THE KNITTER’S BOOK OF SOCKS

The Yarn Lover’s Ultimate Guide to Creating Socks That Fit Well, Feel Great, and Last a Lifetime

CLARA PARKES author of the bestselling The Knitter’s Book of Yarn and The Knitter’s Book of Wool
Stepping-Stones

Designed by Clara Parkes

Stepping-stones guide us from one place to the next. My hope is that these socks will start you on your own sock-knitting journey. If you’re new to socks, or if you’re feeling rusty and in need of a refresher course, begin here. Throughout the pattern you’ll find lots of helpful hand-holding that will familiarize you with the fundamentals of sock construction.

This sock also serves as a gentle reminder that, while most so-called sock yarns are extremely fine, you can knit a lovely pair of socks out of thicker yarns. For everyday comfort and wear, the maximum recommended thickness would be worsted-weight yarn, which is what I used in this pattern.

Sock A (right) is knit using a springy and rounded three-ply Merino from Blue Moon Fiber Arts; and sock B (left) is knit using plush, though equally springy, four-ply Merino from Malabrigo. The pattern is simple enough to incorporate almost any color theme your heart desires, whether it be a solid or semisolid or, in the case of Malabrigo, a flickering multicolor.

SIZE
Women’s M (Women’s L/Men’s M)

FINISHED MEASUREMENTS
Foot circumference: 7 1⁄2 (73⁄4)” (19 [19.5] cm) unstretched, to fit foot circumference of about 8 3⁄4 (9.5)” (22 [23.5] cm)

YARN
300 (340) yd (274 [311] m) of worsted-weight yarn:
Sock A (right), in women’s M: 1 skein Blue Moon Fiber Arts Socks That Rock Heavyweight, 100% superwash Merino, 7 oz (198g), 350 yd (320m), color Oregon Red Clover Honey
Sock B (left) in men’s M: 2 skeins Malabrigo Rios, 100% superwash Merino, 3 1⁄2 oz (100g), 210 yd (192m), color 862 Piedras

NEEDLES
Set of 4 U.S. size 2 (2.75mm) double-pointed needles, or size to obtain gauge

NOTIONS
Tapestry needle

GAUGE
28 stitches and 40 rows = 4” (10cm) in stockinette stitch (knit in the round)
Round 1: Knit 3 stitches, purl 1; repeat from * to the end of the round.

Round 2: Knit 3, purl 1; repeat from * to the end of the round.

**Leg Pattern**

(Also see the Leg Chart on page 60.)

Round 1: *(K1, p1) 3 times, (k5, p1) 3 times, (k1, p1)* 2 times.

Round 2: Knit 3, purl 1, k2, p1.

**Cuff**

Cast on 54 (60) stitches. Divide stitches evenly onto 3 needles. Join to work in the round, taking care not to twist the stitches.

Round 1: *K1, p1; repeat from * to the end of the round. Repeat this round until cuff measures 1 1/2" (4cm).

**Heel Flap**

Rearrange the stitches as follows: Place the first 26 (32) stitches on needle 1 for the heel, then divide the remaining 28 stitches over needles 2 and 3 and hold them aside to be worked later for the instep.

Using the working yarn and the other end of the same skein, work the heel back and forth in rows, alternating the 2 strands of yarn, as follows:

**Row 1 (RS):** Slip 1, knit 1 with working yarn, k1 with second strand; 12 (15) times, k1 with the working yarn, turn work.

**Row 2 (WS):** Slip 1, knit 1 with working yarn, p1 with second strand; 12 (15) times, p1 with the working yarn, turn work.

Work rows 1 and 2 until the heel flap is knit using two strands of yarn, working one stitch from one strand and the next stitch from the other strand, to create an extra-thick, plush, and durable heel. If you want to create a multicolored effect, you can use a contrasting color for the second strand. Otherwise, the easiest way to create an extra-thick, plush, and durable heel is to use a contrasting color for the second strand. Otherwise, the easiest way to create an extra-thick, plush, and durable heel is to use a contrasting color for the second strand.

When the heel measures 7/8" (2.5cm) from the cast-on edge, or until desired leg length has been reached, end having worked round 2 of the pattern.

**Turn Heel**

Row 1 (RS): Slip 1, k14 (18), ss,k, k1. Turn work.


Row 3 (RS): Slip 1, knit to 1 stitch before the gap created by the turn on the previous row, ss,k to close the gap (1 stitch from each side of the gap), k1. Turn.

Row 4 (WS): Slip 1, purl to 1 stitch before the gap created by the turn on the previous row, p2tog to close the gap (1 stitch from each side of the gap), p1. Turn. Repeat rows 3 and 4 until all stitches have been worked, ending with a wrong-side row—16 (20) heel stitches remain.

**Instep Pattern**

(Also see the Instep Chart on page 60.)

Round 1: *(K1, p1) 3 times, (k5, p1) 3 times, (k1, p1)* 2 times.

Round 2: Knit 3, purl 1, k2, p1.

**Foot**

Continue to work in the round, keeping to the established pattern on needle 2 and working in stockinette on needles 1 and 3 until the foot measures 1 1/4" (25) (45 [51]cm) less than desired sock length. For optimal fit and wear, the desired sock length should be at least 10 percent shorter than the actual foot length. See Foot Length Tables on page 191 for the actual foot length of common U.S. shoe sizes.)
**Clara’s Sock Pattern**

**Key**

- K = Knit
- P = Purl

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### Toe

For larger size only:

**Toe setup:** Slip the last stitch from needle 1 onto the beginning of needle 2. Slip the first stitch from needle 3 onto the end of needle 2—30 stitches on needle 2, 15 stitches each on needles 1 and 3.

**For all sizes:**

- **Round 1** (decrease): On needle 1, knit to the last 3 stitches, k2tog, k1. On needle 2, k1, ssk, knit to the last 3 stitches, k2tog, k1. On needle 3, k1, ssk, knit to the end of the round.
- **Round 2:** Knit all stitches.

Repeat these 2 rounds until 20 total stitches remain, ending with round 1.

Knit across needle 1 and place those stitches on needle 2, then graft the toe closed with Kitchener stitch.

Weave in ends. Repeat the pattern to make a matching pair.

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### Stepping-Stones Charts

**LEG CHART**

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6-Stitch Repeat

**INSTEP CHART**

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### Darjeeling

**Designed by Cat Bordhi**

This lovely sculptural creation uses purl rows and broken-rib elements to create bounce and form-fitting movement along the foot. The resulting fabric is strong yet stretchy both vertically and horizontally. And the arch expansion has been tucked along the bottom of the foot—a true Cat Bordhi touch.

For added durability, the sample sock was knit in an S-on-S cabled yarn whose roundedness also helps the purl stitches pop from the fabric. Semisolid and simple variegation enhance the feeling of horizontal movement along the foot, but you could also stick with a solid color to bring out the sculptural stitches in higher relief.

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**SIZE**

- Women’s S (M, L)

**FINISHED MEASUREMENTS**

- Foot circumference: 6¼ (7¼, 8¼)” (17 [18.5, 19.5] cm) unstretched, to fit foot circumference of about 7¼ (8¼, 8¾)” (19.5 [21, 22] cm)

**YARN**

- 310 (365, 420) yd (283 [334, 384]) m fingering-weight yarn: 2 skeins Archery Juniper, 100% superfine Merino, 1¼ oz (50g), 232 yd (212 m), color Grass Harp

**NEEDLES**

- Set of 5 U.S. size 1 (2.25mm) double-pointed needles, or size to obtain gauge

**NOTIONS**

- Stitch markers
- Tapestry needle

**GAUGE**

- 36 stitches and 53 rows = 4” (10 cm) in stockinette stitch (knit in the round)