

80 Stitch Sock Pattern

Use this basic pattern to knit a plain sock or a fancier one. You can add cables, use a lace pattern that fits over a multiple of 80 stitches (add a few filler stitches if necessary), or textured and travelling stitches. But remember that the more cables and textured stitches you use, the tighter the sock becomes and the more the fabric gobbles up the yarn yardage.



Yarn needed: 100 grams of fingering yarn, and a partial skein (<100 yds.) for the heel and toe

Materials needed: Size 2 double pointed needles (or size to achieve gauge) and a tapestry needle.

Stitching notes: To make this sock, you should be familiar with basic "in-the-round" sock knitting on double pointed needles, OR be able to change the pattern up in your head so you can use magic loop or knitting on two circular needles. Also the words "round" and "row" can get confusing. "Round" means you're working the entire sock circle; "row" means you're on a back and forth part, (heel flap and short rows to turn the heel).

Gauge: 8 stitches per inch, 11 rows/rounds per inch (row/round gauge is not vital). Make a swatch, change needle sizes if necessary, or use sock yarn that you know your gauge in stockinette.

Stitches Glossary

4 x 4 Ribbing Pattern: K4, P4

K2tog (slants to the right): Knit two stitches together

SSK (slants to the left): Slip two stitches, one at a time, to right needle as if to knit, put back on left needle, and then knit through the back.

SL1: Slip one stitch

MC: Main Color CC: Contrasting Color

C4: Hold 2 stitches in front of work on a cable needle, knit next 2 stitches, then knit the 2 stitches on the cable needle. (Or learn to work a cable without a cable needle—check YouTube!)

Begin Knitting

CUFF

With CC cast on 80 stitches, divide on 3 or 4 needles (your preference), join in the round (put some kind of marker if you want), and work in 4 x 4 ribbing for 15 rounds.

LEG Cable Pattern

Round 1: *K4, P4, C4 P4,* repeat between *'s until back at the beginning.

Rounds 2-6: 4 x 4 ribbing pattern.

Continue rounds 1-6 until leg is desired length (recommended 7" for ladies and 9" for guys), ending **two stitches before** beginning of round.

HEEL FLAP

Change to contrasting heel color to knit the heel flap. DO NOT CUT main color yarn.

Heel will be worked on last two stitches and first 38 stitches of round (this leaves 2 purl stitches at either side of the instep. Work reinforced heel as follows:

Row 1: *SL1 (purlwise), K1*, repeat between *'s across row.

Row 2: (Wrong Side) purl

Continue knitting rows 1 and 2 back and forth until heel is almost a square (for me this is usually 28-32 rows). End with a Row 1.

TURN HEEL (short rows)

P23, P2tog, P1, turn your work (14 stitches remain unknit).

Slip 1st stitch, K9, SSK, K1, turn your work (14 stitches remain unknit on this side). Also this number, which I won't bother to type, will decrease by 2 every time you turn your work)

Slip 1st stitch, P10, P2tog, P1, turn

Slip 1st stitch, K11, SSK, K1, turn

Slip 1st stitch, P12, P2tog, P1, turn

Slip 1st stitch, K13, SSK, K1, turn

Slip 1st stitch, P14, P2tog, P1, turn

Slip 1st stitch, K15, SSK, K1, turn

Slip 1st stitch, P16, P2tog, P1, turn

Slip 1st stitch, K17, SSK, K1, turn

Slip 1st stitch, P18, P2tog, P1, turn

Slip 1st stitch, K19, SSK, K1, turn

Slip 1st stitch, P20, P2tog, P1, turn

Slip 1st stitch, K21, SSK, K1, do not turn. Cut CC leaving a 7" long tail to weave in later.

SET UP FOR GUSSET:

Go back to the point where you left the MC yarn.

Needle 3: Take an empty needle, and as the right (not wrong) side of the heel faces you, pick up 15 stitches along left side of heel (not right), K12 of the heel stitches. Now this needle has 27 stitches on it. Let's call this "Needle 3" because it's holding the last stitches of the round. (At this point, the round will begin in the middle of the insole bottom of foot—see sock anatomy on my blog: <http://nancyknit.files.wordpress.com/2011/08/basicribbedsockoctupdate.pdf>)

Needle 1: On another needle knit across the remaining 12 heel stitches, and pick up 15 stitches along the left side of the heel.

Needle 2: Continue in pattern across 40 instep stitches (see link above to be clear on the parts of a sock).

Knit across Needle 3 stitches. Now you're at the beginning of a round.



GUSSET

Round 1: K stitches on Needle 1, continue in pattern across Needle 2 (P2, *K4, P4* repeat between *'s until 6 stitches remain, K4, P2), K stitches on Needle 3

Round 2 (Decrease 2 stitches): K all stitches on Needle 1 until 3 stitches remain, K2tog, K1. Continue in pattern across Needle 2. On Needle 3 K1, SSK, knit to end of round.

FOOT

Continue working Rounds 1 & 2 above until 20 stitches remain on Needles 1 & 3, with 40 stitches on Needle 2.

Special note: I do not cable past the heel, because I feel like the raised part of the cable can feel too bumpy, or can rub too much and need darning later.

Work down the foot, knitting all stitches on Needles 1 & 3, and working in pattern across Needle 2. Work until 1¾ inches less than desired length.

TOE

Round 1 (Decrease round): Change to contrasting color. Needle 1: Knit to the last three stitches, K2tog, K1; Needle 2: K1, SSK, Knit to the last three stitches, K2tog, K1; Needle 3: K1, SSK, knit to the end of the needle (end of round).

Round 2: Knit the next round.

Repeat these two rounds until 24 stitches remain.

Use needle 3 to knit stitches on needle 1 so that there are now 12 stitches on needle 2 and 12 stitches on needle 3.

Cut the CC yarn, leaving a 12" tail. Hold needles parallel to each other and do the kitchener stitch. Skillfully weave in the loose ends and knit the other sock!