



Fibre Farm  
Artisan Studio



## Basic socks -- A sock tutorial

A sock is a tube that bends at an angle for the heel and closes at the toe. There are many different constructions for heels, toes and socks in general. This tutorial will teach you the basic British sock construction with a turned heel. This is the construction you will find in most older English, and Canadian knitting books. It is not the only way to knit a sock.

**What you need:** 1 ball Opal 4 ply, self patterning sock yarn, 4 - 3.5 mm dpn (7 inch recommended) or needle required for gauge, 1 large eyed, blunt tipped darning needle. Scissors.

**Required skills:** Cast on, Knit, Purl, K2T, P2T, SSK,

**Gauge:** 8 stitches per inch (2.5 cm) in stockinette, 10 rows per inch (2.5 cm.)

**CO 64 + 1 stitch, over 2 needles**, using a stretchy cast on. I cast on by knitting the stitch and slipping it back on the two needles, held parallel. Slide 24 stitches on the 1st dpn, 20 stitches in 2nd dpn, slip out one of the two parallel needles leaving 21 stitches on the third dpn. **Join in a ring, being careful not to twist the stitches when you join.**



**Round 1:** K2, P2 around the ring until you get to the last stitch. You will knit the stitches on each needle in turn. On the final stitch (the +1 stitch) is slipped on to dpn #1, from dpn #3. This stitch and the first stitch on dpn #1 are K2T. This closes the gap in the ring and cleans up the first row.

**Round 2:** Continue in the k2, P2 rib pattern, by knitting the 2nd stitch on the needle and then P2, K2, P2, K2, P2, etc. around.

**Round 3:** K2, P2 around.

**Tip:** Each time you move from one dpn to the next dpn, pull up a bit tighter on the first two stitches on your new dpn. This prevents loose stitches and weakness in your fabric -- the laddering effect between needles.

Continue in K2, P2 ribbing until 9 inches have been knit or until you come to the end of your pattern repeat in the Opal Sock yarn.

**Make a note about where your pattern repeat in the Opal sock yarn begins. This will be important information for the second sock, if you want matching socks.**

**Heel:**

Knit across 16 stitches, turn work and purl across 32 stitches. Place remaining 32 stitches on spare needle or holder to work later for instep.

**Heel flap:**

Work back and forth on **32 heel stitches** as follows:



**Row 1:** \*Slip 1 purlwise with yarn in back, K1\* repeat from \*

**Row 2:** Slip 1 purlwise with yarn in front, purl to end.

Repeat Rows 1 and 2 until 32 rows have been worked, there will be 16 chain selvedge stitches.

**Turn Heel:**

**Row 1:** knit across 18 stitches, ssk, k1, turn work

**Row 2:** Slip 1 purlwise, p5, p2T, p1, turn

**Row 3:** Slip 1 purlwise, knit to 1 stitch before gap, ssk (1 stitch from each side of the gap), k1, turn

**Row 4:** Slip 1 purlwise, purl to 1 stitch before gap, p2T (1 stitch from each side of gap) p1, turn.

Repeat rows 3 and 4 until all heel stitches have been worked, ending with a purl row and ending p2T if there are not enough stitches to p2T, pl. **18 stitches remain** on the heel flap.

**Heel gusset:**

Knit across all heel stitches, and with the same dpn (needle 1), pick up and knit 17 stitches along the edge of the heel flap (16 chain stitches plus 1 stitch in the gap between the heel flap and the instep stitches). With needle 2 work across the held instep stitches in K2, P2 rib.

With needle 3 pick up 17 stitches (plus 1 stitch in the gap between the heel flap and the instep stitches, and the 16 chain stitches on the other selvedge of the heel flap) and knit across 8 heel stitches. **Total stitches 84.** Your round now begins in the centre of the heel.

**Tip:** These instep stitches should always be worked in K2, P2 ribbing until you begin the toe of your sock. The foot stitches on dpn #1 and 3 should always be worked in stockinette (knit every stitch).

**Tip:** Each time you move from one dpn to the next dpn, pull up a bit tighter on the first two stitches on your new dpn. This will close any gap between the needles and give you a firm foot to your sock, reducing wear later.

**Round 1:** Knit to last 3 stitches on dpn #1, K2T, k1; On dpn #2: \*knit 2, purl 2\* to the end of the instep stitches. On dpn #3: K1, SSK, K to the end.

**Round 2:** Knit on the dpn #1, On dpn #2: \*knit 2, purl 2\* to the end of the instep stitches. On dpn #3: Knit to the end.

Repeat rounds 1 and 2 until there remains 64 stitches. Heel is complete.

**Foot:** Work evenly in stockinette (Knit every stitch) on dpn #1 and #3 and Knit 2, purl 2 rib on the instep stitches (dpn #2.) until foot measures 8 inches from heel flap or 2 inches less than desired foot length.

**Toe:** Change to stockinette throughout.

**Round 1:** On dpn #1, knit to last 3 stitches, k2T, K1, on dpn #2, K1, ssk, knit to last 3 stitches, k2T, k1, On dpn #3, k1, ssk, knit to end -- 4 stitches decreased.

**Round 2:** Knit.

Repeat rounds 1 and 2 until there remains 16 stitches, finishing on dpn #2.

Graft toe closed using Kitchener stitch:

**Kitchener stitch.** Slide the 4 stitches from dpn #1 onto dpn #3. You will have 8 stitches on dpn #2 and 8 stitches on dpn #3. Break off yarn leaving a 12 inch tail. Thread tail through a large eyed darning needle.

Holding dpn #2 and dpn #3 parallel so that your threaded darning needle is on the right, and your last stitch worked is also on the right.

**Step 1:** Bring threaded needle through the front stitch as if to purl, leave the stitch on the needle.

**Step 2:** Bring threaded needle through the back stitch as if to knit, and leave the stitch on the needle.

**Step 3:** Bring threaded needle through the same front stitch as if to knit, and slip this stitch off the needle. Bring threaded needle through the next front stitch, as if to purl and leave this stitch on the needle.

**Step 4:** Bring the threaded needle through the first back stitch as if to purl, slip that stitch off the needle, bring the needle through the next back stitch as if to knit and leave this stitch on the needle.

**Repeat steps 3 and 4 until no stitches remain on the needles.** Take the thread through the inside of the sock. Turn sock inside out and carefully weave the remaining thread through the back of the stitches for two inches, on the inside of the sock to hide the end. Cut off remaining thread. Weave in loose thread at the start of the sock. One sock complete.

**Important:** If you want two matching sock, when you begin sock #2 find the pattern repeat in the Opal sock yarn and begin the second sock at the same place in the self patterning colourway, that you began the first sock. Reserve any remaining yarn. Follow

pattern as for first sock, being careful to begin the heel flap at the same place. Save extra yarn for darning your hand knit socks later. **Opal sock yarn is 25% polyamide and 75% superwash wool. You can machine wash your socks in warm water and hang to dry.**