

# Head over Heels

Walking  
in Nature

Simple Socks



  
Stylecraft

## SIMPLE SOCKS BY STUART HILLARD

### MEASUREMENTS

#### Diameter around foot:

Small	Medium	Large
Approx. 19cm, 7½in	21.5cm, 8½in	22.5cm, 9in

### YOU WILL NEED

Head Over Heels Walking in Nature  
1 x 100g balls. Colours used:  
Promenade 3109, Dilly dally 3117,  
Wander 3127, Ramble 3125

### NEEDLES

1 set of 2.5 mm (UK 12 – USA 2)  
double pointed knitting  
needles. Stitch markers. Blunt  
needle for grafting the toe.

### TENSION

28 sts x 40 rows to 10cm, 4in,  
over-stocking stitch on 2.5mm  
needles or the size required to  
give the correct tension.

### ABBREVIATIONS

**cm** centimetre(s)  
**dpns** double pointed needles  
**g** grammes  
**in** inch(es)  
**k** knit  
**k2tog** knit two stitches together  
**mm** millimetre(s)  
**p** purl  
**p2tog** purl two stitches  
together  
**RS** right side

**sl** slip  
**ssk** slip next two stitches  
knitwise onto right hand  
needle. From the left, put the  
left hand needle into the front  
of slipped stitches and knit  
them together.  
**st(s)** stitch(es)  
**st-st** stocking stitch  
**tog** together  
**WS** wrong side

### Cuff

Using 2.5mm needles cast on 60 (64: 68)  
stitches divide them over 4 dpns. Join to  
work in the round being careful not to  
twist the stitches. Work in rib as follows:

**Round 1:** \*K2, p2, repeat from \* to end of  
round. Repeat this round 15 times more  
or until cuff is desired length.

### Leg

**Round 1:** Knit all stitches  
Repeat this round until the leg is 18cm,  
7in long including the cuff.

### Heel Flap

The heel flap is worked flat, back and  
forth over half the stitches. Leave the  
remaining stitches on the other dpns. You  
will be working the heel flap across the  
stitches you have just finished knitting.  
Arrange the next 30 (32: 34) sts on to one  
needle. Turn your work so the wrong side  
is facing you.

**Row 1 (WS):** Sl1, p29 (31: 33) and turn.  
30 (32: 34) sts.

**Row 2 (RS):** \*Sl1, k1, rep from \* to end of  
needle and turn.

Repeat these two rows 14 (15: 16) times  
more. The heel flap should have 30 (32:  
34) rows and should be roughly square.

### Heel Turn

**Row 1 (WS):** Sl1, p14 (16:18), p2tog, p1  
and turn.

**Row 2 (RS):** Sl1, k1 (3:5), ssk, k1 and turn.

**Row 3 (WS):** Sl1, p to 1st before the gap,  
p2tog, p1 and turn.

**Row 4 (RS):** Sl1, k to one st before the  
gap, ssk, k1 and turn.

Repeat rows 3 and 4 to continue shaping  
until you have worked all the stitches from  
the heel flap.

There will be 16 (18: 20) stitches on the  
heel flap. Now divide them evenly on 2  
needles so that you have 8 (9: 10) on  
each. These will now be called needles 1  
and 4.

### Gusset

**Needle 1:** Pick up and knit the 15 (16: 17)  
stitches down the side of the heel flap.

**Needle 2:** Knit 15 (16: 17).

**Needle 3:** Knit 15 (16: 17).

**Needle 4:** Pick up and knit the 15 (16: 17)  
stitches up the side of the  
heel flap. Knit across the remaining 8 (9:  
10) sts. 76 (82: 88) sts

### Round 1

**Needle 1:** Knit down the side of the heel  
flap until you are 3 sts away from the end  
of the needle, k2tog, k1,

**Needle 2 and 3:** Knit,

**Needle 4:** K1, ssk and knit to the end of  
the round.

**Round 2:** Knit all sts.

Repeat these two rounds until you have  
15 (16: 17) sts on each needle. Then  
continue without any more decreasing  
until the foot measures around 5cm, 2in  
shorter than the length of your foot.

### Toe

#### Round 1

**Needle 1:** Knit to the last 3 stitches, k2tog,  
k1,

**Needle 2:** k1, ssk, knit to the end of the  
needle,

**Needle 3:** As needle 1,

**Needle 4:** As needle 2.

**Round 2:** Knit all needles round.

Repeat these two rounds 5 more times. 9  
(10: 11) sts on each needle.

Now repeat round 1 until you have 4 sts  
on each needle. Knit the stitches on  
needle 1 again.

Cut the yarn, leaving a tail of 25cm, 9¾in  
and graft stitches together using Kitchener  
stitch. Weave in ends from the toe and  
cuff.

### Kitchener stitch as follows:

Thread yarn end through a blunt tipped  
needle. With the set of stitches with the  
yarn attached at the back, hold both  
needles parallel to each other in one  
hand.

Insert the needle into the first stitch on  
front knitting needle as if to purl, leave  
stitch on knitting needle before taking the  
needle through the first stitch on the back  
knitting needle as if to knit and leave  
stitch on knitting needle.

\*\* Take needle back through first stitch on  
front knitting needle as if to knit and slip  
off the knitting needle, take yarn through  
next stitch on this knitting needle as if to  
purl but leave on the knitting needle.  
Take needle back through the first stitch  
on the back needle as if to purl and slip off  
the knitting needle, take yarn through  
next stitch on this needle as it to knit but  
leave on the knitting needle.

Repeat from \*\* until all of the stitches  
have been worked, tightening up the  
sewn line as you work.

Take yarn to wrong side of work, fasten off  
and weave in all ends.

*Although every effort has been made to ensure  
that instructions are correct, Stylecraft cannot  
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