

Basic Heel Flap Socks

By: PetYarn

This is a basic cuff-to-toe pattern for socks. There are plenty of patterns out there like this, but my reason for providing this one is so that I have a reference for myself. With that said, this sock is constructed with a French heel (which may mean nothing to you, but that's not important—it's a standard heel) and a basic toe. The pattern assumes that you have a basic understanding of sock construction, although I did take the liberty in places of giving stitch-by-stitch directions.

Note: Currently this pattern is only available in one size, which is roughly a women's medium. I will add other sizes in a later revision.

Materials:

- approximately 400 yards of a fingering weight yarn
For those on a budget, I have worked with **Berroco "Sox"** (1 skein; 440 yards; 75% superwash wool, 25% nylon) and **Plymouth "Happy Feet"** (2 skeins; 384 yards; 90% superwash wool, 10% nylon). Both were nice to work with and I've had good results. Berroco "Sox" softens up after a wash or two. *All images are Berroco "Sox" in the colorway #1477 "Kingston." Please note that this is a self-patterning yarn. I will likely change the images to a solid or variegated yarn when I have the chance.*
- US 1 / 2.25 mm or US 2 / 2.75 mm needles (DPNS or circulars—knitter's preference) to obtain gauge
- tapestry needle
- stitch markers (optional)
- waste yarn / stitch holders (optional)

Standard Abbreviations:

CO	cast-on
K	knit
K2tog	knit two stitches together
Ktbl	knit through the back loop
P	purl
P2tog	purl two stitches together
S	slip stitch purl-wise
SSK	slip, slip, knit (slip two stitches from your left needle to your right needle knit-wise, insert left needle back through the stitches from left to right, knit the two stitches together)



Gauge:

9 stitches x 12 rows per inch

Pattern:

Leg:

CO 64 stitches. Divide stitches evenly over your needles. Join to work in the round, being careful not to twist the work. You may wish to place a marker here to mark the beginning of the round (not necessary, but useful).

Work 1"-2" in 1x1 twisted ribbing as follows: *Ktbl, P*; repeat between * * around and around. I usually get sick of ribbing around 1 1/2" of ribbing, so I'd recommend at least making it that far.

Work in stockinette (K every stitch around and around...) until

you reach the desired length for the leg portion of your sock. If you have chosen a self-patterning yarn, be grateful because that'll keep this part much more interesting. I've found that I can get about 6-7" of stockinette in on the leg and still finish the socks with plenty of yarn to spare.

Heel Flap:

Arrange your stitches so that half (32 stitches) are on one needle, preferably with the beginning of the row at the center (see? That marker I told you to place earlier actually had a purpose). The other 32 stitches are not going to be worked for a little while now, so if you're worried about losing your stitches (DPN users), you might want to put your stitches on waste yarn or stitch holders.

The 32 stitches that have been moved to the single needle are now going to be worked in the round. On the right-side rows, *S1,K1* across. On the wrong-side rows, S1,P31. Repeat these two rows 15 times. Take note of the 15 slipped stitches (they're the long ones) along either edge of the heel flap.

Heel Turn:

Row 1 (RS): S1, K17, SSK, K1, turn.

Row 2 (WS): S1, P5, P2tog, P1, turn.

Row 3: S1, K6, SSK, K1, turn.

Row 4: S1, P7, P2tog, P1, turn.

Row 5: S1, K8, SSK, K1, turn.

Row 6: S1, P9, P2tog, P1, turn.

Row 7: S1, K10, SSK, K1, turn.

Row 8: S1, P11, P2tog, P1, turn.

Continue in this fashion, working one more stitch each time until all stitches have been worked. Then S1 and K across.

Gusset:

You may wish to place a marker here before continuing to divide the "heel" stitches from the "gusset" stitches.

Pick up the 15 slipped stitches along the nearest edge of the heel flap (with the inside of the flap facing you, this will be the left edge). Pick up the 16th "corner" stitch where the heel flap meets the instep as well (it will likely be a bit loose, so it should be easy to work). This will prevent a hole from forming in that corner.

Now we're going to start working the 32 stitches that were idle before, so put them back onto needles if they aren't already there. These stitches will form the instep. K across these 32 stitches.



If you are using DPNs, use a spare to pick up the remaining 16 stitches along the heel flap. Those of you knitting with circulars, pick up the 16 stitches with the circular needle holding your heel stitches and continue on your merry little way. In either method, you may want to place another marker to divide the heel stitches on this side. K across the heel.

On this round only, Ktbl the 16 gusset stitches. K across the instep. Ktbl the other 16 gusset stitches. K across the heel again. Now it's safe to remove those two heel stitch markers if you'd like.

*On the next row, knit to two stitches before the instep. K2tog. K across the instep. SSK the first two stitches on the other side of the gusset. K to end of round.

K entire round. *

Repeat these two rounds (* to *) until you have decreased to the original number of stitches (64). Those on circulars, you should have 32 stitches on either needle. Those with 5 DPNs, you should have 16 on each needle. I know this is basic math, but it's nice to have it written out explicitly, isn't it?

Foot:

K every round until the work is 1 ½" shorter than the desired finished length.

Toe:

By this point it should be clear where the sides of your foot are. I'm now going to call the 32 instep stitches the "top" stitches and the 32 gusset stitches the "bottom" stitches (guess where they are on your foot... just guess). Take note on your needles accordingly. The beginning of the row still should begin at the center of the bottom stitches. I've divided with brackets each row to help keep track of stitches. The brackets work in this fashion:

[bottom stitches], [top stitches], [bottom stitches]; (remaining stitches after round).

Row 1: [K13, K2tog, K1], [K1, SSK, K26, K2tog, K1], [K1, SSK, K13]; (60)

Row 2: K entire round.

Row 3: [K12, K2tog, K1], [K1, SSK, K24, K2tog, K1], [K1, SSK, K12]; (56)

Row 4: K entire round.

Row 5: [K11, K2tog, K1], [K1, SSK, K22, K2tog, K1], [K1, SSK, K11]; (52)

Row 6: K entire round.

Continue in this fashion, decreasing one stitch before and after the division between the top and bottom stitches, until you have 24 stitches left. You should end on row 20.

Rearrange the stitches so that you have the top 12 stitches on one needle and the bottom 12 on another.

Finishing:

Graft toe closed using kitchener stitch.

Weave in ends.



This pattern was created by the Pet Yarn. It is meant for personal use only. If you have any questions, feel free to contact me at petyarn@gmail.com or on ravelry™ as PetYarn.

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