

Ladders Sock

by Deb Barnhill



SIZE

To fit an adult woman's foot

FINISHED MEASUREMENTS

Length: to fit (sock shown measures 10.5 inches and fits a woman's size 11 foot)

Circumference around leg: 7 inches (unstretched)

Circumference around foot: 7.5 inches (unstretched)

MATERIALS

Opal Prisma [75% superwash wool, 25% polyamid; 425 m per 100g skein]; shown in shade 1195; 1 skein

2 20-inch US #1/2.5mm circular needles

GAUGE

34 sts/42 rows = 4" in stockinette stitch

40 rows = 4" in ladder pattern; one ladder measures just shy of an inch in width when very gently stretched

PATTERN NOTES

This pattern is worked on two circular needles. If you prefer, you may use the "Magic Loop" technique, or on double-point needles (dpns). If you use dpns, divide the stitches between the needles in multiples of 7.

ABBREVIATIONS

dy0:

Double yarn over

Ladder st (worked over a multiple of 7 stitches)

k1, k1 tbl, drop dyo from previous row, dyo, k1 tbl, k1

cdd (centred double decrease):

Slip next 2 sts together as if to k2tog. K next st, pass slipped sts over.



DIRECTIONS

Cast-on

Cast on 35 stitches onto each of 2 circular needles. Join in the round, taking care not to twist.

Work 1.5 inches k1, p1 rib. Work 1 round stockinette stitch.

Leg:

First set up round (same for both needles):

(k1, k1 tbl, sl1, k1, pssso, k1, sl prev st over, k1, sl prev st over, k1) x 5

After this round, each seven st repeat will consist of two sts on each side, with an opening similar to a buttonhole in the center.

Second set up round (same for both needles):

(k1, k1 tbl, dyo, k1 tbl, k1) x 5

Next round (same for both needles):

Work in ladder st

Continue working ladder st on both needles, until leg measures desired length.



Place waste yarn:

Next round:

Needle 1: (k1, k1 tbl, drop yo from previous row, cast on 3 sts over gap, k1 tbl, k1) x 5

Needle 2: Continue in ladder st



Next round:

Needle 1: Work in stockinette stitch

Needle 2: Continue in ladder st

Next round:

Needle 1: Allow working yarn to dangle, but do not cut. With a length of contrasting waste yarn, k sts from this needle. Return to beginning of needle and working yarn; k across with working yarn.

Needle 2: Continue in ladder st

Foot:

Continue foot, working stockinette on needle 1 and ladder st on needle 2, until foot measures 1.5 inches shorter than the desired heel-to-toe length.

Toe:

Next round:

Needle 1: Work in stockinette st

Needle 2: (k1, k1 tbl, drop yo from previous row, cast on 3 sts over gap, k1 tbl, k1) x 5

Next round:

Work stockinette st on both needles

Next round (same for both needles):

k2, ssk, k to last 4 sts, k2tog, k2

Next round:

Work stockinette st

Repeat these two rounds five times more. 23 sts on each needle

Work decrease round six more times. 11 sts on each needle.

Graft toe. Weave in end.



Hitchhiker heel:

Hold the sock with the waste yarn row facing up and the sock toe pointing towards you. Thread your first needle into the right loop of each of the sts below the waste yarn row. 36 sts on needle 1.



Turn the sock so the waste yarn row is facing up and the sock toe is pointing away from you. Thread the second needle into the right loop of each of the sts below the waste yarn row. 35 sts on needle 2.

Pull out the waste yarn. If you choose to help this process along by cutting the waste yarn, take care not to cut any sts of the working yarn.

Shift first 18 sts from beg of needle 1 to end of needle 2.

Shift first 18 sts from beg of needle 2 to end of needle 1.

The beginning of the round is now located at bottom center. At this stage, your heel will look very “gappy”, as you have yet to pick up the extra stitches at the corners of the heel cup. Fret not, as this will be remedied when the initial heel rounds are worked.

Needle 1: k18, m1 at corner, k to end of needle. 37 sts on needle

Needle 2: kfb, k16, m1 at corner, k to end of needle. 37 sts on needle

Next round (same for both needles): k17, cdd, k to end. 35 sts on needle

Next round: Work in stockinette st

Next round: k16, cdd, k to end. 33 sts on needle

Next round: Work in stockinette st

Next round: k15, cdd, k to end. 31 sts on needle

Next round: Work in stockinette st

Continue working heel in this manner, working one fewer st before the cdd on each decrease round, and alternating with rounds of stockinette. Continue until 13 sts remain on each needle, ending with a decrease round.

k first 6 sts from needle 1 onto needle 2. Shift last 6 sts from needle 2 to needle 1. 13 sts on each needle. The yarn is now situated at the side of the sock. Graft heel opening. Weave in end.