



easy sock

This sock is knitted from the top down, incorporating a “no wrap” short row heel.

Once you get the hang of how to do it, heels will never frighten you again!

Ribbing and Leg

Using 2mm needles, cast on 56 stitches. Join in a circle, being careful not to twist, and place a maker between first and last stitch of the round. This marks the beginning of all rounds, and will mark the centre of the heel.

Distribute between 3 needles (18, 20, 18) if using a set of 4, or 4 needles (14, 14, 14, 14) if using a set of 5.

Work 18 rounds (5cm) of K2, P2 rib, then change to 2.75mm needles and continue in stocking stitch (all knit) for 50 rounds or until desired length.

Begin Short Row shaping

The heel is worked on 34 sts (approx 60%) , giving a sock that is easy to get on and comfortable to wear .

Redistribute stitches
(17, 22, 17) if using a set of 4
(17, 11, 11, 17) if using a set of 5.

You need

2 x 50g Ozyarn **Colourburst** - light jewels
set of double pointed needles – 2.00 mm
set of double pointed needles – 2.75 mm

Gauge

28 sts and 38 rows / 10cm
on 2.75mm needles

Size to fit average adult female

Knit 17, turn **do not wrap, just turn!**

Sl 1 purlwise, purl 33 sts turn

Sl1 knitwise, knit 32 sts turn

Sl 1 purlwise, purl 31 sts turn

Sl1 knitwise, knit 30 sts turn...

continue in same manner until

Sl 1 purlwise, purl 9 sts turn

Complete Short Row Shaping

Look at your knitting. There will be a gap between the stitches where each turn was made. You are about to close the gaps.

This next bit sounds trickier than it is...just do it, don't agonise over it!

Slip first stitch purlwise, knit to the stitch before the first gap, slip this stitch. Pick up the strand of yarn leading to the next stitch, knit into this, then pass slipped stitch over. Turn

Slip first stitch purlwise, purl to last stitch before the next gap. Slip this stitch purlwise, pick up strand of yarn leading to next stitch with the



point of your RH needle. Slide both stitches back on the LH needles and purl together.
Turn

Repeat these last two rows, closing up a gap each time until there is only one gap left on each end. This is the gap between the heel stitches and the rest of the sock. To close these final gaps, twist the picked up strand as you pick it up. This will ensure there is no gap at the end of the diagonal row of decreases.

Foot

After the final row on the purl side, you need to turn your work again to start knitting in rounds again. Slip the first stitch, and knit to the marker.

Redistribute stitches as they were in the very beginning.

Knit in rounds until the foot is 5cm short of desired finished length.

Shape toe

4 needles

Redistribute stitches (14,28,14).
This makes shaping of the toe easier.

Shaping Round

Needle 1

Knit to last 3 sts, K2 tog, K1

Needle 2

K1, SSK, knit to last 3 sts, K2 tog, K1

Needle 3

K1, SSK, knit to end.

5 needles

Shaping Round

Needles 1 & 3

Knit to last 3 sts, K2 tog, K1

Needles 2 & 4

K1, SSK, knit to end.

After knitting shaping round (52 sts)

Knit 1 round

Continue in this manner, knitting shaping round then plain round until 24 sts remain.

Graft toe closed, sew in ends.

Now knit the second one!

Grafting (Kitchener stitch)

Cut off the ball of yarn, leaving a tail about 50cm long. Thread this into a **blunt** needle.

Step #1. Insert the needle through the 1st. stitch on the back needle as if to **knit**.

Pull the yarn through, but leave the stitch **on** the needle.

Step #2. Insert the needle through the 1st. stitch on the front needle as if to **knit**. Pull the yarn through and drop this stitch **off** the needle.

Step #3. Insert the needle through the next stitch on the front needle as if to **purl**. Pull the yarn through and leave the stitch **on** the needle.

Step #4. Insert the needle through the 1st. stitch on the back needle (the stitch you left on the needle in Step #1.) as if to **purl**. Pull the yarn through and drop the stitch **off** the needle.

Repeat these four steps until all the stitches are worked.

