

Gusset Heel Socks

Wendy D. Johnson

Sizes: Extra-Small (Small, Medium, Large, Extra-Large) 6.75" (7.25", 8", 8.5", 9.25") around

Gauge: 6.5 stitches and 9 rows per inch

Needles: 2 US size 2 (2.75mm) circular needles (see note below) 16" or longer, or size to attain gauge

Yarn: Sport weight sock yarn (approximately 250 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. Bring yarn to front of work between needles, slip next stitch to right-hand needle, bring yarn around this stitch to back of work, slip stitch back to left-hand needle, turn your work to begin working back in the other direction.

YO – yarnover

Notes:

This pattern is written for using 2 circular needles. You can easily work it on dpns by dividing the stitches over 4 needles.

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 Figure-8 Cast-on), cast on a total of 20 (20, 24, 28, 28) stitches – 10 (10, 12, 14, 14) 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

Repeat these 2 rounds until you have a total of 44 (48, 52, 56, 60) stitches, separated so that you have 22 (24, 26, 28, 30) stitches on each needle.

Work the foot until you reach the point where your foot connects to the ankle, or approximately 2 – 2 ½" shy of the total length of the sock.

Create the Gusset:

Round 1: Work across Needle 1 in the chart pattern. Needle 2: (sole stitches): K1, M1, knit across to the last stitch, M1, K1.

Round 2: Work across Needle 1 in the chart pattern. Needle 2: (sole stitches): Knit all stitches.

Repeat Rounds 1 and 2 until you have 36 (40, 44, 48, 52) stitches total on Needle 2. Work across Needle 1 in pattern.

Turn the Heel:

You will now work back and forth on the stitches on Needle 2 and will not work the stitches on Needles 1 while turning the heel. Turn heel as follows:

K 21 (23, 25, 27, 29, 31), SSK, K 1, turn
SL 1, P 7, P2TOG, P 1, turn
SL 1, K 8, SSK, K 1, turn
SL 1, P 9, P2TOG, P 1, turn
SL 1, K 10, SSK, K 1, turn
SL 1, P 11, P2TOG, P 1, turn

Continue in this manner until all the stitches are worked and you have 22 (24, 26, 28, 30) stitches on the needle. Begin working in the round again: on the right side, knit to the end of Needle 2. Work across instep stitches on Needle 1 in the chart pattern.

Work the leg as high as you like and use whatever finish you prefer: ribbing, picot edge, etc.

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