

Six Sox Knitalong

EXITO SOCKS

By Terry Liann Morris – SailingKnitter

Exito (pronounced Eck-See-Toe) means "Success" in Spanish. Slip stitch patterns are fun to work but usually don't have the elasticity needed for the legs of socks. By using larger needles and giving the stitches to be slipped an extra wrap on the needles you can successfully use this easy knitting technique. 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 on the last page.

Materials

380 (410, 440, 500, 550)yds fingering or sock weight yarn total divided among 2 colors: 320 (350, 370, 530, 470)yds solid Main Color (MC) and 60, (60, 70, 70, 80)yds Contrasting Color (CC) which can be either solid or variegated. Sample knit with Knit Picks Stroll color Fedora and Springtime Tonal

1 set US Size 1 (2.25mm) double point needles *or size needed to obtain gauge*

1 set US Size 1 ½ or 2 (2.50mm or 2.75mm)

Sizes (5)

Child Large/Women's Small, Women's Medium, Women's Large, Men's Medium, Men's Large

Gauge

8.5 sts = 1" over stockinette st

Notes

1. **DC3 = Double Cross 3 sts:** Slip the next 2 sts onto a cable needle and hold in the back of your work. Knit 1 MC st. Slip the last st (CC) on the cable needle back onto the left hand needle. Bring the cable needle with the single MC st to the front, knit the CC st on the left hand needle, knit the MC st on the cable needle. This maneuver will reverse the order of the 3 sts and create a crisscrossing over the center stitch.
2. **Pdbl = Purl double wrap:** purl the stitch wrapping the yarn twice around the needle. On the following round you will slip this stitch letting one of the wraps drop from the needle. This creates a longer slipped stitch.
3. Larger needles are used on the leg for the color work and slipped stitch pattern areas. Cuff, heel, foot and toe are worked on the smaller needles.



ABBREVIATIONS

CC	Contrasting Color Yarn
DC3	Double Cross 3 sts (see Notes)
k	Knit
k2tog	Knit 2 together
MC	Main Color yarn
p	Purl
Pdbl	Purl double wrap (see Notes)
rnd	Round
RS	Right Side
ssk	Slip, Slip, Knit
WS	Wrong Side

CUFF

With smaller needles and Main Color, loosely cast on 56 (60, 72, 76, 84) sts (the German Twisted Cast On method is recommended). Join to knit in the round taking care not to twist the stitches. Work 2x2 ribbing (k2, p2) until cuff measures 1", increasing 0 (4, 0, 4, 4) sts evenly spaced in the last round. You will now have 56 (64, 72, 80, 88) sts.

Join in Contrast Color yarn but do not break MC.

LEG

Change to Larger Needles. Begin working from the **EXITO LEG Chart A** or the line-by-line Instructions on the last page. Work each line of the chart 14 (16, 18, 20, 22) times for a complete rnd.

Next, work from **EXITO LEG Chart B**. Work each line of the chart 7 (8, 9, 10, 11) times for a complete rnd.

Repeat the 14 rnds of the chart once again, then work lines 1 thru 7 only one more time. Continuing with MC, purl one round (for a total of 36 rnds).

Work again the 15 rnds from the **EXITO LEG Chart A** or line-by-line instructions.

Break CC yarn. *Change to smaller needles.* Work in MC only until the leg measures 6 ½" (7 ½", 7 ½", 8", 8") from the cast on edge *or to desired length.*

HEEL

The rest of the sock continues to be knit with the smaller sized needles.

Set up for Heel: Knit the next 29 (29, 37, 37, 37) sts. Stop. Turn work. You will now begin to work back and forth in rows for the Heel Flap. Rearrange stitches to that the 29 (29, 37, 37, 37) sts just worked are all on one needle and the remaining 27 (35, 35, 43, 51) sts divided onto 2 needles to hold for the instep.

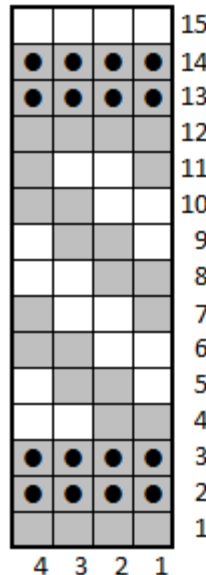
Work the 2 rows of the following heel flap pattern until flap measures 1 ¾" (2", 2 ¼", 2 ½", 2 ½") in length ending after working a WS row.

Heel Flap Pattern

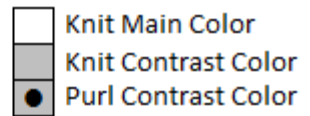
Row 1 (WS): Slip 1 as to purl, purl to the end of the row

Row 2 (RS): Slip 1 as to knit, k1, *slip 1 as to purl, k1, repeat from * to last st, k1.

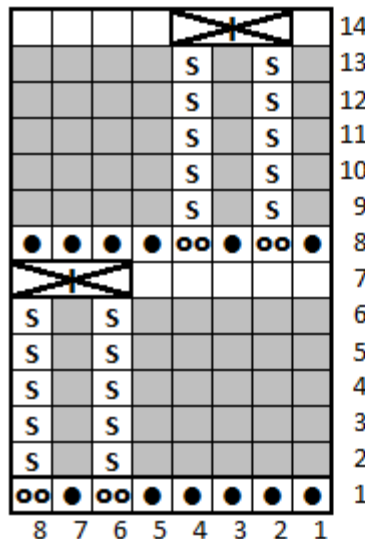
EXITO LEG CHART A



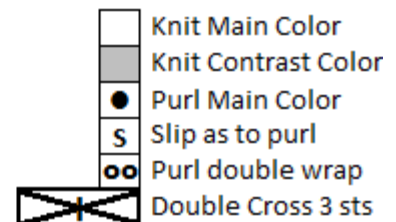
LEGEND



EXITO LEG CHART B



LEGEND



TURN HEEL

Row 1 (RS): Slip 1, k16 (16, 20, 20, 20), SSK, k1, turn. You will leave 9 (9, 13, 13, 13) sts unworked

Row 2: slip 1, p6, p2tog, p1, turn

Row 3: slip 1, k7, SSK, k1, turn

Row 4: slip 1, p8, p2tog, p1, turn

Row 5: slip 1, k9, SSK, k1, turn

Row 6: slip 1, p10, p2tog, p1, turn

Row 7: slip 1, k11, SSK, k1, turn

Row 8: slip 1, p12, p2tog, p1, turn

Row 9: slip 1, k13, SSK, k1, turn

Row 10: slip 1, p14, p2tog, p1, turn

Child's Large/Women's Small and Women's Medium Sizes only

Row 11: slip 1, k15, SSK, turn

Row 12: slip 1, p15, p2tog, turn

Row 13: knit across the 17 sts

Women's Large, Men's Medium and Men's Large Sizes only

Row 11: slip 1, k15, SSK, k1, turn

Row 12: slip 1, p16, p2tog, p1, turn

Row 13: Slip 1, k17, SSK, k1, turn

Row 14: slip 1, p18, p2tog, p1, turn

Row 15: slip 1, k19, SSK, turn

Row 16: slip 1, p19, p2tog, turn

Row 17: Knit across the 21 sts

GUSSETS

Set up Round. Continuing on the same needle, pick up and knit 14 (15, 17, 18, 19) sts along edge of the heel flap and Make 1 in the gap between the needles [15 (16, 18, 19, 20) sts total picked up]. With a free needle, knit the next 27 (35, 35, 43, 51) sts on the next 2 needles all onto one needle. With a free needle, Make 1 in the gap between the needles, then pick up and knit 14 (15, 17, 18, 19) sts along remaining heel flap edge. Finally, knit 8 (8, 10, 10, 10) sts from the heel flap needle moving these over to the last needle. This is the beginning/ending of all future rounds. Needles should be arranged with 24 (25, 29, 30, 31) sts on first needle, 27 (35, 35, 43, 51) sts on instep needle, and 23 (24, 28, 29, 30) sts on third needle = 74 (84, 92, 102, 112) sts.

Gusset Decreases

Rnd 1: knit all around

Rnd 2: knit to the last 3 sts on first needle, k2tog, k1. Knit all sts on the instep needle. On the last needle k1, SSK, knit to the end of the needle.

Continue to work the 2 rounds of gusset decreases until you have 15 (13, 19, 17, 17) sts remaining on the first needle for the sole and 14 (12, 18, 16, 16) on the last sole needle. You will have 56 (60, 72, 76, 84) sts.

FOOT

Keeping the foot in Stockinette st, knit until foot length measures 6 ½, (7, 8, 8 ¾, 9") from the back of the heel *or until 1 ¾ (2, 2 ¼, 2 ¾, 3 ¼") inches less than your total desired foot length.*

TOE

The shaped wedge toe is worked with decrease rounds followed by plain knit rounds.

Set up for toe: Rearrange (slip) the stitches on the needles so that you have 14 (15, 18, 19, 21) sts on the first and last needles and 28 (30, 36, 38, 42) sts on the instep needle. Start toe by working a decrease round (as follows) and plain Stockinette rounds as instructed below.

Decrease Round: Knit to the last 3 sts on first needle, k2tog, k1, on second needle, k1, SSK, knit to the last 3 sts, k2tog, k1. On last needle, k1, SSK, knit to end of needle. You will have 52 (56, 68, 72, 80) sts after working the first decrease rnd.

Knit 3 rnds in Stockinette st.

Work a decrease rnd

Knit 2 (2, 3, 3, 3) rnds in Stockinette st.

Work a decrease rnd

Knit 1 (2, 2, 3, 3) rnds in Stockinette st.

Work a decrease rnd

Knit 1 (2, 2, 3, 3) rnds in Stockinette st.

Work a decrease rnd

Knit 1 (1, 2, 2, 2) rnds in Stockinette st.

Work a decrease rnd

Knit 1 (1, 1, 2, 2) rnds in Stockinette st.

Work a decrease rnd.

Child's Large/Women's Small and Women's Medium sizes only: now work all rnds in decrease pattern until you have 20 sts remaining. Work Finishing instructions below.

All other sizes continue: Knit 1 rnd in Stockinette st.

Work a decrease rnd.

Repeat these last 2 rounds alternating a decrease rnd with a plain knit rnd until you have 32 sts remaining. Then work all rnds in decrease pattern until you have 20 sts remaining.

Finishing

Continuing with the last needle, knit across the 5sts on the first needle = 10 sts on each of 2 needles. Graft (Kitchener stitch) the toe closed. Weave in ends. Block to even out stitches.

EXITO LEG section A Line-by-line instructions

Rnd 1: With CC only, knit around

Rnd 2 & 3: With CC only purl around

Rnd 4: *k2CC, k2MC, repeat from * to end of rnd

Rnd 5: *k1MC, k2CC, k1MC, repeat from * to end of rnd

Rnd 6: *k2MC, k2CC, repeat from * to end of rnd

Rnd 7: * k1CC, k2MC, k1CC, repeat from * to end of rnd

Rnds 8-11: repeat rnds 4 - 7

Rnd 12: With CC only, knit around

Rnd 13 & 14: With CC only, purl around

Rnd 15: Pick up MC, knit around

EXITO LEG Section B Line-by-line instructions

Rnd 1: With MC only, *p5, pdbl, p1, pdbl, repeat from * to end of rnd

Rnds 2 - 6: With CC only, *k5, slip 1 as to purl dropping second wrap, k1, slip 1 as to purl dropping second wrap, repeat from *to end of rnd

Rnd 7: Drop CC, pick up MC from underneath CC, *k5, DC3, repeat from * to end of rnd

Rnd 8: With MC, *p1, pdbl, p1, pdbl, p4, repeat from * to end of rnd

Rnds 9 - 13: Drop MC, pick up CC, *k1, slip 1 as to purl, k1, slip 1 as to purl, k4, repeat from * to end of rnd

Rnd 14: Drop CC, pick up MC, *k1, DC3, k4, repeat from * to end of rnd

Repeat the 14 rnds of the chart once again, then work lines 1 thru 7 only one more time. Finally with MC purl one rnd. (total of 36 rnds).

Repeat the 15 rnds of the **EXITO LEG Section A** a second time.