



# YARN TWISTERS

## Simple Worsted Socks created by Lisa Overby



Learn the basics of knitting toe up socks with worsted weight. This pattern is designed with beginner sock knitters in mind. Learn how to seamlessly cast on stitches for the toe, the simple increases for the instep and easy short rows for the heel. You'll be a sock knitting expert in no time!



## MATERIALS & INFO

Yarn: 1 skein Estelle Worsted; 218 yards/100 g; 50% Acrylic, 40% Wool, 10% Nylon

Gauge: 22 sts by 32 rows equal 4" by 4" in stockinette in the round before blocking

Needles: 3.5 mm (US 4) 32" or 40" circular needle; or size needed to obtain gauge

Notions: stitch marker, darning needle

Finished size: Women's shoe size M(7 to 9) or Men's shoe size S (6 to 8)

Length of foot: 9" (23cm)

Length of ankle: 6" (15cm)

Notes:

Links to video tutorials

Judy's Magic Cast on: <https://www.youtube.com/watch?v=3ltemF86f9o>

Jeny's Surprisingly Stretchy Bind Off: <https://www.youtube.com/watch?v=X1hD4mYE3RE&list=TLPQMDgwMTlwMjOlyAQSt5ur7g&index=2>

## ABBREVIATIONS

**BN** - bottom needle

**k** - knit

**k2tog tbl**- knit 2 together through the back loop; insert needle into the back of the next 2 sts, knit the 2 sts together as one (1 st decreased)

**kfb** - knit into the front of the stitch, leaving on the left hand needle, knit into the back of the same stitch, dropping the stitch off the left hand needle (1 stitch increased)

**p** - purl

**p2tog** – purl 2 together; insert needle into the next 2 sts, purl the 2 sts together as one (1 st decreased)

**Rnd** - round

**ssk** - slip, slip, knit: slip 2 sts knit wise, one at a time, to the right hand needle, place sts back on left hand needle and knit them together through their back loops (1 st decreased)

**st/sts** - stitch/stitches

**sl** – slip

**TN** - top needle

**yo** - yarnover; bring the yarn to the front of work, yarnover the right hand needle (1 st increased)

## PATTERN INSTRUCTIONS

### Toe

Using Judy's magic cast on, cast on 16 sts (8 sts on each of the two needles). Initially, the yarn tail marks the beginning of your Rnd. Once your toe is large enough to tuck the tail into, place a removable st marker on a st on the first needle (TN) to denote the beginning of the Rnd

**Rnd 1:** k (16 sts)

**Rnd 2:** \*kfb, k to 2 sts remaining on TN, kfb, k1\*, repeat \* to \* for BN (4 sts increased)

**Rnds 3 to 10:** repeat Rnds 1 and 2 **five** more times (40 sts total, 20 on each needle)

### Foot

Knit every Rnd until sock measures from the tip of the toe to where the top of your foot meets the front of your leg, or approximately 3.25" less than the total length of your foot



## PATTERN INSTRUCTIONS *cont'd*

### Heel

**Rnd 1:** TN, k across (20 sts); BN: kfb, k to 2 sts remaining, kfb, k1 (22 sts)

**Rnd 2:** TN, k across; BN: k across

**Rnds 3 to 18:** repeat Rnds 1 and 2 **eight** more times, TN 20 sts, BN 38 sts; on the 18th Rnd, place a st marker in the middle of the sts on the BN (19 sts on either side of the marker)

### Turn Heel

You will now be working back and forth on the BN only; set up: k across TN

**Row 1:** k to 2 sts beyond the marker, k2tog tbl, k1, turn. Pull the yarn tight.

**Row 2:** Sl1, p to 2 st beyond the marker, p2tog, p1, turn. Pull the yarn tight.

**Row 3:** sl1, k to 1 st before the gap, k2tog tbl (k the sts before and after the gap together), k1, turn

**Row 4:** sl1, p to 1 st before gap, p2tog (p the sts before and after the gap together), p1, turn \*

**Rows 5 to 14:** repeat Rows 3 and 4 **five** more times

**Row 15:** sl1, k to 1 st before gap, k2tog tbl, k1

**Note:** You will now start to knit in the round

**Rnd 16:** TN: k; BN: k1, ssk, k to 2 sts remaining, k2tog tbl

**Rnd 17:** TN: k, BN: ssk, k to end

Heel is now complete and st count is back to 40, 20 sts on each needle

### Leg

**Rnd 1:** TN: k1, p1; BN: k1, p1

**Rnds 2 to 45:** repeat rnd 1 **forty-four** more times (or until leg measures approx. 6" (15cm))

### Finishing

Bind off using Jeny's surprisingly stretchy bind off or with whatever stretchy bind off you prefer

To work a 1x1 ribbed (knit 1, purl 1) bind off, prep a knit stitch (reverse yo, k1, pass yo over knit stitch), then prep a purl stitch (yo, p1, pass yo over purl stitch), then pass the second stitch on the needle over the first one. Repeat to end.

### FINISHING

Weave in ends.

