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## **P/Hop Socks: Easy Ribbed DK Socks**

### **By Erssie Major**



These simple ribbed socks with standard toe and heel are ideal for a beginner's first sock and knit up quickly in a DK weight sock yarn.

### **Size**

Adult Extra Small (Small, Medium, Large, Extra Large)

Finished cuff circumference approx 7 ¼ (8 ¼, 9, 10, 11) inches or 18.5 (21, 22.75, 25.5, 27.94) cm

### **Materials**

100g or 272 yards (248 meters) DK Sock Yarn

1 set of 5 double pointed needles size US 6 (4mm), or size of needle you need to match the gauge given

2 Stitch markers, 1 wool darning needle

### **Gauge**

22 sts x 30 rows over 4 inches (10 cm) in stockinette (stocking stitch).

I.e. there should be either 5.5 sts per inch (or 2.2 sts per cm if working in metric).

## Pattern Notes

**Sock Details:** This sock is made using a very simple K4, P1 rib.

It is knitted from the cuff downwards. The heel is made by making a flap in a standard slip stitch rib pattern and then picking up stitches for the instep.

The toe is a simple wedge toe which is grafted using Kitchener stitch but full explanations will be provided. If you are a beginner to sock knitting you should be able to cope with this pattern and we have provided an extra information sheet for you to explain how socks are constructed (see end of Pattern).

**Swatching:** I would suggest casting on around 30 stitches for your gauge swatch and knitting around 30 rows to get a sample big enough to measure the gauge. Some people struggle with gauge and ignore swatching altogether although I don't recommend this. However, if you ignored swatching and cast on for a sock but find it does not fit and you can't adjust your gauge, you can to experiment with going up or down needle sizes to adjust.

## Special Stitches

**Single Rib:** K1, P1 around (every rnd) for the ribbing at top of cuff.

**Wide Rib:** K4, P1 around (every rnd) for main pattern stitch ribbing on leg and top of foot.

## Cuff

Using DK sock yarn and size US 6 (4mm) double pointed needles CO 40 (44, 50, 54, 60) sts and join into a round, taking care not to twist stitches.

Knit a cuff in single rib as follows:

**Rnd 1:** \*K1, P1; rep from \* to end.

Rep this rnd for 6 (6, 6, 8, 8) rnds in total, in sizes Small and Large only, increasing 1 stitch anywhere on the last rnd by using an M1 type of increase (i.e. pick up the strand between current stitch and next stitch, and knit into the back of it). **[40 (45, 50, 55, 60) sts].**

## Leg

Now knit the main part of the sock in wide rib as follows:

**Rnd 1:** \*K4, P1; rep from \* to end.

Rep the above rnd of rib until cuff measures 6 inches (15 cm) or desired length from the beginning, i.e. the place where you cast on.

## Heel Flap

Now you will need to divide your stitches so that some of them are put to one side for knitting the top of the foot later, and only part of your stitches will be used now to make a Slipped Stitch Heel Flap.

From beg of rnd, [K4, P1] 3 (3, 3, 5, 5) times, K4, turn. **[19, 19, 19, 29, 29) sts.**

These stitches just worked are for the heel

Leave rem **21 (26, 31, 26, 31) sts** on a stitch holder or on other needles for working on the front of the foot later.

Working only on the 19 (19, 19, 29, 29) heel stitches sts just worked, knit back and forth in rows to form a heel flap as follows:

**Row 1:** (WS): Sl 1 p-wise, p to end.

**Row 2:** (RS): Sl 1 p-wise, \*Sl 1, K1; rep from \* to end.

Rep the above 2 rows until the heel flap is 23 (23, 25, 27, 27) rows in length from start of slipped stitch heel pattern, ending on a WS row.

## Turn Heel

Shape the heel into a cup-shape by turning the heel as follows:

**Set Up:** Sl1 P-wise, K8 (8, 8, 13, 13) sts, place marker, K3 (3, 3, 4, 4), SSK, turn.

**Row 1:** Sl1 P-wise, P to marker, slip marker, P2 (2, 2, 3, 3), P2tog, turn.

**Row 2:** Sl1 P-wise, K to marker, slip marker, K3 (3, 3, 4, 4), SSK, turn.

Keep repeating Rows 1 & 2 until each of the heel stitches each side have been incorporated into the middle of the heel and there are only 7 (7, 7, 9, 9), sts in total left.

## Instep

Now you will need to knit across your heel stitches, and pick up stitches down the left side of the heel flap, across the front of the foot (on stitches previously put to one side), up the right side of the heel flap, and then join back into the rnd with the heel. Do this as follows.

**Next Rnd:** K across all 7 (7, 7, 9, 9) sts of the heel (removing the marker placed during heel shaping), PU & K 12 (12, 13, 14, 14) sts down the side of the heel flap, place a marker, P1, [K4, P1] 4 (5, 6, 5, 6) times across the front of the foot, place another marker, PU & K 12 (12, 13, 14, 14) sts up the other side of the heel flap place marker here for beg of rnd.

There should now be a total of **52 (57, 64, 63, 68) sts**.

There should be a marker either side of the front of foot. Just check that inside each marker, at each end of the front of foot stitches, there is a purl stitch.

## Shape Instep/Gusset

Next you will need to decrease stitches either side of the foot, to shape a gusset that will bring your stitch numbers back to more or less what you had on the leg. Do this as follows:

**Rnd 1:** K to 3 sts before 1<sup>st</sup> marker, K2tog, K1, slip marker, P1, [K4, P1] 4 (5, 6, 5, 6) times across the front of the foot, slip marker, K1, SSK, K to end of rnd.

**Rnd 2:** K to marker, slip marker, P1, [K4, P1] 4 (5, 6, 5, 6) times across the front of the foot, slip marker, K to end of rnd.

Rep these 2 rnds until only **40 (45, 50, 55, 60) sts** remain.

## Foot

Continue working foot with no decreases (exactly as rnd 2 above on instep) until foot is desired length minus approx 1.5 inches or 4 cm.

## Toe

All of the toe will be in stockinette (stocking stitch) so the top of foot pattern stops here.

**For sizes Small & Large only**, you need to decrease a stitch so that there is an even number of stitches for the toe. Do this as follows:

### Extra Small, Medium and Extra Large Sizes Only

K1 rnd with no decreases.

### Small & Large Sizes Only

**Next rnd:** K to marker, remove marker, SSK, K to next marker, remove marker, knit to end of rnd. One stitch is decreased.

This should mean your stitch count should now be **40 (44, 50, 54, 60) sts** in total K 2 more rnds straight (i.e. no decreases in stockinette (stocking stitch)).

Divide your stitches so that there are 20 (22, 25, 27, 30) sts for the top of foot, and 20 (22, 25, 27, 30) sts for the bottom of the foot. Put one marker at the beginning of the top of foot and mark this as new beg of rnd and one marker at the end of the top of foot stitches. Knit around to the beginning of the top of the foot stitches i.e. your new beginning of rnd, and decrease for toe shaping as follows.

**Next rnd:** \*K1, SSK, K to last 3 sts before 1<sup>st</sup> marker, K2tog, K1, slip marker, rep from \* to end of foot/second marker.

Rep above rnd until 20 (22, 22, 24) sts remain.

To close the toe you will need to graft top and bottom stitches together using Kitchener Stitch. This is quite easy even if the name sounds scary. This is how you do it:

### **Kitchener Stitch (to graft the toe seamlessly)**

If this is your first time using Kitchener Stitch, don't be put off because the process is fairly simple provided you complete the set up and methodically carry out the steps below. Find a quiet time to sit and concentrate without disturbance and carry out the whole process in one go i.e. without interruption.

#### **Set up**

Put 10 (10, 11, 11, 12) sts from top of foot onto one dpn/needle

Put 10 (10, 11, 11, 12) sts from bottom of foot onto another dpn/needle

Hold stitches/needles parallel to each other with needles side to side and WS of the knitting together with RS facing outward and the tail of yarn hanging from the 1<sup>st</sup> stitch of the back needle.

**You will need to carry out these first two set up steps on the 1st stitch on each needle only**

**Set Up 1.** Thread yarn tail through tapestry needle and pull needle/yarn through 1st stitch on needle at front purl-wise and leave stitch on needle.

**Set Up 2.** Now take needle and yarn through 1st stitch on back needle knit-wise and leave stitch on needle.

**You are now ready to start working Kitchener Stitch and grafting all other stitches as normal:**

Still holding the two needles with stitches parallel, and working 1st stitch from the front, threading through the 2nd stitch then working 1st stitch from the back and threading through 2nd stitch carry out **Steps 1 - 4** below pulling yarn slowly as you go, to ensure an even tension.

#### **Front needle:**

**Step 1:** Thread yarn/needle through 1st st knit wise pull stitch off needle.

**Step 2:** Thread yarn/needle through next st purl wise leave st on the needle.

#### **Back needle:**

**Step 3:** Thread yarn/needle through next st purl wise pull stitch off needle

**Step 4:** Thread yarn/needle through 1st st knit wise leave st on needle

#### **Repeat from Steps 1-4 until all sts off needles**

Readjust stitches/tension by pulling yarn slowly to tighten to the same tension as the other knitted stitches. On the last stitch of the toe take yarn to WS of work and secure and weave in. You should now have a neatly grafted toe with invisible seam and continuous fabric of knit stitches flowing from the upper foot around the toe and along the bottom of the foot.

### **Finishing**

Weave in all of your ends and hide on the WS of the work. Launder socks by hand in lukewarm water and spread socks out on a flat surface and leave to dry naturally.

## Abbreviations (A - Z)

Beg: Beginning

Cont: Continue

Dpn: Double pointed needle

K: Knit

K2tog: Knit 2 together (decreases 1 stitch)

K-wise: Knit wise

LH: Left hand

P-wise: Purl wise

P: Purl

PU & K: Pick up and knit (usually from an edge)

Rem: Remaining

RH: Right hand

Rnd: Round

Rep: Repeat

RS: Right side

SSK: Slip 1 k-wise, slip next st k-wise, then knit both slipped sts together by inserting tip of LH needle into sts then knitting off the RH needle (decreases 1 stitch)

St st: stockinette (stocking stitch)

St(s): stitch (es)

Tbl: through back of loop(s)

WS: Wrong side

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