Back to Basics Socks
Designed by Heather Hill

SIZES
Adult Small

FINISHED MEASUREMENTS
Foot Circumference: 7½" (unstretched)
Foot Length: 9" (unstretched, adjustable)

MATERIALS
Wisdom Yarns *Stanza* (75% superwash wool, 25% nylon; 100g/459 yds)
- 701 Atwood – 1 ball

Needles: US Size 1 (2.25 mm) set of 5 double pointed (dpn) *or size needed to obtain gauge*
Notions: Tapestry needle

GAUGE
34 sts x 42 rows = 4" in St st
Save time, check your gauge.

Knit, Relax, Smile, Repeat!

SOCK

Cuff
Cast on 64 sts. PM and join to work in the rnd.
Rnd 1: * K2, p2; rep from * to end. Rep Rnd 1 until Cuff meas 5" or desired length.

Heel Flap
The heel flap is worked on 32 sts. The other 32 sts remain unworked.
Row 1: Sl1, k31. Turn.
Row 2: Sl1, p31. Turn
Repeat rows 1 and 2, 15 times. Total of 32 heel flap rows worked.

Shape Heel
Row 1: Sl1, k16, ssk, k1, turn.
Row 2: Sl1, p5, p2tog, p1, turn.
Row 3: Sl1, k6, ssk, k1, turn.
Row 4: Sl1, p7, p2tog, p1, turn.
Row 5: Sl1, k8, ssk, k1, turn.
Cont as established, working one more st each row until all sts have been incorporated.
Next row (RS): Sl1, knit across.

Pick up Stitches
Pick up and knit 16 sts along edge of heel flap, pm, knit across 32 instep sts, pm, pick up and knit 16 sts along other edge of heel flap, knit to center of heel.

Gusset Decreases
Rnd 1: Knit to 3 sts before first m, k2tog, k1, knit to second m, k1, ssk, knit to end of rnd – 2 sts dec'd.
Rnd 2: Knit.
Rep rnds 1 and 2 until 32 sts remain between markers, 64 sts total.

Foot
Work even in St st until length of foot from back of heel is 7", or 2" less than desired length.

Shape Toe
Rnd 1: * K1, ssk, knit to 3 sts before m, k2tog, k1; rep from * 1 more time – 4 sts dec'd.

Rnd 2: Knit.
Rep Rnds 1-2 until 24 sts rem. Place upper half of sts on one dpn and the other half on a second dpn. Join the two sets of sts together using Kitchener stitch.

FINISHING
Weave in ends and block.

Abbreviations

bef	before
cont	continue
dec('d)	decrease(d)
dpn(s)	double pointed needle(s)
inc('d)	increase(d)
k	knit
k2tog	knit 2 stitches together (1 st dec'd)
m	marker
meas	measures
ndl	needle
patt	pattern
p	purl
pm	place marker
p2tog	purl 2 sts together (1 st dec'd)
rem	remain(ing)
rep	repeat
rnd	round
RS	right side
sl	slip
ssk	slip next 2 sts individually knitwise, slip them back to left needle in this position, knit them together through the back loops (1 st dec'd)
st(s)	stitch(es)
St st	Stockinette stitch (knit on RS rows, purl on WS rows; in the rnd, knit every rnd)
tog	together
WS	wrong side

Knit, Relax, Smile, Repeat!