
Yarn Diet, noun, a
fiber filled regime

(Not) Wasting Time

By Mary E Rose



When you Just Need Something Simple to Knit

At least once a week there is somewhere that I have to be, waiting for someone else to do something. For you that might be waiting for baseball, gymnastics or dance practice to end. But inevitably it is somewhere that the big project with beads, charts and patterns, just isn't part of the program. An easy to memorize two row stitch pattern in a basic top down sock might just make the wait tolerable. No more feeling that you have wasted time!



Materials

Approximately 420 yards of fingering weight sock yarn. Samples shown in:

Knit Picks Felici 75% Superwash Merino Wool, 25 Nylon 218 yards/50grams (two balls) or other fingering weight sock yarn.

Cascade Heritage Paints, 75% Superwash Merino Wool, 25% Nylon, 437 yards/100 grams

US Size 1 (2.5mm) double pointed or circular needles for working in the round, or size needed to obtain gauge.

Optional: Stitch markers to designate beginning of round and gusset shaping.

Gauge: 32 stitches to 4 inches in stocking stitch

Notes:

It's easy to make this sock your own ...

- Any heel and toe can be used, if you have a favorite go ahead and use it.
- If you are using a striped sock yarn (like I did) match your stripes, or not, it is up to you.
- To match stripes: rewind all your yarn! There is nothing worse than finding a knot right in the middle of your second sock causing mismatched stripes.
- To save on ink and paper, only print the pages you need. Any page with a picture on it is optional to print.
- To avoid pulling the yarn too tightly with the slipped stitch at the beginning of the round in the pattern, you can start your round several stitches in on the needle by rearranging your stitches and using a stitch marker if working using double points, magic loop or two circular needles. This is not necessary if using one small circular.



Garter Slip Stitch Pattern (multiple of 4)

Round 1: *Knit 1, Purl 3* repeat across round

Round 2: *Slip 1, Knit 3* repeat across round.

Cuff:

Cast on 64 (72) stitches and join to begin working the round, being careful not to twist.

Rib Pattern: Knit 1 *Purl 2, Knit 2* to last three stitches, Purl 2, Knit 1

Repeat this round until work measures 1.5 inches.

For ease of matching the second sock, count how many rounds you worked the ribbing and note that here: ____

Switch to Garter Slip Stitch Pattern and work across all stitches until sock is approximately 7 inches or desired leg length, ending having just worked Row 2.

For ease of matching the second sock, count your slipped stitches and note that here: ____

Heel Flap

Set up row: Knit 16 (18), turn work, Slip1, Purl 31(35) stitches.

We will now work flat. (Note, you have now placed all your insole stitches on one needle for working the heel flap.)

Row 1 : *Slip 1, Knit 1* across

Row 2 : Slip 1, Purl 31 (35)

Repeat these two rows a total of 16 (20) times.

Turn the Heel:

Row 1: Slip 1, Knit 18 (20), SSK, K1 turn

Row 2: Slip 1, Purl 7, P2tog, P 1 turn

Row 3: Slip 1, Knit 8, SSK, K1 turn

Continue in this manner, working one additional stitch before each decrease until all stitches have been worked. [20 (22) stitches on your needle.]

64 Stitch Sock Only

Knit 20 , pick up and knit 17 stitches along the gusset, place marker if desired, knit in stitch pattern (starting with knit 1, purl 3)over next 32 stitches, pick up and knit one stitch(this keeps the pattern symmetrical across the top of the foot, we will decrease it out on the row leading into the toe decreases) place marker if desired. Pick up and knit 17 stitches along the gusset. Knit 10 stitches to center heel. (Place a different marker if desired, this is our start of round position. This marker is not included in the Gusset or toe instructions.)

72 Stitch Sock Only

Knit 22, pick up and knit 21 stitches along the gusset, place marker if desired, knit in stitch pattern over next 36 stitches, (starting with purl 2, knit 1) pick up and knit 1 stitch, (this keeps the pattern symmetrical across the top of the foot, we will decrease it out on the row leading into the toe decreases) place marker if desired. Pick up and knit 21 stitches along the gusset. Knit 12 stitches to center heel. (Place a different marker if desired, this is our start of round position. This marker is not included in the Gusset or toe instructions.)

Gusset :

Row 1: Knit to within 3 stitches of the first marker, K2tog, K1,slip marker, Work Stitch Pattern across 33 (37) stitches, slip marker, K1, SSK and then knit across the rest of the row.

Row 2: Knit to first marker, slip marker, work stitch pattern across 31 (37) stitches, slip marker, knit to end of round.

Repeat these two rows until you have 32 (36) stitches on the insole. 63 (73) stitches total.(Leave the markers in for ease in working the toe decreases.) Continue without further shaping to 2.5 inches less than desired foot length.

Toe:

72 Stitch Sock Only

Set up round: Knit to first marker, slip marker, pattern across 35stitches, k2tog, slip marker, knit to end of round.

Knit 1 round and proceed to toe shaping

64 Stitch Sock Only:

Set up Round: Knit to first marker, slip marker, pattern across 31 stitches, k2tog, slip marker, knit to end of round.

Knit 1 round and proceed to toe shaping.

Toe Shaping, Both sizes:

Row 1: Knit to within 3 stitches of first marker, K2tog, K1, slip marker, K1, SSK, knit to within 3 stitches of second marker, K2tog, K1, slip maker, K1, SSK, complete round.

Row 2: Knit across all stitches.

Knit these two rows 7 (10) times, 32 total stitches remain.

Repeat Row 1 (decrease row) 4 more times (16 stitches remain)

Knit across to first marker, rearranging the stitches on the needles as you go so that all the instep stitches are on one needle and all the insole stitches are on the other. Cut yarn leaving a 16 inch tail and graft the two sides together using a Kitchener Stitch.

Weave in your ends, block if desired and go knit the other sock, taking care to match row counts from first sock.

It's easy to make this sock your own ...

- Any style of heel can be used, knit whatever is comfortable for you.
- Any style of toe can be used; knit whatever fits your foot best.

Abbreviations:

K Knit

P Purl

P2tog Purl two stitches together

SSK Slip, Slip Knit

K2tog Knit two stitches together

Every effort has been made to ensure that the charts and instructions in this pattern are correct, but we are all only human. Contact me at mary_e_rose@yahoo.com with comments. Please be aware I have a day job and allow at least 24 hours for a response.

I worked hard to bring you this pattern, please respect my work, what you do with your finished knitting is up to you, but do not copy the pattern or use the pictures within without my written permission.