



No-swatch, No-gauge Thermal Socks

Intended for charity use where “every pair will fit some child”

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Select a yarn and needle combination that will give a dense fabric. Try worsted weight yarn with size 4 or 5 needles, worsted weight stranded with fingering with size 7 or 8 needles. Leftovers and scraps make great striped socks!

Pattern is designed for 4 double-point needles.

Thermal Pattern Stitch:

Round 1: Knit

Round 2: Knit

Round 3: K2, P2

Round 4: K2, P2

CO 40 stitches (if you tend to work tightly, cast on with a needle a size larger than you intend to use for the socks). Divide the stitches across 3 needles and join, being careful not to twist stitches.

Work in K2, P2 ribbing for 12 rounds.

Switch to thermal pattern stitch and work approximately 30 rounds.

(Some yarn/needle combinations work up “short and wide” while others work up “tall and thin”. Using your own judgment, work a few rows more or less than 30)

As you work the last round, divide the stitches as follows:

Needle 1: 20 stitches

Needles 2 and 3: 10 stitches each

Heel flap:

Working only on Needle 1:

Row 1: (sl 1, k 1), repeat to end of row

Row 2: sl 1, purl to end of row

Repeat these 2 rows until a total of 20 rows have been worked, ending with Row 2.

Turning the heel:

Row 1: sl 1, k11, k2to, k1, turn

Row 2: sl 1, p5, p2tog, p1, turn

You will notice a slight gap in your work at each “turn”.

Row 3: sl1, k to one stitch before the “gap”, k2tog, k1, turn

Row 4: sl1, p to one stitch before the “gap”, p2tog, turn

Repeat Rows 3 and 4 until all stitches have been worked. You will have 12 heel stitches left on the heel needle.

Knit across all 12 stitches.

Instep/Gusset:

Using the needle with the heel stitches, pick up 10 stitches along the heel flap, then pick up 10 in the area between the heel flap and the instep.

Work across all 20 instep stitches, continuing in thermal pattern as established, and combining all instep stitches onto one needle.

With another needle, pick up 1 stitch in the area between the instep and the heel flap, then pick up 10 stitches along the heel flap. Knit the next 6 stitches (of the heel) onto this same needle.

You are now at the center back of the sock, and your stitches should be distributed as follows:

Needle 1: 17 stitches

Needle 2: 20 stitches (patterned instep)

Needle 3: 17 stitches

Knit one round even.

Gusset decreases:

Round 1:

Needle 1: K to last 3 stitches, k2tog, k1

Needle 2: Work in pattern stitch

Needle 3: K1, ssk, knit to end of round.

Round 2: Knit even on needle 1, work in pattern stitch on needle 2, knit even on needle 3.

Repeat rounds 1 and 2 until you are back to 40 stitches.

Knit even approximately 26 more rounds. As with the leg, adjust the number of round by a few more or less, depending on how your yarn/needle combination works up.

Toe: Discontinue the pattern stitch on the instep. All toe stitches are knitted.

Round 1:

Needle 1: Knit to last 3 stitches, k2tog, k1

Needle 2: K1, ssk, knit to last 3 stitches, k2tog, k1

Needle 3: K1, ssk, knit to end of needle

Round 2: Knit even

Repeat Rounds 1 and 2 until 16 stitches remain (4 stitches on each of needles 1 and 3, 8 stitches on needle 2).

Knit the 4 stitches on needle 1 onto needle 3. 8 stitches on each of 2 needles.

Graft the toe together using Kitchener stitch.