

THE HUMBLE SOCK

A TOP DOWN SOCK WITH A HEEL FLAP FOR DPN'S AND MAGIC LOOP

PATTERN BY NIKKI BURNS

{This recipe is primarily posted here for my personal reference. Of course, you are welcome to use it, but please know that it has not been test knit by someone else, or checked for typos by anyone but me. If you find anything weird, let me know, k? xo nikki}



Yarn: Fingering weight yarn. You will need 100gms/3.5oz OR two 50gm/2oz skeins.

Needles: Size 1 or 2 (2.5-2.75 mm) needles. One 32" circular needle OR [set of 5 dpns]

Notions: stitch markers

Gauge: 8 stitches=1".

Sizes: Women's small (medium/large)

Abbreviations:

m1 (Make one) increase

You can do you favorite increase, or make a backwards loop onto right needle, so that the working yarn points away from you.

sl 1

Slip one stitch. Slip it knitwise if on knit side, slip one purlwise if on purl side, unless otherwise instructed.

Ssk

Slip one stitch, then slip the next. Insert left needle into the front loops of the slipped stitches and knit them together from this position (through the back loops).

K2tog

Knit two stitches together as if they were a single stitch

P2tog

Knit two stitches together as if they were a single stitch

Cuff

Cast on 60 (64, 68) stitches and divide evenly on needles. Join for working in the round.
Knit (K2, P2) ribbing for 2".

Leg

Work in stockinette (knit every round) until leg measures 7- 8" from beginning.

Heel Flap

Notes: The heel is worked back and forth over 30 (32, 34) stitches. The other 30 (32, 34) stitches are called the instep. They are not part of the heel and remain unworked until the gusset.

[DPN] You may find it easier to work the heel flap across one needle, rather than both Needles 1 & 4.

Row 1: sl 1, knit across 29 (31, 33), turn.

Row 2: sl 1, purl across 29 (31, 33), turn.

Rep rows 1-2 until heel flap is 2.5" long.

Turn Heel

Row 1: (rs) sl 1, k16, (17, 18) stitches, ssk, k1, turn.

Row 2: (ws) sl 1, p5, p2tog, p1, turn

Row 3: sl 1, k6, ssk, k1, turn

Row 4: sl 1, p7, p2tog, p1, turn

Row 5: sl 1, k8, ssk, k1, turn

Continue working one more stitch as established, until all stitches have been worked. End with a purl row.

Gusset

[CIRC]

Needle A: Knit half of the heel stitches and place a marker here. Rounds now start in the middle of the heel flap. Knit across the heel stitches, and pick up 1 stitch in each of the slipped edge stitches along the heel flap, and 1 additional stitch where heel flap and instep join. Place marker. Work across 15 (17, 17) instep stitches.

Needle B: Work across 15 (17, 17) remaining instep stitches. Place marker. Pick up and knit 1 stitch where instep and heel flap join and 1 stitch in each slipped stitch along the edge of the heel flap, and knit half of the heel stitches.

Rounds now start in the middle of the heel flap. You have 2 makers on your work.

Knit 1 round even. You are ready for gusset decreasing.

[DPN]

Knit half of the heel stitches.

Needle 1: Knit the remaining half of the heel stitches; pick up 1 stitch in each of the slipped edge stitches along the heel flap, and 1 additional stitch where heel flap and instep join.

Needles 2 & 3: Work across instep.

Needle 4: Pick up and knit 1 stitch where instep and heel flap join and 1 stitch in each slipped stitch along the edge of the heel flap, then knit half of the heel stitches (to marker).

Rounds now start in the middle of the heel flap. Needles 1 & 4 should have the same number of stitches, these are for the heel & gusset stitches.

Knit 1 round even. You are ready for gusset decreasing.

Gusset Decreasing

[CIRC] Decrease Round:

Needle A: Knit to 2 stitches before marker, k2tog, pass marker, k to end

Needle B: Knit to marker, pass marker, ssk, knit to end.

[DPN] Decrease Round:

Needle 1: Knit to last 2 stitches, k2tog.

Needle 2 & 3: Knit across instep.

Needle 4: ssk, knit to end.

[CIRC and DPN]

Next round: Work around all stitches evenly.

Repeat these 2 rounds (1 decrease, then 1 round even) until 60 (64, 68) stitches remain.

[CIRC] Transfer stitches so that instep stitches are on needle A, and sole stitches are on needle B. Remove markers.

Foot

Continue knitting in the round until the foot is the desired length less 1 1/2". Begin toe decreasing.

Toe

[CIRC] Decrease Round:

Needle A: k1, ssk, knit to last 3 stitches, k2tog, k1

Needle B: k1, ssk, knit to last 3 stitches, k2tog, k1

[DPN] Decrease round:

Needle 1: knit to last 3 stitches. k2tog, k1

Needle 2: k1, ssk, knit to end

Needle 3: knit to last 3 stitches. k2tog, k1

Needle 4: k1, ssk, knit to end

Next round: Work around all stitches evenly.

Repeat these 2 rounds (1 dec round, then 1 round even) until 30 (32, 34) stitches remain.

Repeat Decrease round until 14(16, 16) stitches remain.

Divide stitches evenly onto 2 needles. Cut a 12" tail. Graft remaining stitches together using Kitchener Stitch.*

*Kitchener Stitch

Hold the needles parallel with the tips pointing to the right and the purl sides facing in. Thread a darning needle with the yarn tail.

First, set up for grafting:

Insert the darning needle into the first stitch on the **front** needle as if to **purl**, pull the yarn through, and leave the stitch on the knitting needle.

Then insert the darning needle into the first stitch on the **back** needle as if to **knit**, pull the yarn through, and leave the stitch on the needle.

Next, you will repeat the following four steps until you've worked across all the stitches:

Step 1: Insert the darning needle into the first stitch on the **front** needle as if to **knit**, and slip it off the the knitting needle.

Step 2: Insert the darning needle into the next stitch on the **front** needle as if to **purl**, and leave it on the needle.

Step 3: Insert the darning needle into the first stitch on the **back** needle as if to **purl**, and slip it off the the knitting needle.

Step 4: Insert the darning needle into the next stitch on the **back** needle as if to **knit**, and leave it on the needle.

Keep repeating steps 1-4. When you get down to the one stitch left on each needle, you will need to perform step 1 and then step 3.