

Simple Stockinette, Diabetic-Friendly Socks
by
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What follows is my basic sock pattern. It is a French Vanilla Pattern, meaning simple but stylish, but it is better suited to those who have knitted socks before, as the directions will be somewhat minimal, compared to a beginner's pattern.

I've designed these socks to be soothing to diabetic feet - the purl bumps are on the *outside* of the sole and heel, and the larger gauge ensures no "squeezies". I also chose a round toe as A) I think it's roomier and more comfy and B) I *loathe* grafting!

Size: Women's 8-9

Yarn: Cascade Fixation, 2 balls (Sock in photo is #9862, "Painted Mountain")

Needles: Set of 4 size 4 (3.5 mm) double pointed needles.

Tapestry needle for weaving in ends, stitch marker to mark beg of rnd, stitch holder for heel, if desired.

Gauge: 11 rounds = 1" in stockinette stitch

Abbreviations: BEG - Beginning

K - Knit

NDL - Needle

P - Purl

RND - Round

SKP - Slip 1 stitch as if to knit, knit the next stitch, pass the slipped stitch over
(Slip, Knit & Pass)

ST - Stitch

Cast on 52 sts

Work in K2, P2 ribbing for 10 rnds (1")

Arrange sts on needles: 17-18-17

Switch to stockinette stitch for 4" more - total leg/cuff length = 5"

Heel flap: Knit across 17 sts on 1st needle and 9 sts on 2nd needle. Put the other 26 sts on 2 needles, 13 sts each for now, or a stitch holder, if you prefer.

Knit one row plain on 26 heel sts.

Put the other 26 sts on 2 needles (13 on each) for now. Begin heel stitch (remember, it's "inside out" for diabetic friendliness):

Heel stitch: Row 1 - sl 1 as if to knit, purl across to last st, k in back loop of last st, turn.
Row 2 - sl 1 as if to knit, k across row to last st, k in back loop of last st, turn.

Continue 2 rows of heel st until flap is 2 1/4" long, ending just having worked a purl row.

Turn heel: Row 1 - Sl 1, K 17, sl 1, k1, PSSO, turn.
Row 2 - Sl 1, P 10, p2 tog, turn.
Row 3 - Sl 1, K to gap, SKP, turn.
Row 4 - sl 1, P to gap, P 2 tog., turn.

Work rows 3 & 4 until all heel sts have been worked. Now start the gusset:

Put the instep sts all on one needle.

Purl across the remaining heel sts.

With a new needle, pick up and knit an even number of the sl 1 "loops" down the side. (Needle 1)

Using another new needle, Knit the instep stitches. (Needle 2)

Using another new needle, pick up the same number of "loops" as you did for the 1st side of heel, then knit across half the remaining heel sts with that same needle. (Needle 3)

Slip last 6 heel sts onto Needle 1.
Begin Decreases:

Needle 1: Purl to last 3 sts, P 2 tog, K1.
Needle 2: Knit across.
Needle 3: P 1, P 2 Tog, P to end of needle.

Next Round: P across Ndl 1, K across Ndl 2, P across Ndl 3.

Alternate decrease & plain rounds until you are back to 52 sts.

Foot: Repeat plain gusset row – (P across Ndl1, K across Ndl 2, P across Ndl3) until foot is 8.5" from heel, or 2.5" shorter than final desired foot length. Begin toe (I discontinue the reverse stockinette here):

Rnd 1: K 11, K 2 tog. Rep around.
Rnd 2: Knit
Rnd 3: Knit 10, K 2 tog. Rep around.
Rnd 4: Knit
Rnd 5: Knit 9, K 3 tog. Rep Around
Rnd 6: Knit

Continue to decrease by one more st each dec rnd, until toe has 8 sts. Cut yarn, leaving 6" tail. Pull tail through rem. sts twice, pull tail through to wrong side of sock, weave in end.

Now make another!

Heel, Gusset & Sole Detail:

