EASY GOING Socks

By Terry Liann Morris – SailingKnitter

No knitting gymnastics are required to make these socks. You can create a beautiful pair of socks with only simple knit and purl stitches to make the diamond patterning. So take it easy, sit back and enjoy your knitting. These socks are knit cuff-down to the toe and feature the traditional heel flap and gusset construction method. Directions are given both in charts as well as line-by-line written instructions.

Materials
380 (420, 450) yds fingering or sock weight yarn
1 set US Size 1 (2.25mm) double point needles *or size needed to obtain gauge*

Sizes (3)
Women's Medium, Women's Large/Men's Medium, Men's Large

Gauge
8.5 sts = 1" over stockinette st

ABBREVIATIONS	
k	Knit
k2tog	Knit 2 together
p	Purl
p2tog	Purl 2 together
rnd	Round
RS	Right Side
ssk	Slip 1 knitwise, slip 1 knitwise, knit these 2 together thru back loops.
WS	Wrong Side

Note
1. The larger sizes of socks may require more yarn than some 100gr (or 2ea 50gr) skeins of yarn contain. Check that you have sufficient yardage available before beginning.
2. **M1 = Make 1** in the gap between the needles by picking up a strand with the left needle from front to back under that strand and then knitting through the back loop of the picked up stitch. This will twist the picked up stitch and close the hole**.**

CUFF
Loosely cast on 62 (74, 85) sts (the German Twisted Cast On method is recommended). Join to knit in the round taking care not to twist the stitches.
Begin to work from Cuff chart or Line-by-line instructions for your selected size. Shaded areas of the charts are repeats to be worked multiple times as noted for each size. Repeat the 4 rnds of cuff pattern 4 more times for a total of 20 rnds.

Women's Medium Cuff
Rnd 1: (k2, p2) 4 times, k2, p1, k2, p2, k2, p1, k2, p2, (k2, p2) 8 times.
Rnd 2: (k2, p2) 4 times, [(k1, p1) twice, k1, p2,] twice, (k2, p2) 8 times
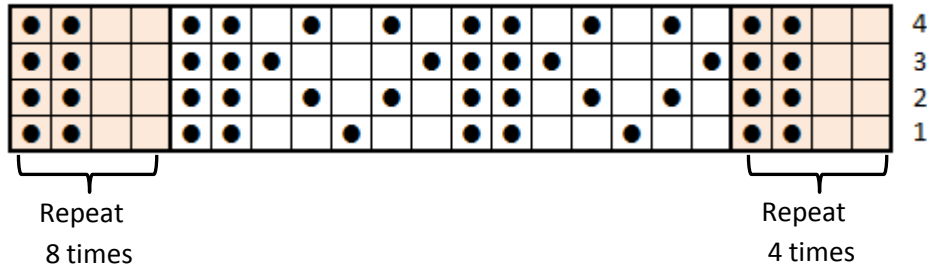**Rnd 3:** (k2, p2) 4 times, p1, k3, p4, k3, p3, (k2, p2) 8 times
Rnd 4: same as Rnd 2

WOMEN'S MEDIUM CUFF

LEGEND
☐ Knit
● Purl

Repeat 8 times

Repeat 4 times

Women's Large / Men's Medium Cuff

Rnd 1: p2, (k2, p2) 5 times, k2, p1, k2, p2, k2, p1, k2, p2, (k2, p2) 9 times, k2

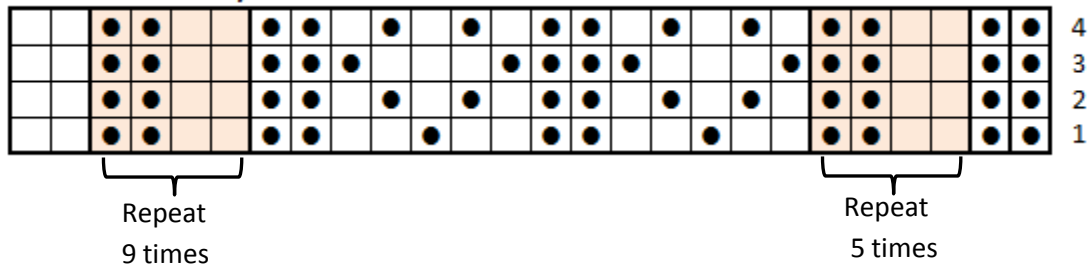**Rnd 2:** p2, (k2, p2) 5 times, [(k1, p1) twice, k1, p2,] twice, (k2, p2) 9 times, k2

Rnd 3: p2, (k2, p2) 5 times, p1, k3, p4, k3, p3, (k2, p2) 9 times, k2

Rnd 4: same as Rnd 2

LEGEND
☐ Knit
● Purl

WOMEN'S LARGE / MEN'S MEDIUM CUFF

Repeat 9 times
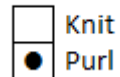
Repeat 5 times

Men's Large Cuff

Rnd 1: (k2, p2) 5 times, (k2, p1, k2, p2) 3 times, (k2, p2) 11 times

Rnd 2: (k2, p2) 5 times, [(k1, p1) twice, k1, p2] 3 times, (k2, p2) 11 times

Rnd 3: (k2, p2) 5 times, p1, (k3, p4) twice, k3, p3, (k2, p2) 11 times
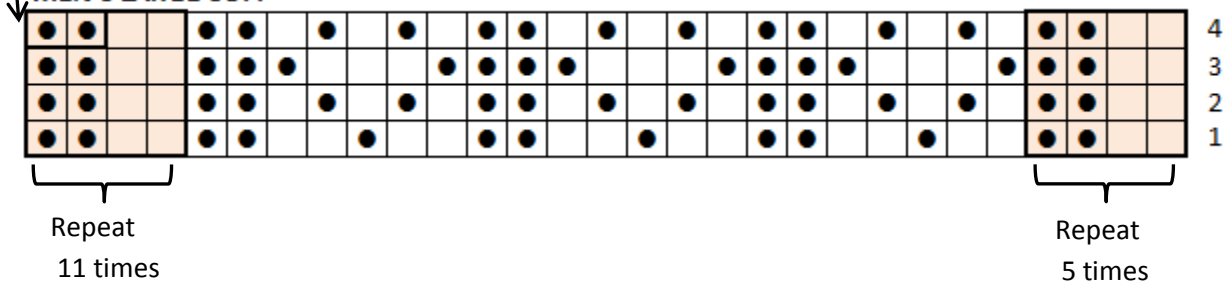
Rnd 4: same as Rnd 2. **NOTE: On the last repeat (rnd 20 of the cuff) end rnd by purling the last 2 sts together.** You will now have 84 sts.

LEGEND
☐ Knit
● Purl

p2tog on last rep

MEN'S LARGE CUFF
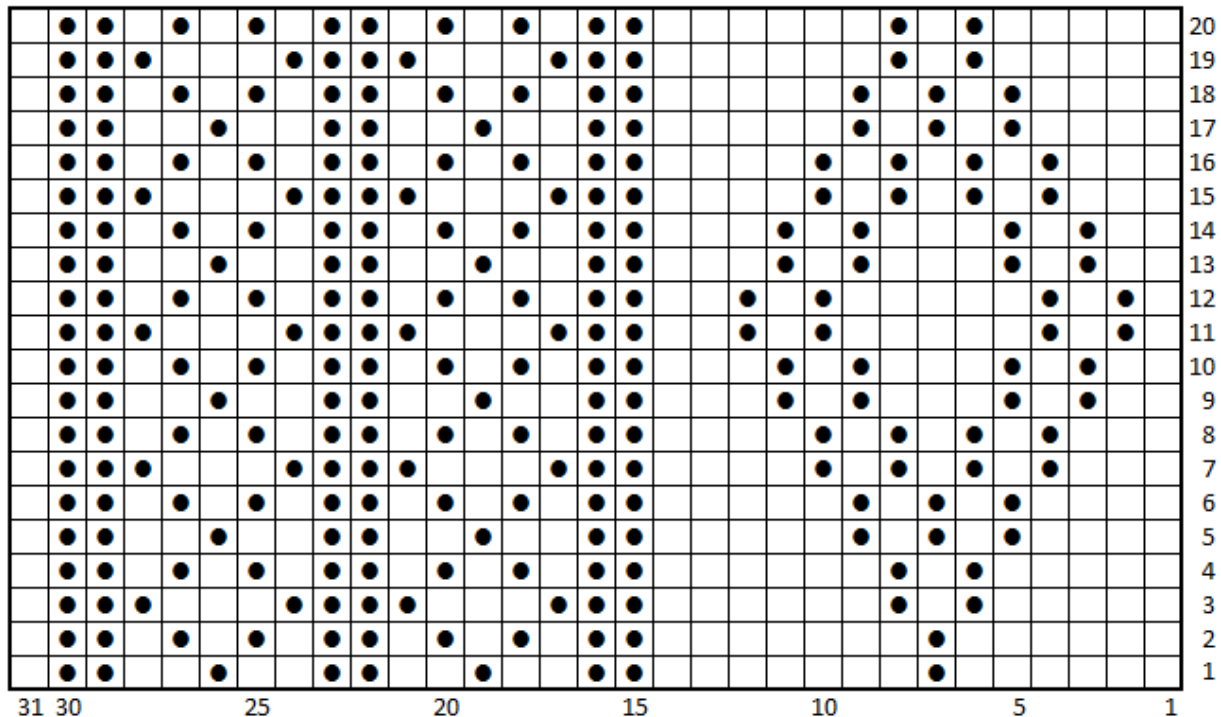

Repeat 11 times

Repeat 5 times

LEG

Begin working from the LEG Chart or Instructions for your selected size. Work each line of the chart twice for a complete rnd. Repeat chart or line-by-line instructions 2 more times for a total of 60 rnds on the leg portion.

Next, repeat rnds 1 and 2 once more. These 2 rnds will complete the diamonds on the leg = 62rnds down the leg after the cuff.

LEGEND
☐ Knit
● Purl

WOMEN'S MEDIUM LEG

(chart rows numbered 1–20 on right, columns numbered 31, 30, 25, 20, 15, 10, 5, 1 along bottom)

Women's Medium Leg

Rnd 1: *k6, p1, k7, (p2, k2, p1, k2) twice, p2, k1, repeat from * once

Rnd 2: *k6, p1, k7, [p2, (k1, p1) twice, k1] twice, p2, k1, repeat from * once

Rnd 3: *k5, p1, k1, p1, k6, p3, k3, p4, k3, p3, k1, repeat from * once

Rnd 4: *k5, p1, k1, p1, k6, , [p2, (k1,p1) twice, k1] twice, p2, k1, repeat from * once

Rnd 5: *k4, (p1, k1) twice, p1, k5, (p2, k2, p1, k2) twice, p2, k1, repeat from * once

Rnd 6: *k4, (p1, k1) twice, p1, k5, [p2, (k1, p1) twice, k1] twice, p2, k1, repeat from * once

Rnd 7: *k3, (p1, k1) 3 times, p1, k4, p3, k3, p4, k3, p3, k1, repeat from * once

Rnd 8: *k3, (p1, k1) 3 times, p1, k4, [p2, (k1, p1) twice, k1] twice, p2, k1, repeat from * once

Rnd 9: *k2, p1, k1, p1, k3, p1, k1, p1, k3, (p2, k2, p1, k2) twice, p2, k1, repeat from * once

Rnd 10: *k2, p1, k1, p1, k3, p1, k1, p1, k3, [p2, (k1, p1) twice, k1] twice, p2, k1, repeat from * once

Rnd 11: *k1, p1, k1, p1, k5, p1, k1, p1, k2, p3, k3, p4, k3, p3, k1, repeat from * once

Rnd 12: *k1, p1, k1, p1, k5, p1, k1, p1, k2, [p2, (k1, p1) twice, k1] twice, p2, k1, repeat from * once

Rnd 13: *k2, p1, k1, p1, k3, p1, k1, p1, k3, (p2, k2, p1, k2) twice, p2, k1, repeat from * once

Rnd 14: same as Rnd 10

Questions? Comments? eMail: sailingknitter@yahoo.com

Rnd 15: same as Rnd 7
Rnd 16: same as Rnd 8
Rnd 17: *k4, (p1, k1) twice, p1, k5, (p2, k2, p1, k2) twice, p2, k1, repeat from * once
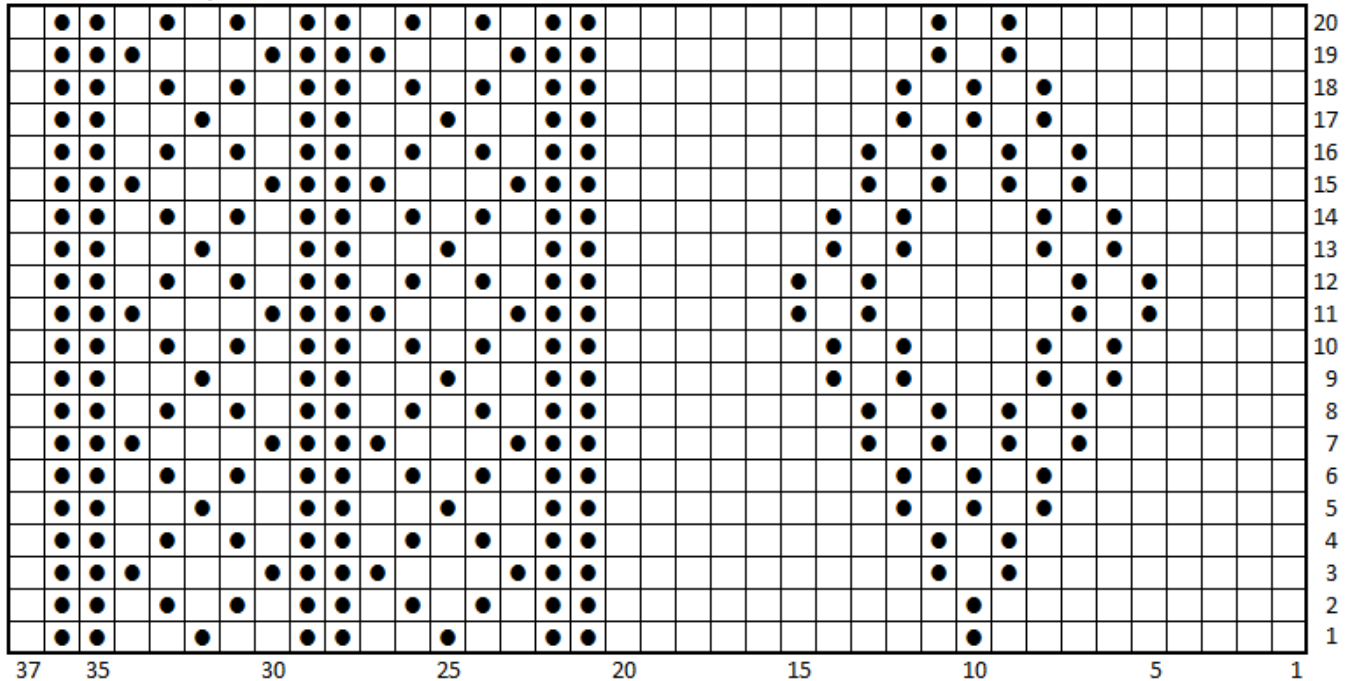**Rnd 18:** same as Rnd 6
Rnd 19: same as Rnd 3
Rnd 20: same as Rnd 4
Repeat these 20 rnds 2 more times, then work rnds 1 and 2 once more.

LEGEND
☐ Knit
● Purl

WOMEN'S LARGE / MEN'S MEDIUM LEG

Women's Large / Men's Medium Leg
Rnd 1: *k9, p1, k10, (p2, k2, p1, k2) twice, p2, k1, repeat from * once
Rnd 2: *k9, p1, k10, [p2, (k1, p1) twice, k1] twice, p2, k1, repeat from * once
Rnd 3: *k8, p1, k1, p1, k9, p3, k3, p4, k3, p3, k1, repeat from * once
Rnd 4: *k8, p1, k1, p1, k9, [p2, (k1,p1) twice, k1] twice, p2, k1, repeat from * once
Rnd 5: *k7, (p1, k1) twice, p1, k8, (p2, k2, p1, k2) twice, p2, k1, repeat from * once
Rnd 6: *k7, (p1, k1) twice, p1, k8, [p2, (k1, p1) twice, k1] twice, p2, k1, repeat from * once
Rnd 7: *k6, (p1, k1) 3 times, p1, k7, p3, k3, p4, k3, p3, k1, repeat from * once
Rnd 8: *k6, (p1, k1) 3 times, p1, k7, [p2, (k1, p1) twice, k1] twice, p2, k1, repeat from * once
Rnd 9: *k5, p1, k1, p1, k3, p1, k1, p1, k6, (p2, k2, p1, k2) twice, p2, k1, repeat from * once
Rnd 10: *k5, p1, k1, p1, k3, p1, k1, p1, k6, [p2, (k1, p1) twice, k1] twice, p2, k1, repeat from * once
Rnd 11: *k4, p1, k1, p1, k5, p1, k1, p1, k5, p3, k3, p4, k3, p3, k1, repeat from * once
Rnd 12: *k4, p1, k1, p1, k5, p1, k1, p1, k5, [p2, (k1, p1) twice, k1] twice, p2, k1, repeat from * once
Rnd 13: *k5, p1, k1, p1, k3, p1, k1, p1, k6, (p2, k2, p1, k2) twice, p2, k1, repeat from * once
Rnd 14: same as Rnd 10
Rnd 15: same as Rnd 7
Rnd 16: same as Rnd 8

Rnd 17: *k7, (p1, k1) twice, p1, k8, (p2, k2, p1, k2) twice, p2, k1, repeat from * once
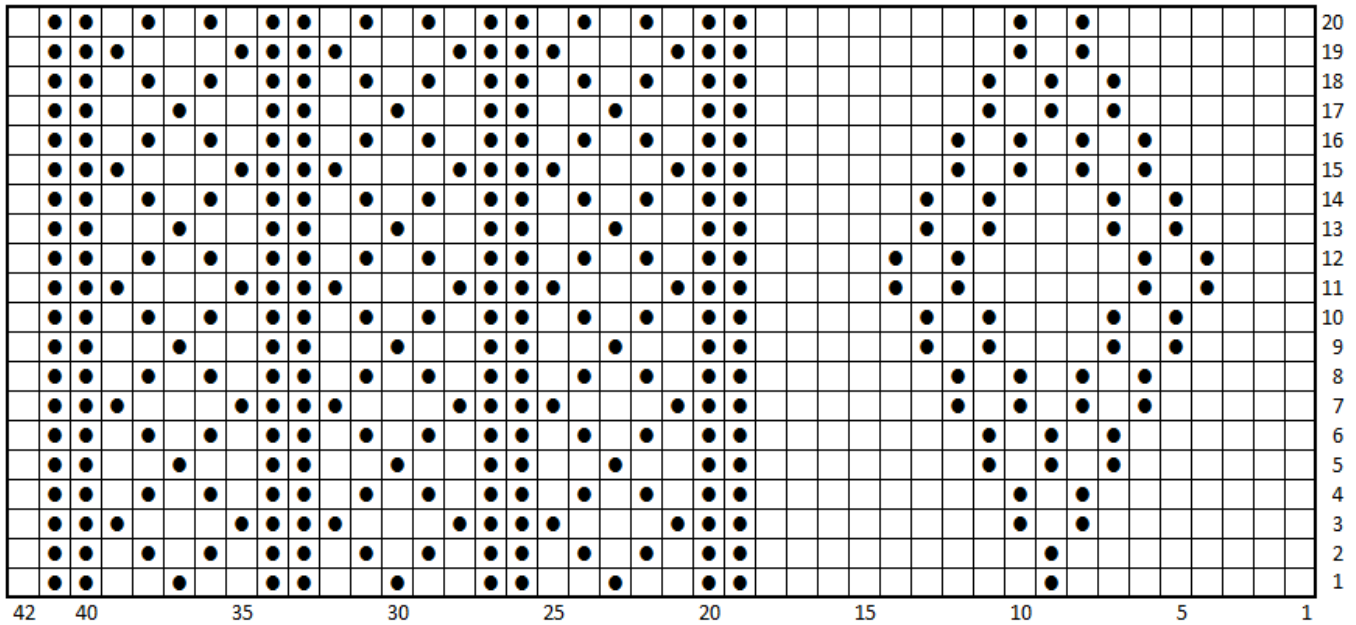**Rnd 18:** same as Rnd 6
Rnd 19: same as Rnd 3
Rnd 20: same as Rnd 4
Repeat these 20 rnds 2 more times, then work rnds 1 and 2 once more.

LEGEND
☐ Knit
⬤ Purl

MEN'S LARGE LEG

Men's Large Leg
Rnd 1: *k8, p1, k9, (p2, k2, p1, k2) 3 times, p2, k1, repeat from * once
Rnd 2: *k8, p1, k9, [p2, (k1, p1) twice, k1] 3 times, p2, k1, repeat from * once
Rnd 3: *k7, p1, k1, p1, k8, p3, k3, (p4, k3) twice, p3, k1, repeat from * once
Rnd 4: *k7, p1, k1, p1, k8, [p2, (k1, p1) twice, k1] 3 times, p2, k1, repeat from * once
Rnd 5: *k6, (p1, k1) twice, p1, k7, (p2, k2, p1, k2) 3 times, p2, k1, repeat from * once
Rnd 6: *k6, (p1, k1) twice, p1, k7, [p2, (k1, p1) twice, k1] 3 times, p2, k1, repeat from * once
Rnd 7: *k5, (p1, k1) 3 times, p1, k6, p3, k3, (p4, k3) twice, p3, k1, repeat from * once
Rnd 8: *k5, (p1, k1) 3 times, p1, k6, [p2, (k1, p1) twice, k1] 3 times, p2, k1, repeat from * once
Rnd 9: *k4, p1, k1, p1, k3, p1, k1, p1, k5, (p2, k2, p1, k2) 3 times, p2, k1, repeat from * once
Rnd 10: *k4, p1, k1, p1, k3, p1, k1, p1, k5, [p2, (k1, p1) twice, k1] 3 times, p2, k1, repeat from * once
Rnd 11: *k3, p1, k1, p1, k5, p1, k1, p1, k4, p3, k3, (p4, k3) twice, p3, k1, repeat from * once
Rnd 12: *k3, p1, k1, p1, k5, p1, k1, p1, k4, [p2, (k1, p1) twice, k1] 3 times, p2, k1, repeat from * once
Rnd 13: *k4, p1, k1, p1, k3, p1, k1, p1, k5, (p2, k2, p1, k2) 3 times, p2, k1, repeat from * once
Rnd 14: same as Rnd 10
Rnd 15: same as Rnd 7
Rnd 16: same as Rnd 8
Rnd 17: *k6, (p1, k1) twice, p1, k7, (p2, k2, p1, k2) 3 times, p2, k1, repeat from * once
Rnd 18: same as Rnd 6

Questions? Comments? eMail: sailingknitter@yahoo.com

Rnd 19: same as Rnd 3
Rnd 20: same as Rnd 4
Repeat these 20 rnds 2 more times, then work rnds 1 and 2 once more.

HEEL FLAP
Note: Be sure to complete Rnds 1 and 2 of the leg pattern before beginning the heel.
Set up for Heel: k6 (9, 6) sts, k2tog 0 (0, 1) time. Stop. Turn work.
You will now begin to work back and forth in rows for the Heel Flap.

Next (WS): Slip 1 as to purl, p5 (8, 6). Continuing in the same direction, p24 (27, 33) from the next needle. Place these last 30 (36, 40) sts worked onto one needle for your heel flap. Rearrange the remaining 32 (38, 43) sts evenly onto 2 needles to hold for the instep to be worked later. You will have 62 (74, 83) sts.

Work the 2 rows of the following heel flap pattern until flap measures 2" (2 ¼", 2 ½") in length ending after working a WS row.

Heel Flap Pattern
Row 1 (RS): Slip 1 as to knit, k1, *slip 1 as to purl, k1, repeat from * to end of row
Row 2 (WS): Slip 1 as to purl, purl to the end of the row

HEEL CUP
Note: All slipped stitches in the heel cup are slipped as to purl.
Row 1 (RS): Slip 1, k16 (19, 21), ssk, k1, turn. You will leave 10 (13, 15) sts unworked
Row 2 (WS): Slip 1, p5, p2tog, p1, turn
Row 3: Slip 1, k6, ssk, k1, turn
Row 4: Slip 1, p7, p2tog, p1, turn
Row 5: Slip 1, k8, ssk, k1, turn
Row 6: Slip 1, p9, p2tog, p1, turn
Row 7: Slip 1, k10, ssk, k1, turn
Row 8: Slip 1, p11, p2tog, p1, turn
Row 9: Slip 1, k12, ssk, k1, turn
Row 10: Slip 1, p13, p2tog, p1, turn
Row 11: Slip 1, k14, ssk, k1, turn
Row 12: Slip 1, p15, p2tog, p1, turn

Women's Large / Men's Medium continue
Row 13: Slip 1, k16, ssk, k1, turn
Row 14: Slip 1, p17, p2tog, p1, turn
Row 15: Slip 1, knit 18, ssk, turn
Row 16: Slip 1, purl 18, p2tog, turn

Men's Large continue
Row 13: Slip 1, k16, ssk, k1, turn
Row 14: Slip 1, p17, p2tog, p1, turn
Row 15: Slip 1, knit 18, ssk, k1, turn

Row 16: Slip 1, purl 18, p2tog, p1, turn
Row 17: Slip 1, k20, ssk, turn
Row 18: Slip 1, p20, p2tog, turn

All Sizes
You will end up with 18 (20, 22) sts.
Next row: Slip 1, knit to end

GUSSETS
Starting with the gussets, the sole of the foot will be worked in Stockinette st (just knits) and the established smaller diamond pattern continues down the instep. Start with the **Set up Round** below, then, work the alternating decrease rounds of the gussets. For your convenience, there are both charts and line-by-line instructions for the 32 (38, 43) instep stitches which is, at this point, a simple 4 rnd repeat.

Note: When picking up sts on the heel flap you pick up 1 st for each slipped stitch. Due to differences in each knitter's row gauge you may have fewer or more rows on your heel flap. If you have fewer rows, pick up the total number as called for in the instructions by putting 2 sts in some loops. If you have more rows, pick up 1 st for each row and note that you will have a higher total st count before the decreases.

Set up Round: Continuing with the heel flap needle, pick up and knit 15 (18, 19) sts along edge of heel flap and Make 1 (see Note 2). You will have 16 (19, 20) sts total picked up. With free needle, work the INSTEP pattern for your selected size from the charts or line-by-line instructions on the next 32 (38, 43) sts from the 2 needles placing all onto one needle. With a free needle, Make 1, pick up and knit 15 (18, 19) sts along remaining heel flap edge, finally knit 9 (10, 11) sts from the heel flap needle. This is the center bottom of the foot and the beginning/ending of all rounds. Needles should be arranged with 25 (29, 31) sts on first needle, 32 (38, 43) sts on second needle, and 25 (29, 31) sts on third needle = 82 (96, 105) sts.

Gusset Decreases
Rnd 1: Knit all stitches on first needle. Knit instep stitches from the INSTEP chart or instructions. Knit all stitches on last needle.
Rnd 2: Knit to last 3 sts on first needle, k2tog, k1. Work instep stitches from INSTEP chart or instructions on next needle. On the last needle, k1, ssk, knit to the end of the needle.

Continue to work these 2 rnds of gusset decreases until you have 14 (17, 20) sts remaining on the first and last needles for the sole. You will have 60 (72, 83) sts.

Women's Medium and Women's Large / Men's Medium Instep
Rnd 1: k8 (11), p3, k3, p4, k3, p3, k8 (11)
Rnd 2: k8 (11), [p2, (k1,p1) twice, k1] twice, p2, k8 (11)
Rnd 3: k8 (11), (p2, k2, p1, k2) twice, p2, k8 (11)
Rnd 4: same as Rnd 2

Men's Large Instep
Rnd 1: k10, p3, k3, (p4, k3) twice, p3, k10

Questions? Comments? eMail: sailingknitter@yahoo.com

Rnd 2: k10, [p2, (k1, p1) twice, k1] 3 times, p2, k10
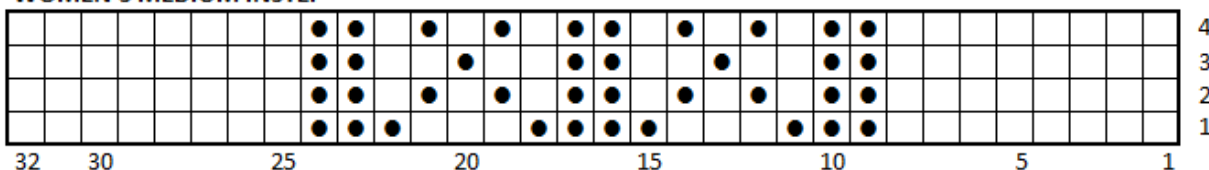**Rnd 3:** k10, (p2, k2, p1, k2) 3 times, p2, k10
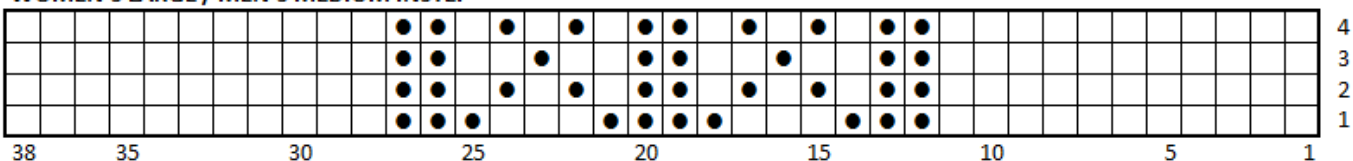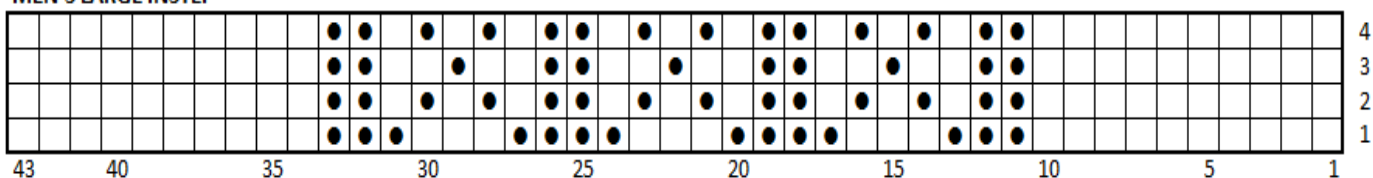**Rnd 4:** same as Rnd 2

WOMEN'S MEDIUM INSTEP

WOMEN'S LARGE / MEN'S MEDIUM INSTEP

MEN'S LARGE INSTEP

FOOT
Knit all stitches on first needle. Work instep stitches from INSTEP chart or written instructions. Knit all stitches on last needle. Continue working in this manner until foot length measures 7" (8", 9") from the back of the heel *or until 1 ¾ (2, 2 ¼) inches less than your total desired foot length.*

TOE DECREASES
Set-Up all sizes: Rearrange your sts on the needles by slipping the first and last sts from the instep needle to the adjacent sole needles. You will have 15 (18, 21) on the first needle, 30 (36, 41) on the instep needle and 15 (18, 21) on the last needle.

Additional Set-Up for Men's Large:
Knit to the last 3 stitches on first needle, k2tog, k1, on second needle, continue in established instep pattern to the last 3 stitches, k2tog, k1, on last needle, k1, ssk, knit to end of needle. You will now have 20 sts on the first needle, 40 sts on the instep needle and 20 sts on the last needle = 80 sts. Knit one rnd.

All Sizes – Next 10 rnds
Rnd 1: Knit to the last 3 stitches on first needle, k2tog, k1, on second needle, k1, ssk, continue in established instep pattern to the last 3 stitches, k2tog, k1, on last needle, k1, ssk, knit to end
Rnd 2: Knit all sts on needle 1, work in established pattern on instep needle, knit all sts on last needle. Repeat these 2 rnds 4 more times. You will have 40 (52, 60) sts.
Next, continue working these 2 rnds **except omit** the instep patterning and instead work in stockinette st (knit sts) until you have 32 sts remaining.

Next, work Rnd 1 only (decreases every rnd) until you have 20 (24, 24) sts remaining.
Continuing with the last needle, knit across the 5 (6, 6) sts on the first needle = 10 (12, 12) sts each on 2 needles. Graft (Kitchener stitch) the toe closed. Weave in ends. Enjoy!