

Non-Stop Heel Sock

This sock is shown here actual size. It's main feature is the technique used to shape the heel. The gusset is worked as the leg is knit then the heel is turned using short rows. The heel fits nicely and the fabric at the bend across the top of the foot lies smoothly.

NEEDLES: 5-needle sock set

ABBREVIATIONS/SYMBOLS: See the top of the next page.

READING THE CHART: To follow the chart on the next page, start reading at the ★. Read from bottom to top and from right to left for each round except for rows 33 to 42. Those rows are knit and read back and forth.

CAST ON 32 STITCHES: Distribute 8 sts to each of 4 double-pointed sock needles. Join to work in the round as follows:

CUFF:

Rnds 1–5: K1, p1 ribbing

LEG:

Rnds 6–20: [k3, p1] 8 times in each round

HEEL GUSSET:

Rnd 21: [k3, p1] 2 times, k1, rt inc, k2, p1, [k3, p1] 2 times, k2, lft inc, k1, p1, [k3, p1] 2 times.

Rnd 22: [k3, p1] 2 times, k4, p1, [k3, p1] 2 times, k4, p1, [k3, p1] 2 times.

Rnd 23: [k3, p1] 2 times, k2, rt inc, k2, p1, [k3, p1] 2 times, k2, lft inc, k2, p1, [k3, p1] 2 times.

Rnd 24: [k3, p1] 2 times, k5, p1, [k3, p1] 2 times, k5, p1, [k3, p1] 2 times.

Continue working in this manner following the chart for the gusset stitch count through rnd 32.

HEEL TURN:

Row 33: K2, ssk, ytf, sl1, ytb, turn.

Row 34: Slip wrapped stitch back to right needle, p6, p2tog, ytb, sl1, ytf, turn.

Row 35: Slip wrapped stitch back to right needle, K7, ssk, ytf, sl1, ytb, turn.

Row 36: Slip wrapped stitch back to right needle, p8, p2tog, ytb, sl1, ytf, turn.

Continue working in this manner following the chart for the heel-turn stitch count through row 42.

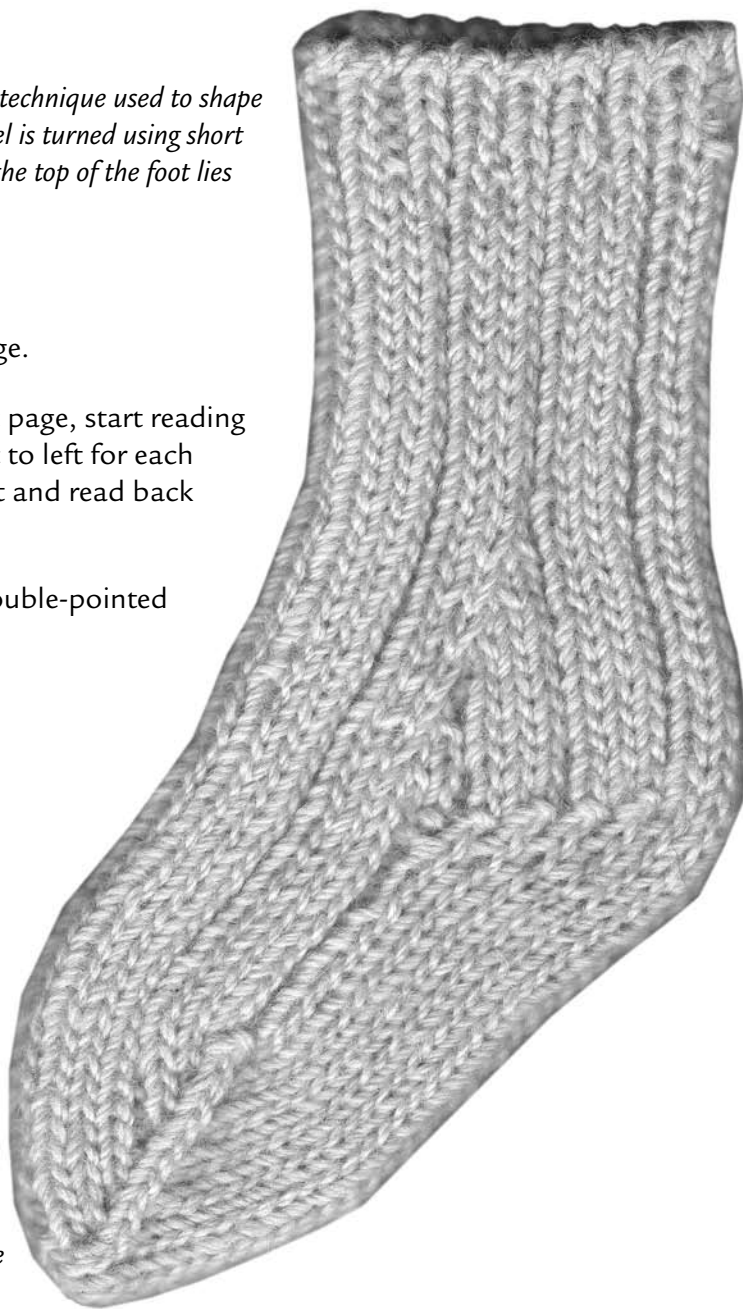
FOOT:

Rnd 43: Slip wrapped stitch back to right needle, k15, ssk, [k3, p1] 3 times, k3, k2tog, k8.

Rnds 44–55: Follow the chart for stitch count and ribbing pattern on the top of the foot.

TOE:

Rnds 56–64: Follow the chart for stitch count, ribbing pattern, and shaping. A 3-stitch decrease worked every other round on each side shapes the toe. Finish by working Kitchner stitch.



- ☐ Cast On
- Purl (p)
- ☐ Knit (k) (purl on wrong side)
- ↙ Left-leaning lifted increase (lft inc)
- ↘ Right-leaning lifted increase (rt inc)
- ⤴ 3-stitch decrease (3st dec)—Slip 2 sts together as if to knit, k1, pass the 2 slipped stitches over the knit st. The middle st lies on top.
- ↺ slip, slip, knit slipped stitches together (ssk), yarn to front (ytf), slip 1, yarn to back (ytb), turn, slip wrapped stitch to right needle
- ↻ purl 2 together (p2tog), ytb, slip 1, ytf, turn, slip wrapped stitch to right needle

