



Ladies Basic Sock With Short Row Shaping Heel and Two Toe Options

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Knitted 'top-down', these socks are cast on at the cuff, then worked in the round to the heel.

There are 2 leg lengths, a classic 7" (18cm) from the cuff to the start of the heel - or a shorter version, with a 5" (12.5cm) leg length.

The heel shaping is then made by working wrapped stitches, back and forth in rows across half of the total stitches.

Then the foot is worked back in the round, to the toe - which is shaped with decreases, then seamed closed either using **Kitchener stitch** (also known as grafting), or drawing the yarn up through the last 8 stitches.



The pattern had been written for using the magic loop method of sock knitting. But you could also use 5 double pointed needles, using 2 needles for the front, 2 needles for the back and the 5th as the working needle. Alternatively, you could use a short circular needle. Please note: If you are using a short circular needle you will also need to transfer your knitting onto double pointed needles for the heel section and the toe section and its useful to use a stitch marker for this method to indicate the beginning of the round.

For help with the following techniques
are available on my Channel

"Wendy Poole, Knit, Stitch and Crochet"

VIDEO TUTORIALS

How to Knit Socks with Magic Loop Method: <https://youtu.be/YKaFsyJM66Q>

How to Work Short Row Heels / Wrap and Turn: <https://youtu.be/uNv-tGXNSYU>

How to Fix Heel Holes: https://youtu.be/f-h9e_H7Zio

Shaping the Toes – Paired Decreases: <https://youtu.be/ZwSo855Oh2M>

Materials

- Ladies Socks = 100g sock yarn/4 ply yarn.
- 1 x 2.5mm Circular Needle (80cm length). Or 5 x 2.5cm DPNs (known as Double Pointed Needles), or a 2.5cm short circular needle along with a set of 2.5cm DPNs.
- Tapestry needle (to darn in your ends, when you've finished).

Yarns used in the photos are: James, C, Brett – Funny Feetz (blue/pink stripes).
King Cole – Footsie (Christmas Fruits/red).
King Cole – Footsie (Kiwi/green).

Sizing

Adult Ladies - Small, Medium, Large

Foot Length – (UK Size 3) = **Finished length:** 8 ½ inches (**21 ½ cm**)

Foot Length (UK Size 4-5) = **Finished length:** 9 inches, (**23 cm**)

Foot Length (UK Size 6-7) = **Finished length:** 9 ½ inches, (**24 cm**)

Leg Length all sizes (Cuff to top of Heel Section):
5 inches (**12.5cm**), or 7 inches (**18cm**).

Useful Knitting Abbreviations

k – knit. p – purl

st st – stocking stitch

sl 1 - slip 1 stitch

ssk - slip 1 stitch, slip 1 stitch, knit both of the slipped stitches together

p2tog - purl 2 stitches together

st(s) - stitch(es)

w1s – wrap the next stitch

() – Repeat instructions in brackets

TENSION

Width:- 32 sts = 10cm. Length:- 46 rounds = 10cm.

Sock Instructions

Cuff and Leg

Cast on 56 (60, 64) sts, using a stretchy cast on. I use the Long Tail Cast On, but you can use the method of your choice.

Tip: if your cast-on is tight, you can go up to a 3mm size needle to cast on (using a straight pair of needles)

DO NOT JOIN – Knit the 1st row of rib, as you would so on 'straight' needles in the normal manner first, before joining.

1st Row - Knit 1 row of rib. This can be either Knit 1, Purl 1 rib, or Knit 2, Purl 2 rib.

NOW JOIN TO FORM A ROUND to use the magic loop method.

Work a further 13 rows of rib. (You'll have 14 rows in total).

Now continue working "knit stitch" for every further round. This will create stocking stitch. Work until your sock measures either 5" (12.5cm), or **7 inches** (18cm) from the cast on edge.

Short Row Heel Section

The short row heel is worked over 28 (30, 32) stitches (half of the total stitches cast on for the sock).

The heel is knitted in two sections. For the first part of the heel you are decreasing the number of stitches gradually, by wrapping the end stitch of each row, until you are ready to turn the heel and start the second section. Then you gradually increase the number of stitches that you wrap until you have 28 (30, 32) stitches back on the needle again.

Heel Stitch Arrangement

Heel stitches are arranged for each sock size in to approximate thirds across one side of the sock, as follows:

Small size:

9 stitches /10 stitches /9 stitches.

Medium size:

10 stitches /10 stitches /10 stitches.

Large size:

10 stitches /12 stitches /10 stitches.

For example:

Small size =

9 stitches to be wrapped on the left side,
10 stitches will remain on the needle in the centre,
9 stitches to be wrapped on the right side.

Top Tip – Count your stitches and check you have the correct number of stitches on your needle, before starting this heel section.

Short Row Shape Heel Instructions – First Section

The heel is worked over half of your total sock stitches, using the stitch numbers above according to the size of your sock.

Row 1: Knit to 1 stitch before the end of the heel, wrap and turn.

Row 2: Purl to 1 stitch before the end of the heel, wrap and turn.

Row 3: Knit to 2 stitches before the end of the heel, wrap and turn.

Row 4: Purl to 2 stitches before the end of the heel, wrap and turn.

Continue in this manner, working one less stitch at each end until you have about a third of your heel stitches left in the centre. If your heel stitch number is not divisible by three, distribute them as such: one extra to the centre or one extra to each side.

Short Row Shape Heel Instructions – Second Section

Once you have only a third unwrapped in the centre, work back out:

Row 1: Knit to your first wrapped stitch, **knit the wrap and stitch together**, then wrap and turn the next stitch, (you are wrapping the stitch after the one you just worked, so now this stitch has two wraps on it).

Row 2: Purl to your first wrapped stitch, **purl the wrap and stitch together**, wrap and turn the next stitch after the one you just worked, so now this stitch has two wraps on it.

Row 3: Knit to your next wrapped stitch, **knit both wraps and the stitch together**, wrap and turn the next stitch after the one you just worked, so now this stitch has two wraps on it.

Row 4: Purl to your next wrapped stitch, **purl both wraps and the stitch together**, wrap and turn the next stitch after the one you just worked, so now this stitch has two wraps on it.

Work in this manner until you have knitted back out, all the way across the stitches.

Just remember - On the first section, to work to one stitch before the wrapped stitch at the end, on both the knit and purl rows, until a third of the stitches are left in the

centre. Then work back out, picking up a stitch on each side until you have all your original heel stitches back on one needle.

You will then be ready to close the holes at the side of the heel if necessary and continue with the foot.

Closing Heel Holes

After completing the heel, I like to check for heel holes at the corner points of either side of the heel.

Either follow the instructions below or watch my short YouTube Tutorial, showing you how to fix them at:

How to Fix Heel Holes: https://youtu.be/f-h9e_H7Zio

KNIT 1 complete round before closing holes.

1). With the working needle pointing downwards - miss the first 2 horizontal strands across the gap, between the front needle and back needle. Take your working needle under the third strand of yarn and back to the front of the work.

The third horizontal strand from the top of the gap is now on top of your needle.

2). Now turn your needle upwards, making a twist in the yarn. Then knit back up through the two strands of yarn. You have now created an extra stitch. Slip that extra stitch on the left hand needle. Then knit the first 2 stitches on that needle together to correct the stitch count. You have now closed the gap between the Front and Back needle.

Foot

Continue working in the round, until the piece measures 6 $\frac{3}{4}$ " (7", 7 $\frac{1}{2}$ ") or (17 $\frac{1}{2}$ cm, 18cm, 19cm) from back of heel,

or (1 $\frac{1}{2}$ "(2", 2") or 4cm, (5cm, 5cm,)" short of desired foot length.

Toe Shaping - Decrease to shape toe

Round 1:

Front needle: K1, ssk, knit to last 3 sts on needle, k2tog, k1.

Back needle: K1, ssk, knit to last 3 sts on needle, k2tog, k1.

Row 2: Knit all stitches.

Knit these two rows 5(5, 6) times 36(40, 40) total stitches remain, then repeat Row 1 - 4(5, 5) more times 20 total stitches remain.

TOE OPTION 1 – ROUNDED TOE – EASIEST METHOD

Repeat Row 1 three more times. 8 stitches remain. Cut yarn, leaving a long tail. Draw a darning needle through all 8 stitches, pull to tighten up and fasten off.

TOE OPTION 2 – STANDARD WEDGE – GRAFTED WEDGE TOE

If you are using the Magic Loop method, you may want to transfer your stitches to double pointed needles or two circulars, if you find that easier.

Bind off the first stitch on each end of both needles as follows:

Slip the first two stitches to the right needle. Pass the first stitch over the second, and return the stitch to the left needle (16 total stitches remain).

Graft stitches using Kitchener Stitch to close toe. Weave in ends.

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