

Socks



Basic Sock Pattern
By Pam Loomer

I'm using the Quick Knit sock loom by Loops & Threads with a 5/16 inch peg spacing. (The KB sock loom has the same gauge.) The general gauge is 7 stitches per inch and 12 rows per inch using sock yarn, but this could differ depending on your yarn. Note: Keep in mind; items are usually longer when you remove them from the loom. You're experience may be different from mine, but if I want my foot to be 7 ½ inches, I'll stop at 6 ½ inches because it will be 7 ½ inches when I take it off the loom.

To find out how many pegs you need to use, measure your foot at the widest part, multiply that by your loom's gauge, then multiply that number by .85.

Example:

9 inches (the widest part of my foot) x 7 stitches per inch = 63
63 x .85 (negative space) = 53.55
Round 53.55 up to the next even number = 54 pegs

For these instructions, I'll use the numbers for my foot size, but you can adjust the numbers for the size you got using the formula above.

Ribbing:

1. Cast on all 54 pegs, using your favorite cast on. (I like the chain cast on.)
2. Knit the rib stitch for 2 inches, or desired length. (24 rows gave me 2 inches of ribbing.)

Leg:

Knit every row using the knit stitch until leg measures 6 inches or desired length.

Heel (this is called a short row heel):

To make the heel, you will be working on half the pegs. While creating the heel, you will be working back and forth, using the knit stitch. We will go back to knitting around the whole loom after we complete the heel.

I'm using 54 pegs for my sock, so I will be using 27 pegs for the heel.

The short row heel is divided into thirds. The center stitches **do not** get wrapped and the side stitches **do** get wrapped. For example, my heel will be worked over 27 stitches, so I divided 27 by 3. The first 9 stitches will be wrapped, the middle 9 stitches will not be wrapped, and the last 9 stitches will be wrapped. I like to put stitch markers on the 9th and 19th pegs to remind myself pegs 10 through 18 do not get wrapped. This way I will not wrap the pegs that are between the markers.

Wrap & Turns: To do a wrap & turn, bring the working yarn around the back of the peg and out to the front, then begin knitting back in the opposite direction. (Wrap & turns are like using turning pegs.) **Do not knit the peg you just wrapped.**

Heel Decrease:

1. Knit pegs 1 to 26.
2. Wrap & turn peg 27.
3. Knit pegs 26 to 2.
4. Wrap & turn peg 1.
5. Knit pegs 2 to 25.
6. Wrap & turn peg 26.
7. Knit pegs 25 to 3.
8. Wrap & turn peg 2.
9. Knit pegs 3 to 24.
10. Wrap & turn peg 25.
11. Knit pegs 24 to 4.
12. Wrap & turn peg 3.
13. Knit pegs 4 to 23.
14. Wrap & turn peg 24.
15. Knit pegs 23 to 5.
16. Wrap & turn peg 4.
17. Knit pegs 5 to 22.
18. Wrap & turn peg 23.
19. Knit pegs 22 to 6.
20. Wrap & turn peg 5.
21. Knit pegs 6 to 21.
22. Wrap & turn peg 22.
23. Knit pegs 21 to 7.
24. Wrap & turn peg 6.
25. Knit pegs 7 to 20.
26. Wrap & turn peg 21.
27. Knit pegs 20 to 8.
28. Wrap & turn peg 7.
29. Knit pegs 8 to 19.
30. Wrap & turn peg 20.
31. Knit pegs 19 to 9.
32. Wrap & turn peg 8.
33. Knit pegs 9 to 18.
34. Wrap & turn peg 19.
35. Knit pegs 18 to 10.
36. Wrap & turn peg 9.

Looking at the 27 pegs you have been working on for the heel, you should have 9 wrapped pegs on the left side of the heel, 9 unwrapped pegs on the center of the heel, and 9 wrapped pegs on the right side of the heel.

Heel Increase:

1. Knit across the 9 unwrapped pegs. (Pegs 10 through 18)
2. Knit peg 19. (When knitting the wrapped pegs, be careful to grab both loops and treat them as one.)
3. Wrap & turn peg 20.
4. Knit across to peg 9 and then knit peg 9.
5. Wrap & turn peg 8.
6. Knit across to peg 20 and then knit peg 20. (Peg 20 will have 3 loops on it. When knitting the pegs that have been wrapped twice, be sure to knit off all 3 loops, so you're left with one loop on the peg.)
7. Wrap & turn peg 21.
8. Knit across to peg 8 and then knit peg 8.
9. Wrap & turn peg 7.
10. Knit across to peg 21 and then knit peg 21.
11. Wrap & turn peg 22.
12. Knit across to peg 7 and then knit peg 7.
13. Wrap & turn peg 6.
14. Knit across to peg 22 and then knit peg 22.
15. Wrap & turn peg 23.
16. Knit across to peg 6 and knit peg 6.
17. Wrap & turn peg 5.
18. Knit across to peg 23 and knit peg 23.
19. Wrap & turn peg 24.
20. Knit across to peg 5 and knit peg 5.
21. Wrap & turn peg 4.
22. Knit across to peg 24 and then knit peg 24.
23. Wrap & turn peg 25.
24. Knit across to peg 4 and knit peg 4.
25. Wrap & turn peg 3.
26. Knit across to peg 25 and then knit peg 25.
27. Wrap & turn peg 26.
28. Knit across to peg 3 and then knit peg 3.
29. Wrap & turn peg 2.
30. Knit across to peg 26 and then knit peg 26.
31. Wrap & turn peg 27.
32. Knit across to peg 2 and then knit peg 2.
33. Wrap & turn peg 1.
34. Knit across to peg 27 and then knit peg 27.
35. Wrap & turn peg 28. Peg 28 is not part of the heel, but you want to wrap & turn one peg outside the heel on each end.
36. Knit across to peg 1 and then knit peg 1.
37. Wrap & turn peg 54. (I know that sounds like a big jump in numbers, but peg 54 is to the right of peg 1, and we are wrapping & turning one peg outside the heel on each end.)
38. Pick up the last completed stitch from behind peg 28 and place it on peg 27, then pick up the last completed stitch from behind peg 54 and place it on peg 1. (This helps avoid little holes on the side of the heel.)

Note: There will now be two stitches on the pegs at the beginning and end of your heel from the extra wrap & turns and from picking up the stitches from behind the pegs on the ends. Knit these two stitches as one on the next round.

Foot:

Now that you have completed the heel, go back to working in the round. (Knitting all the pegs on the loom, not just the heel pegs.)

Knit until desired length. This depends on the length of your foot. Measure your foot from the back of your heel to where your big toe starts. You want the length of your foot, minus your toes. That's how long you want to knit your foot. (Remember your knitting will be longer when you take it off the loom.)

Toe:

Repeat the heel instructions.

Ending:

Cast off and sew the toe opening with your favorite closure. This is my favorite closure. <http://www.youtube.com/watch?v=LtffaOW3gd0>

Videos:



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