

Alien Superhero Socks

by Mary Pat McGurk

Sizes: Foot circumference relaxed/stretched:
Newborn – 4.5 /6 inches (11/15cm); X-small
4.75/6 inches (12/15cm); S – 5.5/7.5 inches
(15/19cm); M – 6.25/8.25 inches (16/21cm); L –
6.75/8.75" (17/22cm). Foot length can be modified.
Consider knitting one size up as young children's
feet grow quickly.

Yarn: Fingering weight (14wpi); Newborn MC
68yds (62 m) / CC 30yds (28m); X-Small MC
92yds (84m) / CC 32yds (30m); Small MC 92yds
(84m) / CC 60yds (55m); Medium MC 120yds
(110m) / CC 60yds (55m); Large MC 127yds
(117m) / CC 70yds (64m)



Needles: US 1 (2.25mm) and US 1.5 (2.50mm) or sizes to get gauge knitting leg/instep chart in the round. Magic loop or knitting on two circulars is recommended.

Gauge: 18sts and 18rows = 2" (5cm)

Extra Notions: several stitch markers, needle for grafting

Techniques used: Double Strand Double Start Cast On, stranded knitting, float management, decreasing stiches using MC/CC, Kitchener stitch

Abbreviations and stitches:

MC – main color
CC – contrasting color
LN – larger needle
SN – smaller needle
N1 - Needle 1

N2 - Needle 2
BOR – beginning of round
RS – right side of fabric
WS – wrong side of fabric
Pm – place marker

sl – slip stitch purl wise
M1 – make 1 stitch
SM – slip marker
SSK – slip, slip, knit
K2tog – knit two stitches together

A word about the charts...

The newborn and extra-small sock sizes each has its own leg/instep chart. The small, medium and large sock sizes share a chart. All sizes use the same sole chart. Each row of the chart represents one round while knitting the leg. Beginning with the gusset set up and gusset decreases, the leg/instep chart is only used for knitting the instep. Written directions are provided for the heel flap, heel round, gusset set-up, gusset decreases and toe shaping.

Sizing Note: To accommodate the 5 sock sizes, needle size changes occur and stitch counts for sock segments may increase or decrease. Those adjustments will be noted in bold type or clearly written out. Read directions carefully for each size knit. An “**LN**” references use of larger needle size; “**SN**” references use of smaller needle size.

Cast On

Using MC cast on 36**LN** (40**SN**, 44**LN**, 48**LN**, 52**SN**) stitches using any stretchy cast on. Test socks used the Double Strand Double Start Cast On. Join to knit in the round.

Cuff

K2, p2 in the round for 7/8 (7/8,1, 1 1/4, 1 1/2 inches) / 2.2 (2.2, 2.5, 3.2, 3.8cm) from cast on edge.



Leg

Newborn

Using **SN**'s knit 2 rounds with MC. Join CC to knit in the round. Knit **Newborn Chart** through row 15.

Extra Small (XS)

Using **LN**'s knit one round with MC, decreasing evenly 4 stitches. (36 stitches remain). Knit 1 additional round. Join CC to knit in the round and knit rows 1-22 of **X-Small Chart**.

Small (S)

Using **SN**'s knit one round with MC, increasing evenly 4 stitches. (48 stitches) Knit 1 additional round. Join CC to knit next row as follows: K3CC, (K6MC, K6CC) three times, K3MC. Knit rows 13-33 of **S,M,L Chart**.

Medium (M)

Using **SN**'s knit 2 rounds with MC (48 stitches). Join CC to knit in the round rows 1-34 of the **S,M,L Chart**.

Large (L)

Using **LN**'s knit one round using MC, decreasing evenly 4 stitches (48 stitches). Knit 2 additional rounds. Join CC to knit in the round rows 1-33 of the **S,M,L Chart**.

Heel

Heel flap set up rounds:

Newborn– Arrange stitches so 18 are on N1 and 18 on N2. No set up needed.

XS - Arrange stitches so 18 are on N1 and 18 on N2. Continue knitting in the round row 23 increasing 2 stitches near each end of N2 (18 stitches on N1, 20 stitches on N2).

S- Arrange stitches so 24 are on N1 and 24 on N2. Continue knitting in the round row 34 decreasing 1 stitch near each end of N2. (24 stitches on N1, 22 stitches on N2)

M - Arrange stitches so 24 are on N1 and 24 on N2. No set up needed.

L - Arrange stitches so 24 are on N1 and 24 on N2. Continue knitting in the round row 34 increasing 2 stitches near each end of N2. (24 stitches on N1, 26 stitches on N2)

Heel flap construction:

Turn work (WS facing) and begin to knit heel flap using MC.

Row 1: Sl1, purl to end. Turn work.

Row 2: Sl1, *k1, sl1*, repeat from * across ending with k1. Turn work.

Row 3: Sl1, purl to end. Turn work.

Work rows 2 and 3 for 6(10, 12, 14, 16) more rows.

Turn heel:

Work in short rows over heel flap stitches beginning with RS facing.

Row 1: sl1, k12 (12, 14, 15, 16) SSK, turn

Row 2: sl1, p 8 (6, 8, 8, 8) p2tog, turn

Row 3: sl1, k 8 (6, 8, 8, 8) SSK, turn

Repeat rows 2 and 3 until all stitches are used and there are 10 (8, 10, 10, 10) stitches on N2.

Gusset

NOTES:

For some sizes, it might be suitable to pick up an additional stitch where the instep meets the heel flap. If that's the case, do not include the extra stitch in the numbers provided below. Immediately close off the stitch in the next round of knitting.

From here on, refer to the N1 portion of leg/instep chart to knit the instep stitches. The sole chart for setting up and knitting the gusset and sole applies to N2. Gusset decreases occur to either side of the center sole. For some sock sizes there may be as few as zero decrease rounds. Carefully place markers where indicated while working through the gusset set-up directions.



Some decrease rounds will not have a pinstripe, or the pinstripe was eliminated with the decreases. When there are no longer pinstripes to knit, omit the direction's reference to working the pinstripes.

When only 2 stitches remain between the 1st and 3rd heel markers, the final decreases are managed slightly differently as described below:

Penultimate gusset decrease: Knit sole chart to marker, SM, sl 1 stitch, remove center marker, return slipped stitch to left needle, k2tog, sl marker, knit to end of N2.

Final gusset decrease: Knit sole stitches to 2 stitches before marker. Slip one stitch to right needle remove marker. Return slipped stitch to left needle, SSK, remove remaining marker, knit to end of N2.

Pro-Tip: Gusset decreases in stranded knitting are executed with just one color. Think of the two stitches as a pair, "one stitch to the left, one stitch to the right". When a decrease is a k2tog, knit the decrease with the yarn that is the same color as the stitch to the left of the pair. When the decrease is an SSK, knit the decrease with the same color yarn as the stitch to the right of the pair.

Gusset Set-up:

- With RS facing, continuing with MC, knit first 5 (4, 5, 5, 5) heel round stitches. Place "center" heel marker. Knit remaining 5 (4, 5, 5, 5) heel round stitches. Pick up and knit 4 (6, 8, 8, 10) stitches along first heel flap edge. BOR.
- Pick up the CC yarn and resume kitting instep stitches as charted. Referring to the sole chart, pick up and knit in pattern 4 (6, 8, 8, 10) heel flap stitches, then knit first 5 (3, 4, 4, 2) heel round stitches. PM. Up to this point, there should be 3 (3, 4, 4, 4) repeats of the sole chart pattern knit.
- Knit next 0 (2, 2, 2, 6) heel round stitches in pinstripe (CC, MC) slipping the center heel round marker as you knit. **Pm**. There will be 0-6 stitches between the 3 markers depending on sock knit.
- Continue with row 1 of the sole chart, knitting 3 (3, 4, 4, 4) repeats of the three-stitch pattern to complete second half of gusset set-up round. 18 (20, 26, 26, 30) stitches set up on N2.

Gusset Decreases:

Knit the Gusset decrease rounds for the XS, S, M and L socks as follows. (No gusset decreases are needed for the Newborn sock.)

Gusset decrease round 1: BOR.

N1: Knit next row of leg/instep chart

N2: Knit row 1 of sole chart to first gusset marker, SM, knit in established pinstripe to center heel marker, SM, k2tog, knitting in established pinstripe (if any stitches remain before last heel marker); continue knitting **row 1** of sole chart to BOR. (As part of the start of the gusset, the Row 1 sole chart repeats only this first full round.)

Gusset decrease round 2:

N1: Knit next row of leg/instep chart.

N2: Knit next row of sole chart to first gusset marker. SM. (If remaining, knit in pinstripe to 2 stitches before center heel marker, SSK, SM, continue pinstripe if remaining, SM, knit next sole row.)

Gusset decreases are complete when 18 (18, 24, 24, 24) stitches remain on each N1 and N2.

Foot

Continue working leg/instep and sole charts through rounds 41 (61, 67, 67) Cut CC. With MC knit one plain round. If additional length is needed before beginning toe, knit plain rounds until $\frac{3}{4}$ (1 $\frac{1}{2}$, 1 $\frac{1}{4}$, 1 $\frac{1}{2}$, 1 $\frac{1}{2}$ inches) / 1.9 (3.8, 3.2, 3.8, 3.8cm) from finished sock length.

Knit to gauge, foot length of sock is measured beginning from beginning of the heel turn to end of toe. Finished sock foot measurement as knit is 3.9in/10cm (4.75in/12cm, 5.4in/13.5, 6.25in/16, 6.75in/ 17 cm). **In the case of the newborn sock, it is recommended to begin toe shaping at the start of row 40 to achieve the pattern's foot length. Measure while knitting. Individual socks can similarly begin their toe shaping if end of chart has not been reached. This allows the instep motif to continue while getting to the desired length.**



Toe

Round 1 – Decrease round

N1: K1, SSK, work to last 3 stitches, k2tog, k1

N2: K1, SSK, work to last 3 stitches, k2tog, k1

Round 2: Knit one round plain.

Repeat Rounds one and two 1(2, 4, 4, 5) time(s) more.

Knit decrease round only until 8 stitches remain. Graft together to close toe using Kitchener stitch.

Finishing

Work the second sock. Weave in ends on both socks.

Resources:

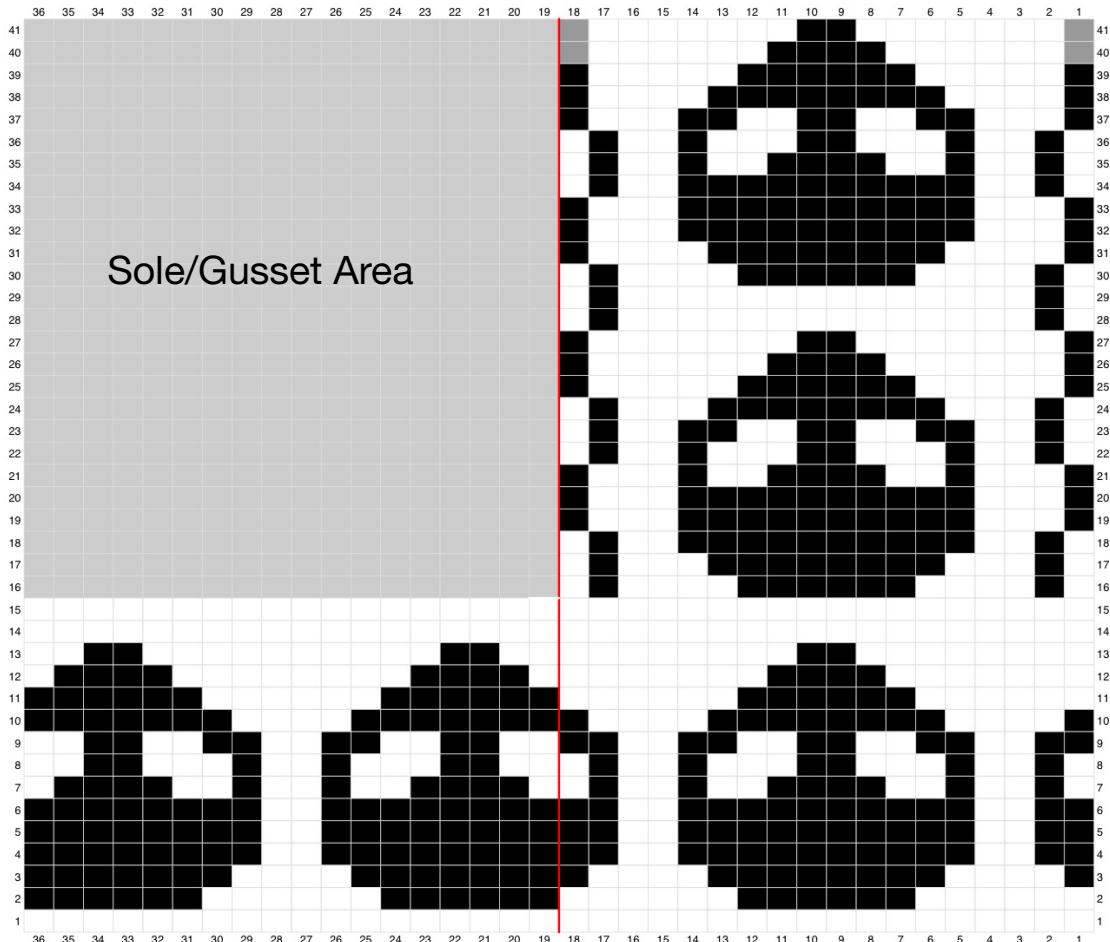
Double Strand Double Start Cast On (stretchy cast on that makes it easier for young children to remove own socks: https://youtu.be/1itkz_TOyo4

Float Management using Jacquard Ladders:

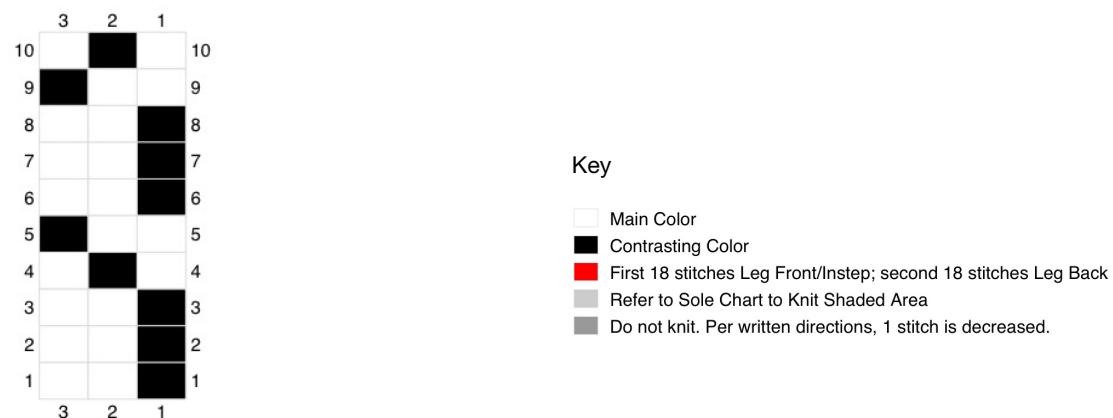
Jacquard Invisible Floats: <http://www.ravelry.com/groups/chubby-chic-knits/pages/Jacquard-Invisible-Floats>

Elisabeth White LBJ demo video - <https://vimeo.com/232890163>

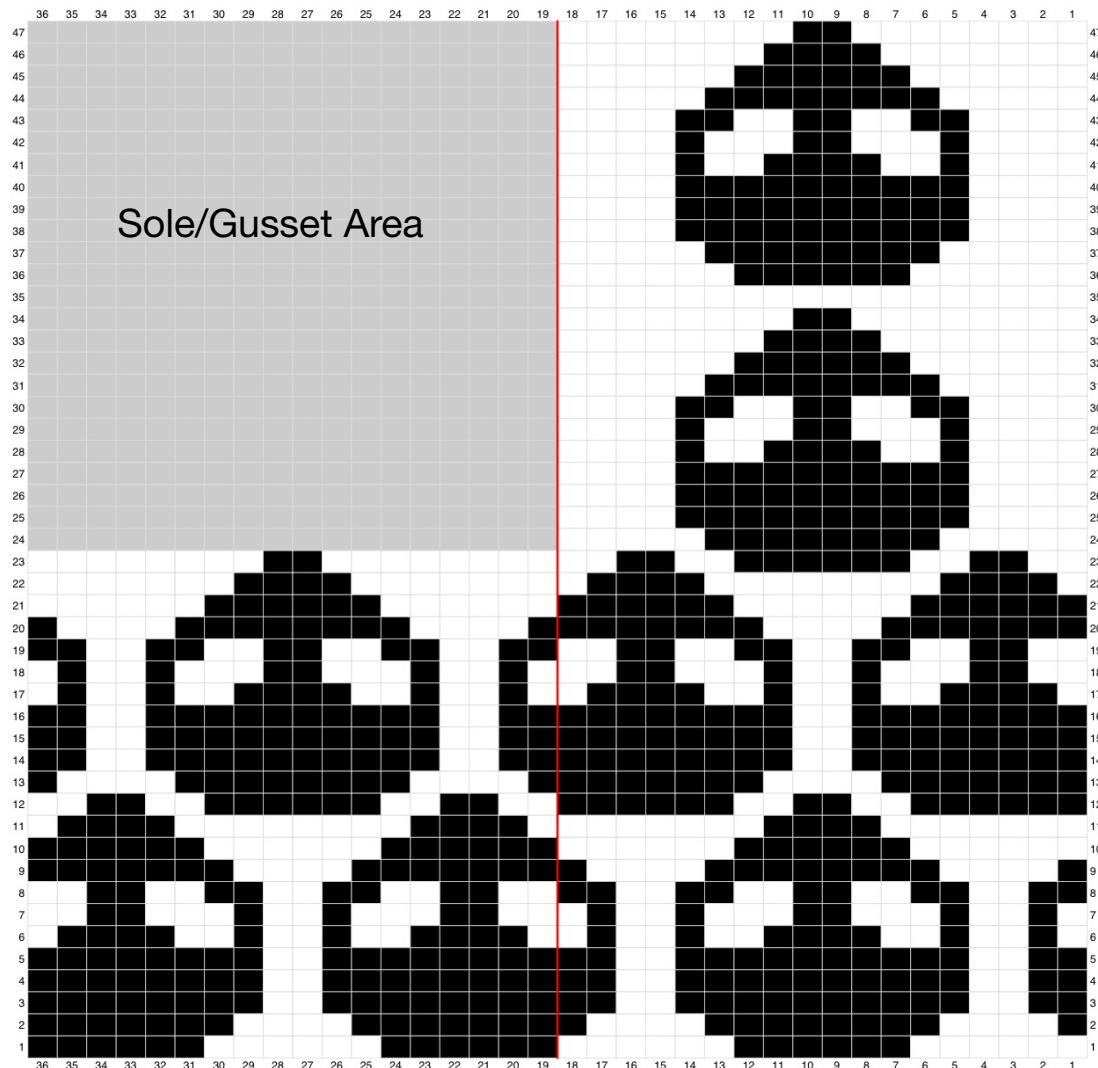
Newborn Leg/Instep Chart



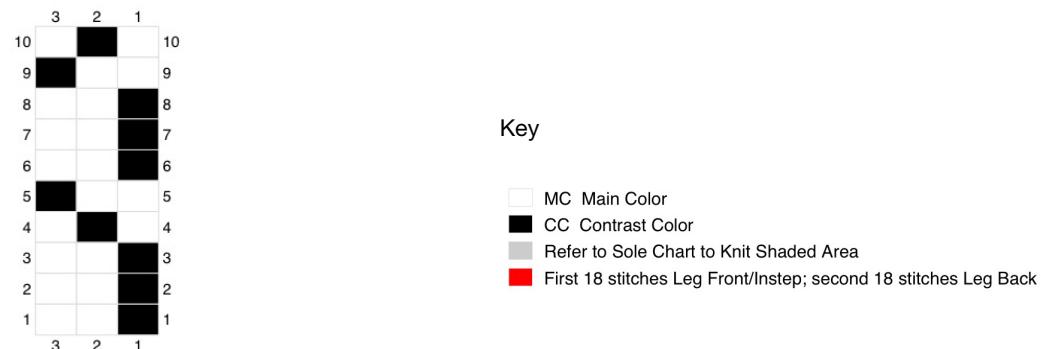
Gusset/Sole Chart



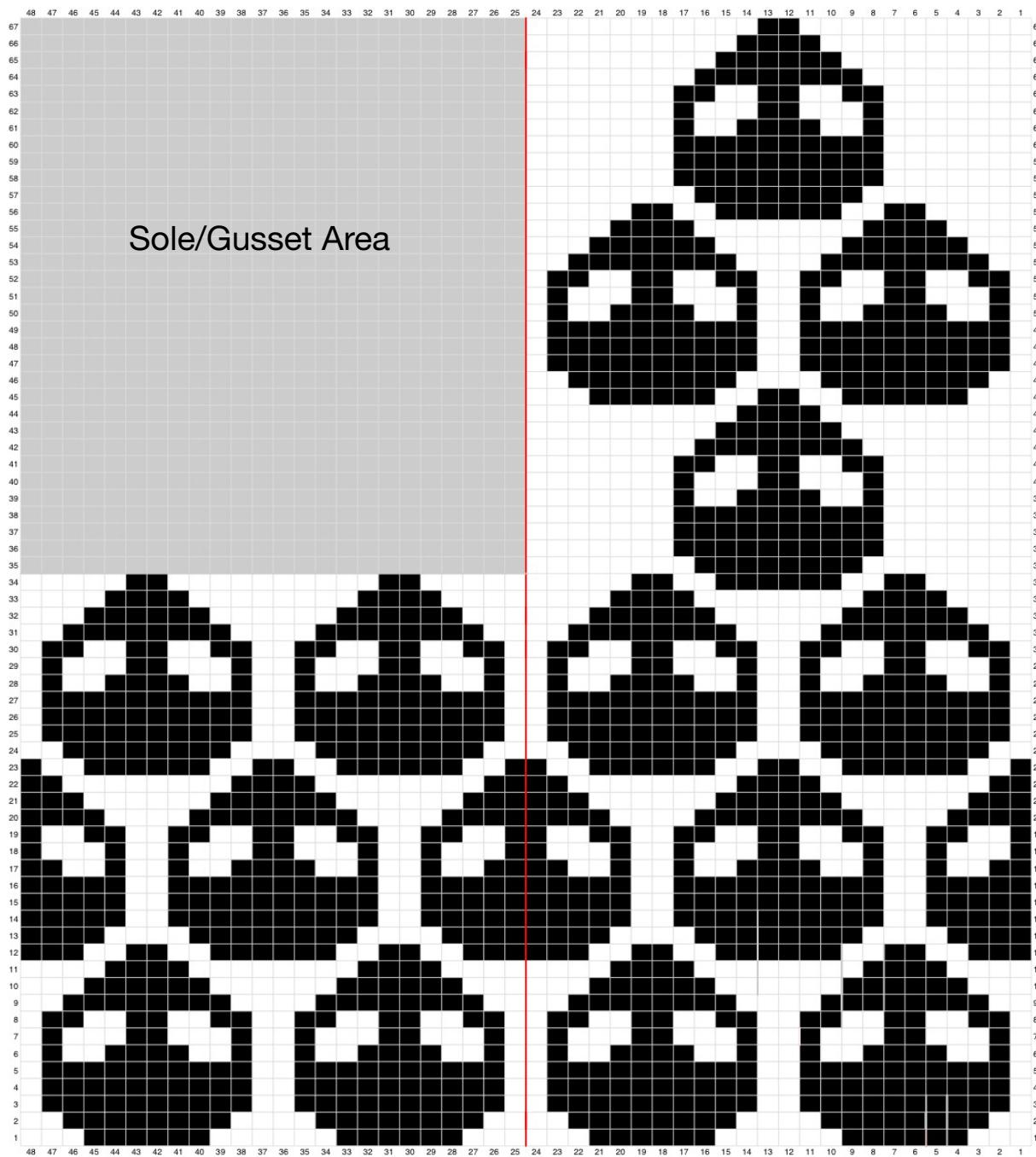
X-Small Leg/Instep Chart



Gusset/SoleChart

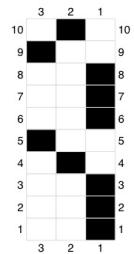


S, M, L Leg/Instep Chart



Gusset/Sole Chart

Key



- MC Main Color
- CC Contrasting Color
- Refer to Sole Chart to Knit Shaded Area
- First 24 stitches Leg Front/Instep; second 24 stitches Leg Back

