



Materials:

Yarn: 120 (180, 240), 300, 320, (380, 480) yards fingering / sock weight yarn

Needles: US #1 / 2.5mm DPNs (or circular for magic loop)

Notions: stitch markers, needle

Gauge: 8sts x 11rows per inch

sizing:

baby (toddler, child,) lg child, adult S, (M, L)

Finished measurements (unstretched):

Cuff (around): 5 (5.5, 6.5) 7, 7.5, (8, 9)”

Leg Length (adjustable): 2.5 (3.5, 4) 4.5, 5, (6, 7)”

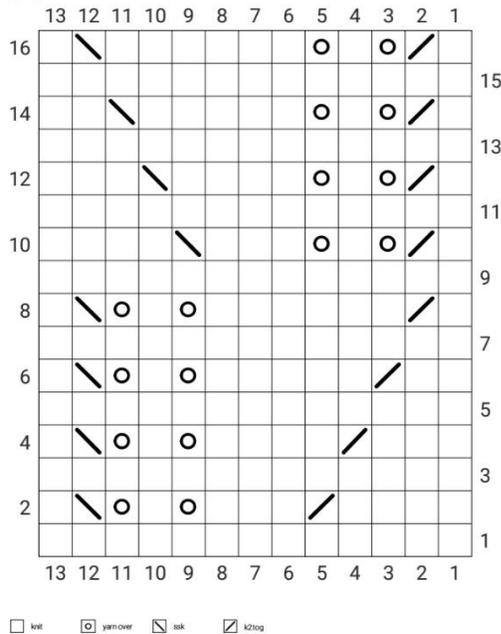
Foot Length (adjustable): 4 (6, 7.25), 8, 9, (10, 11.25)”

Method:

Wheat socks are a top-down, heel flap sock with the same lace motif as Wheat Cardigan. These socks make a beautiful mommy and me set since they come in baby through adult sizes.



Wheat Lace Chart



WHEAT LACE PATTERN

- Row 1 - knit across
- Row 2 - k4, k2tog, k3, yo, k1, yo, ssk, k1
- Row 3 - knit across
- Row 4 - k3, k2tog, k4, yo, k1, yo, ssk, k1
- Row 5 - knit across
- Row 6 - k2, k2tog, k5, yo, k1, yo, ssk, k1
- Row 7 - knit across
- Row 8 - k1, k2tog, k6, yo, k1, yo, ssk, k1
- Row 9 - knit across
- Row 10 - k1, k2tog, yo, k1, yo, k3, ssk, k4
- Row 11 - knit across
- Row 12 - k1, k2tog, yo, k1, yo, k4, ssk, k3
- Row 13 - knit across
- Row 14 - k1, k2tog, yo, k1, yo, k5, ssk, k2
- Row 15 - knit across
- Row 16 - k1, k2tog, yo, k1, yo, k6, ssk, k1

Cuff

Cast on 40 (44, 52) 56, 60, (64, 72) sts, join for working in the round.

Place beginning of round marker.

Work in 1x1 rib (k1, p1) for 8 (8, 10) 10, 12, (12, 14) rounds.

Set-up round

(right foot) -knit 0 (0, 0) 0, 1 (1, 1), pm, k13, pm, knit to end of round.

(left foot) - knit 7 (9, 13) 15, 16 (18, 22), pm, k13, pm, knit to end of round.

Row 1 -knit to marker, sm, work lace chart (for the left foot start on round 1, for the right foot start on round of the stitch chart), sm, knit to end of round.

Work in pattern until piece measures 2.5 (3.5, 4) 4.5, 5, (6, 7)ins or 6 (9, 10) 11, 12.5 (15, 17.5) cms from cast on.

Heel Flap

Next round: work 20 (22, 26), 28, 30, (32, 36) in pattern, then place these sts on hold. You will work the heel flap on the next k20 (22, 26), 28, 30, (32, 36), sts.

Row 1 (RS): sl1, knit to end, turn work

Row 2 (WS): sl1, purl to end, turn work

Repeat rows 1-2 a total of 8 (10, 12), 13, 14, (15, 17) times.

This is a total of 16 (20, 24), 26, 28, (32, 36) rows.



Heel Turn

Row 1 (RS): sl1, k12 (12, 14), 15, 16, (18, 20), ssk, k1, turn work

Row 2 (WS): sl1, p7 (5, 5) 5, 5, (7, 7), p2tog, p1, turn work

Row 3: sl1, knit to 1 st before the gap, ssk, k1, turn work

Row 4: sl1, purl to 1 st before the gap, p2tog, p1, turn work

Repeat rows 3-4 until all stitches have been worked: 14 (14, 16), 16, 18, (20, 22) sts remain.

Knit across these heel stitches slipping the first st.

Gusset

Pick up and knit 9 (11, 13), 14, 15, (16, 18) sts along the edge of heel flap, PM, continue working in pattern 20 (22, 26), 28, 30, (32, 36), PM, pick up and knit 9 (11, 13), 14, 15, (16, 18) sts along heel flap, k7 (7, 8) 8, 9, (10, 11) sts, mark the new BOR (located at the bottom of the foot). [52 (58, 68) 72, 78, (84, 94) sts]

Round 1: work around, keeping lace in pattern

Round 2: knit to 3 sts before marker, k2tog, k1, sm, work 20 (22, 26), 28, 30, (32, 36) keeping lace in pattern, sm, k1, ssk, knit to end [2 sts dec]

Work rounds 1-2 a total of 6 (7, 8) 8, 9, (11, 12) times. [40 (44, 52) 56, 60, (64, 72) sts]

Foot

Shift beginning of round (BOR) remove marker as follows: remove marker, k10 (11, 13) 14, 15, (16, 18), place marker - this is the new BOR, located at the side of the foot.

Keep the lace stitch markers in place.

Continue working in the round, keeping the lace in pattern, until the piece measures 3 (5, 6) 6.5, 7, (8, 9)" from back of heel, or 1 (1, 1.5) 1.75, 2, (2, 2.25)" short of desired foot length.

Toe

The lace pattern ends here so you will remove your lace stitch markers and will switch to stockinette stitch.

Round 1: k1, ssk, knit to 3 sts before marker, k2tog, k2, ssk, knit to 3 sts before end of round, k2tog, k1 [4 sts dec]

Round 2: knit

Work rounds 1-2 a total of 6 (7, 8) 9, 10 (10, 12) times. until 16 (16, 20) 20, 20, (24, 24) sts remain.

Cut yarn leaving a 12" tail, then graft toe using Kitchener stitch.

Weave in all ends



Kitchener stitch:

Place half the stitches on one needle, half the stitches on the other needle, (top and bottom NOT side to side)

Cut yarn (leaving a long yarn tail) and thread through a blunt needle.

Set-up steps: Insert needle purlwise (back to front) through the first st on front needle, leaving the st on the needle. Then insert needle knitwise (front to back) through the first st on the back needle, leaving the st on the needle.

Step 1: Insert needle knitwise through first st on front needle, then slip this st off the needle.

Step 2: Insert needle purlwise through the second st on front needle, leaving the st on the needle.

Step 3: Insert needle purlwise through first st on back needle, then drop this stitch off the needle.

Step 4: Insert needle knitwise through second st on back needle, leaving the st on the needle.

From this point to the end, repeat steps 1-4.

Kitchener stitch can be intimidating, but you get into a rhythm:

Front needle: knitwise drop off, purlwise leave on,

Back needle: purlwise drop off, knitwise leave on,

Repeat!

At the end of the row, there is only 1 stitch left on each needle.

Work steps 1 and 3 once more.

ABBREVIATIONS

k - knit

sm - slip maker

st - stich

k2tog -knit 2 stitches together

ssk - slip next st knitwise, slip next st knitwise, place stitches back onto left needle, knit both slipped sts together

P - purl

pm - place marker

sts - stitches