick socks for wearing as a second layer. This sock will fit most adult foot sizes as the foot and ankle sections can be knit to desired length. Further adjustments can be made by going up or down a needle size.



Yarn: Istex Hosuband (80% Icelandic Wool, 20% Nylon; 145 yds per 100g). One ball each of Grey (MC) and White (CC)

Needles: 4.5mm/US7 DPNs or long circular for magic loop.

Gauge: 18 st = 4"/10cm

Other tools: darning needle

CUFF

Using MC, CO 40 sts and join in the round. Work [K2, P2] ribbing for:

- 3 rounds with MC
- 3 rounds with CC
- 1 round with MC
- 3 rounds with CC

Break CC and continue with MC until cuff measures 4".

K one round plain.

HEEL FLAP

This section is worked flat (back and forth) across the next 20 sts. Reorganize stitches as needed.

Break MC and start using CC.

Row 1 (RS): *S11, K1, repeat from * another 9 more times. *(to end of heel flap sts)*

Row 2 (WS): S11, P to end of row *(start of heel flap sts)*.

Repeat Rows 1 and 2 eleven more times (for a total of 12 repeats). Repeat Row 1 one more time.

TURNING HEEL

Setup A (WS): S11, P11, P2tog, P1, turn.

Setup B (RS): S11, K5, SSK, K1, turn.

Row 1 (WS): S11, P6, P2tog, P1, turn.

Row 2 (RS): S11, K7, SSK, K1, turn.

Row 3 (WS): S11, P8, P2tog, P1, turn.

Row 4 (RS): Sl1, K9, SSK, K1, turn.

Row 5 (WS): Sl1, P10, P2tog, turn.

Row 6 (RS): Sl1, K10, SSK. (12sts left from heel flap).

GUSSET

Break CC and start working with MC.

Pick up and knit 12 sts along the left side of the heel flap. PM, or note this as Left Side Point (LSP) in some manner.

Knit across the next 20 instep stitches. PM, or note this as Right Side Point (RSP) in some manner.

Pick up and knit 12 sts along the right side of the heel flap, then knit 6 sts from heel turn.

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 20 sts across instep to RSP, K1, SSK, K to end of round. (2 sts decreased)

Decreasing Round 2: K to end of round.

Repeat Decreasing Rounds 1 and 2 seven more times (40 sts remain).

FOOT AND TOE

Continue in plain stockinette (K every stitch) until the sock measures 2 ¾"/7cm shorter than the total desired length, stopping at the LSP. This is now the new BOR.

(If you can, try the sock on the intended foot to check fit and length.)

Work 3 rounds of CC, 1 round of MC, and 1 round of CC. Break MC, and continue with CC until the end of the sock.

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

Decreasing Round B: K

Repeat Decreasing Rounds A and B four more times (20 sts decreased total, 20 sts remain.)

Distribute sts evenly between 2 needles (10 sts on each, LSP and RSP being at the ends).

Break yarn with 12" 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

K2tog – knit 2 together

SSK – slip 2 sts knitwise, move both to left needle and K 2 together through back of loop

P2tog – purl 2 together

Sl1 – slip stitch

CO – cast on

RS – right side

WS – wrong side

St(s) – stitch(es)

BOR – Beginning of round

DN – darning needle

MC – Main Colour

CC – Contrast Colour