



## The Arrowhead Sock

*Susan H. Esser*

These numbers are for a woman's size, using sport weight yarn.

**I.** So that the **CAST ON EDGE** is loose, choose a needle 1 or 2 sizes larger than the needle you will be using according to the gauge swatch you made. **Then cast on 48 sts** - and add one extra stitch. For the first row, move the last stitch from the right needle to the left needle. Change to the smaller needle and **begin the first row** by knitting these 2 sts together, then work in knit 1, purl 1 ribbing. After you have completed your first row, place a marker if you are using a circular needle, otherwise your tail of yarn will show the beginning when using double points. Continue for 2 inches.

**II. ANKLE PATTERN:** Work for 6 inches or desired length.

*Pattern:* in the round (always on the right side)

Row 1: knit all sts

Row 2: p3, w/yarn in front slip 5

Row 3: knit all sts

Row 4: p3, k2, knit next st along with the loop, k2

**III. BACK OF HEEL** - (Garter stitch heel)

Place the first 12 stitches on a needle, 24 on second needle, (place these 24 stitches on a holder for the instep), and 12 stitches on third needle. Attach yarn at beginning of third needle, and knit across it and across needle #1. (Your marker, or the tail of your yarn is in the middle of this group of stitches.) Turn, and slip the first stitch and knit across the row. Turn and slip the first stitch, and knit across the needle. Continue working in garter stitch for 24 rows in all.

**IV. TURNING THE HEEL:** On the **wrong** side: for all sizes - purl 1/2 of the total number of stitches on your needle, plus 2 stitches. For example, if your total is 24 stitches, (12 would be half), purl 14 stitches, then purl 2 together, purl 1 stitch and then turn. On the **right** side, slip the first stitch, knit 5 stitches, then knit 2 tog through back loop (TBL) and then knit 1 - turn. Now back on the wrong side, slip the first stitch, purl across to 1 stitch before the opening (or gap) caused by the turning (called short rows). Purl that stitch and the next together, then p1, and then turn. On the right side, slip 1 stitch, knit to the last stitch before the opening, knit that stitch and the next together (TBL), knit 1 and then turn. Continue in this manner until you have worked every stitch on both ends of the needle. (If you have only 1 stitch left after the opening caused by the turning, knit or purl these 2 sts together. Finish with a knit row (right side). **With right side facing you, divide the heel stitches in half - the left half will be Needle #1. If you are using a circular needle, place a marker at end of Needle # 1, and after Needle #2 (which is also the beginning of Needle #3)**

**V. GUSSET** : *Caution - remember to keep to the 4 row pattern stitch on the 2nd needle (instep needle).* Your yarn should be attached at the left end of this needle (#1), ready to begin picking up the stitches on the left side of the heel flap (right side facing you.) Now pick up the 12 stitches. Don't leave any gaps, pick up extra stitches if necessary, and just decrease an extra time or two later on, to come out with the right number.

After picking up the stitches on left side of heel, knit across the stitches of the instep, keeping the Arrowhead pattern throughout. (This is called Needle #2 or if you're using a circular, place a marker to show Needle #2) Now pick up the corresponding stitches on the right side of the heel flap, and the last half of the heel stitches - this is called Needle #3.

Round 1: Beginning at Needle #1, knit even around all 3 needles.

Round 2: On Needle #1, knit across to last 3 stitches, k 2 together, k 1. On Needle #2, knit across, (no decreases.) On Needle #3, k 1 stitch, Knit 2togTBL, knit to end of needle. Repeat these two rounds until the stitches on Needles #1 and #3 equal the number on Needle #2. (or 24 sts for this sock) From that point on, knit round and round for the foot. Work on until you are 2 inches less than the complete length you desire for the foot.

#### **VI. Then begin the TOE:**

**Round 1:** Beginning on Needle #1, knit to last 3 stitches, k2 together, knit 1.

Needle #2: K 1 stitch, K2togTBL, knit across to last 3 sts, k2 tog and knit 1.

Needle #3: K 1 stitch, K2togTBL, knit to end of needle.

**Round 2:** Knit even all around the 3 needles.

Repeat these 2 rounds until Needles #1 and #3 equal #2. Example would be to have 8 stitches on Needle #2 and 4 stitches on each of needles #1 and #3. End after knitting Needle #3. Knit across Needle #1, placing those stitches on same Needle 3. (Now you have the same number of stitches on 2 needles. Cut yarn, leaving about a 12 inch tail.

#### **VII. Work the kitchener stitch** directions below.)

Thread yarn into a tapestry needle (large eyed needle). Turn your work so the yarn and needle is coming from the back needle. Foundation stitches: Insert needle as if to purl in first st on front needle, leaving the stitch on the needle, then insert needle as if to Knit in first st on back needle, and leave the stitch on the needle. Then work as follows:

1. \*Insert needle as if to knit in first stitch on front needle, and take the stitch off the needle.
2. Insert needle as if to purl on front needle, pull yarn through, but leave the stitch on the needle.
3. Insert needle as if to purl in 1st stitch on back needle, and take it off the needle.
4. Insert needle as if to knit in next stitch on back needle, but leave it on the needle.

Repeat from \* until one stitch remains on each needle. Insert the tapestry needle as if to knit on remaining st on front needle, and slip it off the needle. Insert as if to purl on back needle, and slip it from the needle. Weave in the yarn ends on the wrong side. **YOU ARE NOW FINISHED!!**

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