

Sunrise Socks

Wendy D. Johnson



Sizes

Small (Medium, Large, Extra-Large): 7" (8", 9", 10") around, stretched slightly

Gauge

8 stitches and 12 rows per inch in stockinette stitch

Needles

US size 0 (2mm) needles – either double-pointed needles (dpns), 2 short circulars, or 1 long circular (see note below), or size to attain gauge

Yarn

Fingering weight sock yarn (approximately 350 – 400 yards)

**Abbreviations**

K – knit

K2TOG – knit 2 together

KFB – knit in the front and back of the next stitch

M1 – make one

P – purl

P2TOG – purl 2 together

PFB – purl in the front and back of the next stitch

PSSO – pass slipped stitch over

SL – slip

SSK – Slip one stitch, then slip the next. Insert left needle into the front loops of the slipped stitches and knit them together from this position (through the back loops)

W&T – Wrap and turn. On the knit side: Bring yarn to front of work (as if to purl) between needles, slip next st to right-hand needle, bring yarn around this st to back of work, slip st back to left-hand needle, turn work to begin working back in the other direction. On the purl side: Bring yarn to back of work (as if to knit) between needles, slip next st to right-hand needle, bring yarn around this st to front of work, slip st back to left-hand needle, turn work to begin working back in the other direction..

YO – yarnover

Notes:

You can knit these socks using your favorite sock-knitting method: dpns, 2 short circulars, or 1 long circular for magic loop. The pattern divides the stitches into 2 groups: instep (top of the foot) and sole (bottom of the foot). You will either divide each group over 2 dpns, place the whole group on 1 of your 2 short circulars, or on half your long circular for magic loop.

When you work the “make 1” increases for the toe and the gusset, you can do a lifted increase, or knit in the front and back of a stitch, whichever you prefer. I prefer the “knit in the front and back of a stitch” method – I find it makes a neater increase with no hole.

Toe:

Using the Turkish Cast-on method, (or another toe-up cast-on method like the Judy’s Magic Cast-on), cast on a total of 26 (30, 34, 38) stitches – 13 (15, 17, 19) on each needle. Knit across the stitches on each needle once. On the next round increase 4 stitches thusly:

Needle 1: K 1, M1, knit until the last stitch, M1, K1

Needle 2: K 1, M1, knit until the last stitch, M1, K1

Then knit a round without increasing.

Repeat these 2 rounds until you have a total of 58 (66, 74, 82) stitches: 29 (33, 37, 41) on each needle. Divide these stitches over your dpns, or place 29 (33, 37, 41) stitches on each of your short circulars, or on each side of your magic loop. The stitches are now referred to in 2 halves: the instep stitches and the sole stitch.

Note:

If you prefer a pointier toe, you can cast on fewer stitches, but be sure to increase until you have 58 (66, 74, 82) total stitches.

Start the pattern:

Row 1: Instep stitches: [K1, P1] across, ending with a K1. Sole stitches: Knit across.
Row 2-4: Knit all stitches.

Continue in this manner, working as many repeats of the 4-row pattern as needed until approximately 3" shy of the total length of the foot.

Create the Gusset:

Round 1: Work across the instep stitches in the pattern. Sole stitches: K1, M1, knit across to the last stitch, M1, K1.

Round 2: Work across the instep stitches in the pattern. Sole stitches: Knit all stitches.
Repeat Rounds 1 and 2 until you have 49 (55, 61, 67) stitches total sole stitches.

Turn the Heel:

You will now work back and forth on the sole stitches (now the heel stitches) and will not knit the instep stitches while turning the heel. Turn heel as follows:

Row 1: (RS) K 33 (37, 41, 45), KFB, K1, W&T
Row 2: P 20 (22, 24, 26), PFB, P1, W&T
Row 3: K 18 (20, 22, 24), KFB, K1, W&T
Row 4: P 16 (18, 20, 22), PFB, P1, W&T
Row 5: K 14 (16, 18, 20), KFB, K1, W&T
Row 6: P 12 (14, 16, 18), PFB, P1, W&T
Row 7: K 10 (12, 14, 16), KFB, K1, W&T
Row 8: P 8 (10, 12, 14), PFB, P1, W&T

You now have 57 (63, 69, 75) heel stitches, having just completed a wrong-side row. On the right side, knit to the end of the heel stitches, knitting each wrap together with the stitch it wraps. Work across instep stitches in the pattern.

Heel flap: Work back and forth on the heel stitches:

Row 1 (RS): K 42 (47, 52, 57) (knitting each wrap together with the stitch it wraps), SSK, turn
Row 2: SL 1, P 27 (31, 35, 39), P2TOG, turn
Row 3: [SL 1, K1] 14 (16, 18, 20) times, SSK, turn

Repeat Rows 2-3 until all side stitches have been worked, end having worked Row 2. Turn your work and knit across. You now have 29 (33, 37, 41) heel stitches.

Begin working in the round again:

Work the instep stitches (now front of leg) as established above. Starting with the same row you worked on the front of the leg, work the heel stitches (now back of leg) in the pattern (starting with a purl stitch on Row 1).

Now work the pattern as set until 1 inch short of your desired total length. Work in k1 p1 ribbing for 1 inch. Bind off very loosely in rib.

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