

NURTURING FIBRES

Simple Socks



Colour used: Candy in SuperTwist Sock

Designed by Carlé Dehning for Nurturing Fibres

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PATTERN DIFFICULTY

Advanced Beginner

MEASUREMENTS

Pattern Size:

Fits most women, the foot can be adjusted in length.

MATERIALS

Nurturing Fibres SuperTwist Sock

1 skein of 320m/100g in Candy

1x Set of 2.50mm DPN's
Blunt tapestry needle for grafting
1x Stitch holder (or needle)
Scissors

ABBREVIATIONS

k2tog – knit two stitches together

p2tog – purl two stitches together

ssk – slip, slip, knit

st/s – stitch/es

INSTRUCTIONS



With 2.5mm needles, loosely cast on 60 sts and rib for 2cm. Divide stitches evenly over 3 needles and knit until leg measures approx. 20cm.

BACK OF HEEL

Knit 30 stitches onto 1 needle. Leave the other 30 stitches on

another needle or stitch holder.

Row 1: Turn work and slip 1 then purl the remaining 29 stitches.

Row 2: To create a reinforced heel, *slip 1, knit 1* repeat to the end of row.

Repeat Rows 1 & 2 another 14 times.

Repeat row 1 again.

TO TURN HEEL

Row 1: Slip 1, knit 15, k2tog, knit 1, turn.

Row 2: Slip 1, purl 3, p2tog, purl 1, turn.

Row 3: Slip 1, knit 4, k2tog, knit 1, turn.

Row 4: Slip 1, purl 5, p2tog, purl 1, turn.

Row 5: Slip 1, knit 6, k2tog, knit 1, turn.

Continue working like this: working 1 more stitch before each decrease (Knit or Purl 1 together) until all stitches are knitted and on 1 needle.

KNITTING THE GUSSET

With needle 1, pick up and knit 15 stitches down left side of heel flap.

Knit the 30 stitches from the stitch holder onto needle 2.

With needle number 3, pick up & knit 15 stitches up right side of heel flap and knit to centre of heel with the same needle.

Slip the remaining stitches onto the 1st needle. This is the beginning point of a row.

Row 1: Knit all stitches [77sts]

Row 2: Needle 1: knit to last 3 stitches, k2tog, knit 1. Needle 2:

knit. Needle 3: Knit 1, ssk, knit to end.

Repeat rows 1 and 2 until 61 stitches remain.

Next row: Knit

Next row: K2tog, knit to end [60 sts]

KNIT THE FOOT

Knit until foot is 1.5 cm shorter than desired length.

KNIT THE TOE

Row 1: Needle 1: Knit to last 3 sts, ssk, knit 1. Needle 2: Knit 1, k2tog, knit to last 3 sts, ssk, knit 1. Needle 3: Knit 1, k2tog, knit to end of needle 3.

Row 2: Knit

Repeat Rows 1 & 2 until 24 stitches remain.

FINISH UP

Graft the toes closed using the kitchener stitch.

ABOUT THE YARNS

SuperTwist Sock Yarn is a versatile yarn that is 100% merino wool from non-mulesed sheep. It has 320m to a skein and lovingly hand-dyed in South Africa.

Stockists of our yarn are listed on our webpage

www.nurturingfibres.com

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