



Mountain Stream Sock

By: Judy Sumner



Materials: Lorna's Laces Sportmate (70% superwash merino 30% Outlast® viscose) – 1 skein

Needles: size 3 double point needles (5) or size needed to obtain gauge

Gauge: 6 stitches = 1”

Abbreviations:

K = knit

P = purl

yo = yarn over

K2tog = knit 2 together

Ssk = slip one knitwise, slip next knitwise, knit 2 from right needle together

SKP = slip 1, knit 1, pass slipped stitch over

M1 = make 1

1 x 1 ribbing (even number of stitches, in the round):

All rounds: Knit 1, purl 1. Repeat around.

Pattern Stitch (repeat of 12 stitches, in the round):

Round 1 & all uneven rounds: Knit around

Rounds 2, 4 & 6: Yo, k3, pass yo over last 3 knit sts, k3.

Repeat around.

Round 8, 10 & 12: K3, yo, k3, pass yo over last 3 knit sts. Repeat around.

Directions: Cast on 48 stitches and join, being careful not to twist. Knit 1 x 1 ribbing for 1½”. Work pattern until top of sock measures 6” or desired length. End after an even row.

Knit across needle one and turn work to begin heel flap.

Heel flap: (24 stitches)

Slip 1, then purl remaining stitches across needles 1 and 4. Place all stitches on one needle for heel flap.

Turn work. Row 2: * Slip 1, k1 repeat from * across needle. Turn work. Repeat the last two rows, completing 25 rows, ending with a purl row and right side facing you.

Turn heel: Work with right side facing you.

Row 1: Slip 1, knit across 13 stitches, SKP, knit 1, turn work.

Row 2: Slip 1, purl 5, purl 2 together, purl 1, turn work.

Row 3: Slip 1, knit 6, SKP, knit 1, turn work.

Row 4: Slip 1, purl 7, purl 2 together, purl 1, turn work.

Continue in this manner, working one more stitch before decrease on each row until 14 sts. Remain. Knit across and begin gussets.

Gusset: Pick up and knit 12 stitches along side of heel flap, M1 in the loop between heel flap and instep stitches (needles 1 & 2). Work pattern across 2 instep needles, M1 in the loop between heel and instep stitches on the other side of the instep. Pick up and knit 12 stitches along other side of heel flap. Divide heel stitches evenly between needles 1 & 4.

Knit around one row, knitting M1 st with the last stitch on each side of the gusset and maintaining pattern on instep needles.

Decrease round: Work around until 3 stitches remain on 1st needle, SKP, knit 1. Work pattern across instep stitches. Knit 1, knit 2 together, knit around to end of round.

Work one round even (maintaining instep pattern).

Continue with the last two rounds until you have 12 stitches on each heel needle. Continue to work around with stockinette on needles 1 & 4 and pattern across instep needles 2 & 3 until foot measures 1½” less than desired length from back of heel.

Toe shaping:

Decrease round:

Knit across needle 1 until 3 stitches remain. SKP, knit 1. Knit 1, k2tog, knit across needle 2.

Knit across needle 3 until 3 stitches remain. SKP, knit 1.

Knit 1, k2tog, knit across needle 4.

Knit one round even.

Repeat these two rounds three more times and then work decrease round until only 4 sts remain on each needle. Combine sts from needles 1 & 4 on one needle and sts from needles 2 & 3 on one needle.