

The Sole Solution

Construction: Top Down with 2 circular needles.
Cuff: 9 inches
Calculated Cuff Measurement: 9.14 inches.
Gauge: 7 stitches per inch (stockinette); 10 stitches per inch in pattern (stitch pattern is very stretchy)
Total Stitches: 64
Rib Stitches: 64; Rib Repeat: 2 sts.
Heel Style: Flap/Standard; Width: Standard; Stitch: Sl 1 K 1
Toe Style: Standard; Toe Shape: Standard
Needle Size: US 2 / 2.75 mm
Suggested Yarn: Lorna's Laces Sport



Pattern:

Stitch Pattern:

Multiple of 2 sts (R7)

Rnds 1-4: K1, p1

Rnds 5-8: P1, k1

	—	8
	—	7
	—	6
	—	5
—		4
—		3
—		2
—		1
2	1	

This pattern is designed for knitting socks on two circular needles using The Sole Solution sock design software and a pattern from The Knitter's Desktop Companion.

This stitch pattern is very stretchy and will fit most size legs. The staggered rib pattern really helps the socks fit snugly and not fall down your leg.

Ribbing and Leg:

Cast on 64 stitches. Join in a ring being careful not to twist. Mark join as the beginning of the round. Divide stitches over 2 needles. Begin knitting in K2, P2 ribbing pattern and knit circularly for approximately 2 inches. Knit one round even. Divide across needles. (32, 32) Beginning with Needle 1 and selected motif, knit leg in pattern until desired leg height is reached.

Begin Heel:

NOTE: Heel is worked in rows on 32 stitches.

Heel Pattern:

Row 1 *Slip 1, k1 repeat across from *

Row 2 Slip 1, purl across

Knit in heel pattern until you have 32 heel flap rows End with a purl row.

Turn Heel as follows:

Row 1: Sl 1, K17 sts, K2 tog, K1 turn

Row 2: Sl 1, P5 sts, P2 tog, P1, turn

Row 3: Sl 1, K6, K2 tog, K1, turn

Row 4: Sl 1, P7, P2 tog, P1, turn

Repeat rows 3 and 4, increasing 1 additional K or P stitch after the Sl 1 until all side stitches are consumed. End with a purl row.

Gusset:

Rnd 1: With needle 1, knit across heel flap. Pick up and knit 16 stitches from the side of the heel flap plus knit one stitch in the gusset corner. Knit in pattern across needle 2.

Rnd 2: Using a spare needle, pick up one stitch in the gusset corner and 16 stitches from the side of the heel flap. Using needle 1, knit these stitches. Knit the remaining stitches on needle 1 and knit in pattern across needle 2. Stitch count is (53, 32) respectively.

Gusset Decrease and Sock Foot:

Rnd 1:

Needle 1: K1, SSK, knit until the last 3 stitches k2 tog, k1.

Needle 2: Work in pattern around.

Rnd 2: Work in pattern around.

Repeat these 2 rounds until total stitches equal 64. Transfer stitches as necessary so that you have returned to your original stitch placement. (32, 32)

Sock Foot:

Continue knitting in stockinette on needle 1 and in pattern on needle 2 (if desired) until you are approximately 1 1/2 to 2 inches from the top of your longest toe.

Shape Toe:

Rnd 1:

Needle 1: K1, SSK, knit until the last 3 sts, K2 tog, K1

Needle 2: K1, SSK, knit until the last 3 stitches, k2 tog, k1.

Rnd 2: Knit around

Continue in this manner until you have approximately 24 stitches remaining or until sock has your desired toe shape. Graft toe closed.