

72 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 72 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

Cuff 1 x 1 Ribbing Pattern: K1, P1

Leg & Instep 3 x 1 Ribbing Pattern: K3, P1

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

Begin Knitting

KNIT THE CUFF

With CC cast on 72 stitches, divide on 3 or 4 needles (your preference), join in the round (put some kind of marker if you want), and work in 1 x 1 ribbing for 15 rounds.

KNIT THE LEG

Leg Rounds: *K3, P1* repeat between *'s until back at the beginning.

Continue knitting in the Leg 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

Head on over to my blog to see how I did this striped heel: nancyknit.wordpress.com

Heel will be worked *back and forth* on the first 36 stitches of round. 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)

P21, P2tog, P1, turn your work (12 stitches remain unknit—be cool...ignore them!)

Slip 1st stitch, K7, SSK, K1, turn your work (12 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, P8, P2tog, P1, turn (10 remain)

Slip 1st stitch, K9, SSK, K1, turn (10 remain)

Slip 1st stitch, P10, P2tog, P1, turn (8 remain)

Slip 1st stitch, K11, SSK, K1, turn (8 remain)

Slip 1st stitch, P12, P2tog, P1, turn (6)

Slip 1st stitch, K13, SSK, K1, turn (6)

Slip 1st stitch, P14, P2tog, P1, turn (4)

Slip 1st stitch, K15, SSK, K1, turn (4)

Slip 1st stitch, P16, P2tog, P1, turn (2)

Slip 1st stitch, K17, SSK, K1, turn. (2)

Slip 1st stitch, P18, SSK, P1, turn (0)

Slip 1st stitch, K19, SSK, K1, do not turn, and 22 heel turn stitches remain.

SET UP FOR GUSSET:

Needle 1: Take an empty needle, and move 11 of the heel stitches to it. Then, as the right (not wrong) side of the heel faces you and where the working yarn is, pick up 14 stitches along right side of heel (not left). Now this needle has 25 stitches on it. Let's call this "Needle 1" because it's holding what we will now call the first 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/basicribbedsockupdate.pdf>

Needle 2: Continue in the ribbing pattern across 36 instep stitches (see link above to be clear on the parts of a sock).

Needle 3: On another needle pick up 14 stitches along the right (not left ☺) side of the heel, then knit across the remaining 11 heel stitches. Now you're at the beginning of a round.



GUSSET

Round 1: K stitches on Needle 1, continue in pattern across Needle 2, 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 18 stitches remain on Needles 1 & 3, with 36 stitches on Needle 2.

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



Check out my blog for easy instructions on the striped toe: nancyknit.wordpress.com

Round 1 (Decrease round): 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 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!