


## How to make socks from a knitted tube with a cuff:

Step 1: Open your kit and remove the tape measure. Lay it out flat on the floor and place your heel at zero, or the beginning. Measure your foot while standing and record the number here  \_\_\_\_\_ inches.

Step 2: Remove the sock tubes from your kit. Lay them flat on the table and smooth them out so they are folded evenly.

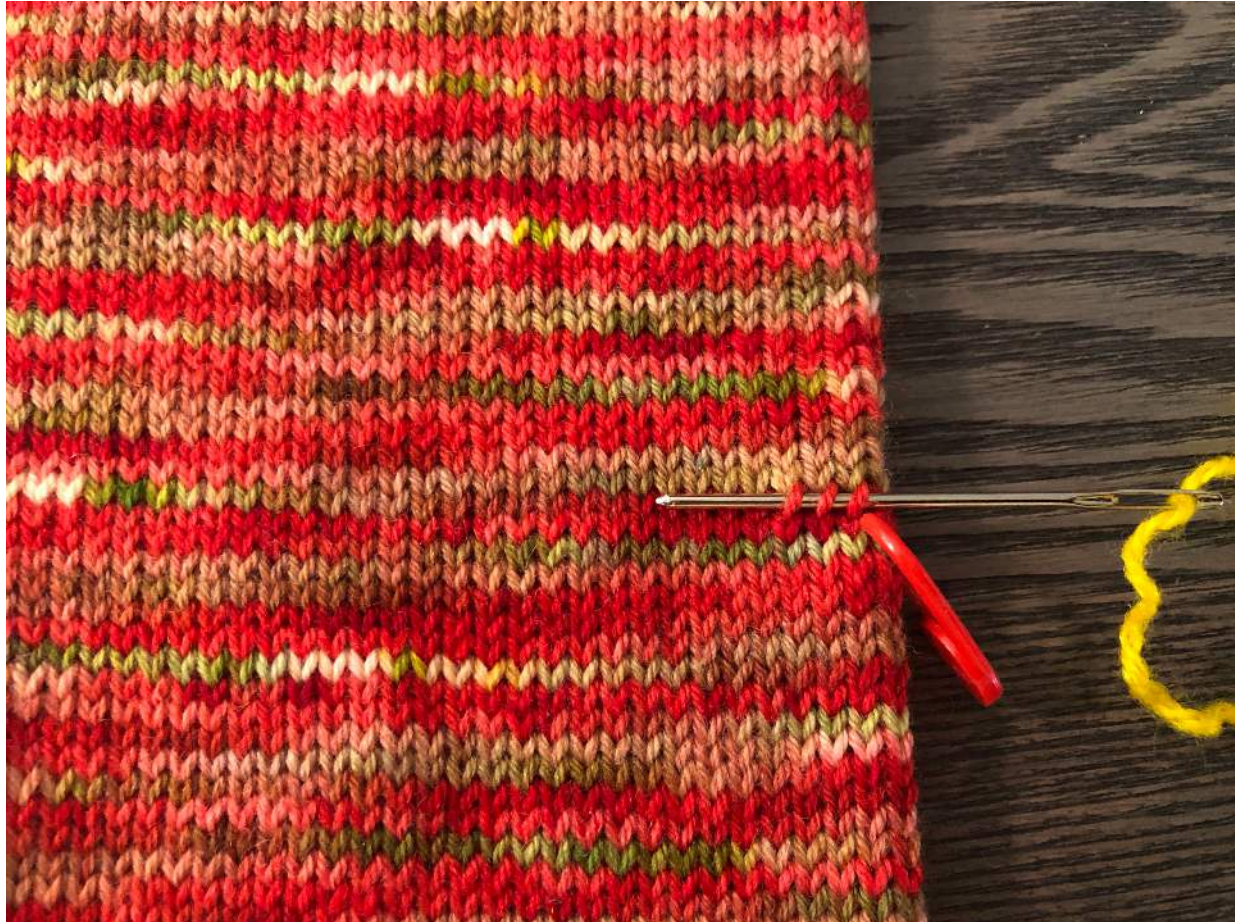
Beginning where the ribbed cuff ends, count 12 rows (at the folded edge) and place one of the stitch markers at the 12th row. This is where you will make your heel.



Step 3: Now take the length of your foot \_\_\_\_\_ - 4 = \_\_\_\_\_ (AFL). This number represents the length of your sock foot between the heel and the toe, or AFL (adjusted foot length). Using your tape measure and starting from the marker you placed for the heel, measure the AFL number and place a second stitch marker. This is where you will begin your toe.

Step 4: Starting at the toe marker, pick up one leg of each stitch in the row above the stitch marker all the way around using your knitting needles for 64 stitches total. I pick up the right facing (leading) leg so my stitches will be oriented correctly on the needle. Pick up 1/2 of the stitches (32) with one needle and the other half (32) with the other. If you are using double points,

pick up 16 with each needle x 4. You may also thread a tapestry needle with waste yarn and use this to pick up the stitches then later put them on your needles in your preferred method.



If there is extra knitted yarn, you may just unravel it. Leave a tag long enough to weave in when you cut it. Now let's knit a toe!

### TOE

Step 5: Using contrasting yarn knit one row, ensuring each stitch is seated correctly. The front leg should be the leading leg. If not, just knit through the back loop. Knit 4 more rows: \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_\_. Now we will start the decrease.

Row 1: k1, k2tog tbl (through the back loop), knit across to last 3 stitches, k2tog, k1. Repeat, ending at BOR (beginning of round)

Row 2: knit all stitches

Repeat Rows 1 & 2 until 20 stitches remain on each needle (40 stitches total)

Row 1: \_\_\_\_\_

Row 2: \_\_\_\_\_

Repeat Row 1 until 12 stitches remain on each needle (24 stitches total)

Row 1: \_\_\_\_\_

Kitchener remaining stitches and weave in ends.

Now let's turn our attention to the heel.

Step 6: Once again, using a tapestry needle with waste yarn or your knitting needles, pick up 32 stitches on the row above the heel marker and 32 stitches on the row below the heel marker, leaving one row only between the needles (or waste yarn).



Step 7: Next we will clip the center stitch of the middle row using our sharp scissors.



Pull out the stitches from the center going all the way to the left, then to the right. Be sure not to cut these threads as you will need to weave them in at the end. (Or you may knit them in when you knit your heel.) When finished it should look like this:



## HEEL

Step 8: Using contrasting yarn knit one row, ensuring each stitch is seated correctly. The front leg should be the leading leg. If not, just knit through the back loop. Knit 4 more rows: \_\_\_\_\_. Now we will start the decrease.

Row 1: k1, k2tog tbl, k2G, k2tog, k1. Repeat, ending at BOR

Row 2: knit all stitches

Repeat Rows 1 & 2 until 20 stitches remain on each needle (40 stitches total)

Row 1: \_\_\_\_\_

Row 2: \_\_\_\_\_

Repeat Row 1 until 12 stitches remain on each needle (24 stitches total)

Row 1: \_\_\_\_\_

Kitchener remaining stitches. Weave in ends.

## CONGRATULATIONS!! YOU'VE MADE A SOCK!!

Any questions, email us at  
[lp yarnworks@gmail.com](mailto:lp yarnworks@gmail.com)

PS- we'd love to see pic of your finished socks.  
Like and follow us on Facebook/Instagram and  
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[www.lonesomepineyarnworks.com](http://www.lonesomepineyarnworks.com)

