Basic Top-Down Ribbed Socks for Men

A man-sized basic ribbed sock pattern .

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The Knitting Lodge Resource Center



This sock project is suitable for a Beginner sock knitter. They are knit from the top down, with a ribbed cuff and leg, with the foot knit in stockinette stitch. The pattern is written to fit men's US sizes 7-10 (Small) or 10-12 (Large).. The leg length is 10" The cuff and leg is a traditional 2x2 ribbing, and the heel is a round heel flap.

Materials:

200g (450 - 550 yards) of a solid, tweed, or self-patterning sock yarn. A fingering weight superwash merino wool blend or cotton blend works best.

Set of 5, US size 2/2.75mm double pointed needles (or needle style of choice)

Abbreviations:

K = knit
P = purl
YO = yarn over to increase
K2tog = knit two stitches together to decrease
SSK = slip two stitches to the right needle and then knit them together through the back

Sizes Available

Men's Size 7-10 1/2 (Men's Size 11-13)



Instructions:

Cast on 72 (80) stitches loosely, and distribute over 3 double-point needles; with 18(20) stitches on Needle#1, 36(40) stitches on Needle #2, and 18(20) stitches on Needle #3. The round begins between Needles #1 and #3 at the back of the leg.

Cuff and Leg: Repeat the following until leg measures 8-10".
Every Round: *K2, P2*, Repeat from * to end of round.

Heel Flap:

Set up: You should now have 18(20) stitches on both Needles #1 & #3, and 36(40) Stitches on Needle #2.

Slip half of the Needle #2 stitches onto a spare needle. The stitches from Needle #2 now become the instep stitches and they will not be worked for the heel flap. They can rest on two needles to keep them out of the way until you pick them up again. With Needle #3, knit across all of the stitches on Needle #1. This places all heel flap stitches on one needle to be worked separately.

Foundation Row: With WS facing, Purl across the row..

Row 1: *SL1, K1*, repeat from * to the end of the row.
Row 2: SL1, Purl across to the end of the row..
Repeat Rows 1 & 2 until the heel flap has 36(40) rows, or half the number of cast-on stitches.



Round Heel Turn:
Row 1: Knit to the center of the heel, K2, SSK, K1, TURN.
Row 2: P4 to the center of the heel, P2, P2TOG, P1, TURN.
Row 3: Knit to the last stitch before the last turn (you will see a small gap), SSK, K1, TURN.
Row 4: Purl to one stitch before the last turn, P2TOG, P1, TURN.

Repeat rows 3 and 4 until the stitches are used up on both ends, ending with Row 4. Depending on the number of stitches in the heel flap, you may not have a stitch remaining after the decrease in the last two rows.

Gusset:
Set up:
Slip instep stitches back onto one needle.
Knit across to the center of the heel.

Round 1: With an empty needle, (Needle #1), starting at the center of the heel, knit the second half of the heel stitches, and continue to pick-up and knit 1 stitch for each slipped stitch along the side of the heel flap. You should pick up half the number of rows in the heel flap.
With Needle #2 Knit across..
With Needle #3 Pick up and knit 1 stitch for each slipped stitch along the second edge of the heel flap, and continue knitting to the center of the heel.

Round 2: Knit across all three needles.

Gusset Decreases:
Round #1. With a new needle, starting at the back of the heel, knit Needle #1 to the last 3 stitches, K2tog, K1. Begin Needle #2 with a new needle, and knit across. With Needle #3 K1, SSK, Knit across to back of heel.

Round #2: Knit across all three needles.

Repeat the last two rounds until Needles #1 and #3 are decreased to 18(20) stitches, or 25% of the cast on stitches.

Foot:
Knit across all three needles. Repeat until Foot measures desired length If you can measure the foot, measure from the back of the heel to the end of the smallest toe. If you cannot measure the foot, knit to 8.5" (9.5”) for a men’s foot.

Round Toe:
Set up: Knit one round. You should have 18(20) stitches on Needles #1 & #3, and 36(40) stitches on Needle #2.

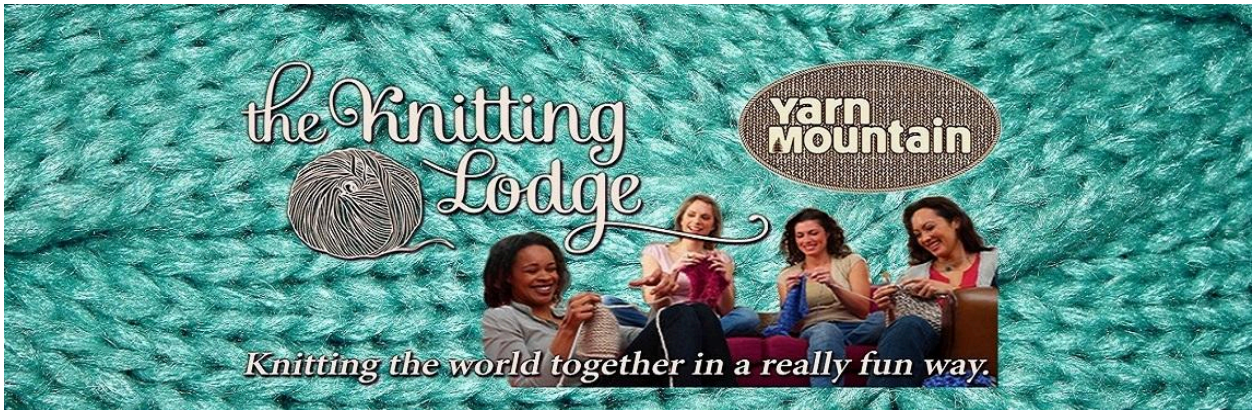
Round 1: Knit to last 3 stitches on Needle #1, K2tog, K1. On Needle #2, K1, SSK, Knit across to last 3 stitches, K2tog, K1. On Needle #3, K1, SSK, Knit across to the back of the heel.
Round 2: Knit across all three needles.

Repeat Rounds 2 and 3, until 8(10) stitches remain on Needles #1 and #3. 18(20) stitches (or approximately 1/2 of the cast on stitches) remain on Needle #2.

Begin decreasing every round by repeating Round 1 until only 4(5) stitches remain on Needles #1 and #3. 9(10) stitches (or 1/4 of the cast on stitches) remain on Needle #2.



Redistribute the stitches onto just two needles by using Needle #3 to knit across Needle #1. All of the stitches should now be evenly distributed across two needles. Cut an 18" tail and graft the toe using the Kitchener Stitch. Weave in ends. Congratulations!



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