



Materials:

Yarn: 1 (1, 1) 2, 2 (2, 3) skeins of [Knitpicks Stoll \(Affiliate Link\)](#) 231yd/50g

Needles: US #1 / 2.25mm 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):

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

The model size is an adult medium for a shoe size of ladies US size 10. This pattern is ambidextrous so there are no special instructions for left-handed knitters.

Abbreviations can be found on the last page.



DAMASK STITCH PATTERN

Round 1 - [k3, p1, k1, p1] around

Round 2 - [k3, p3] around

Round 3 - repeat round 1

Round 4 - repeat round 2

Round 5 - repeat round 1

Round 6 - [p1, k1, p1, k3] around

Round 7 - [p3, k3] around

Round 8 - repeat round 6

Round 9 - repeat round 7

Round 10 - repeat round 6

Cuff

Cast on 36 (42, 48) 54, 60, (66, 72) sts, join for working in the round.

Separate stitches on your dpn as follows:

1st needle 9 (9, 12) 12, 15 (15, 18) sts each needle

2nd needle 9 (12, 12) 15, 15 (18, 18) sts each needle

3rd needle 18 (21, 24) 27, 30 (33, 36) sts

Work in 1x1 rib (k1p1 around) for 8 (8, 10) 10, 12 (12, 14) rounds

Work in damask stitch pattern until piece measures 2.5 (3.5, 4) 4.5, 5, (6, 7)” from cast on (or desired length)

Heel Flap

Next round: work needles 1 and 2 in pattern. These worked stitches will now be placed on hold (you will NOT be using them for the heel).

The remaining 18 (21, 24) 27, 30 (33, 36) sts will be your heel worked as below:

Row 1 (RS): (sl1, k1) to end, turn work.

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

Work rows 1-2 a total of 8 (10, 11) 12, 14, (15, 17) times.

This is a total of 16 (20, 22), 24, 28, (30, 34) rows.

Heel Turn

Row 1 (RS): sl1, k10 (13, 14), 15, 16, (19, 20), ssk, k1, turn work.

Row 2 (WS): sl1, p5 (8, 7) 9, 6, (8, 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:

12 (15, 16), 17, 18, (21, 22) sts remain.



Knit across these heel stitches slipping the first st.

Gusset

Pick up and knit 9 (10, 12), 14, 15, (16, 19) sts along the edge of heel flap, PM,
Knit across 18 (21, 24) 27, 30 (33, 36) PM,
Pick up and knit 9 (10, 12), 14, 15, (16, 19) sts along heel flap,
K6 (8, 8) 9, 9, (11, 11) sts, mark the new BOR (located at the bottom of the foot).
[48 (56, 64) 72, 78, (86, 96) sts]

Round 1: knit to marker, sm, work in pattern to marker, sm, knit to bor

Round 2: knit to 3 sts before marker, k2tog, k1, sm, work in pattern to next marker,
sm, k1, ssk, knit to end [2 sts dec]

Work rounds 1-2 a total of 6 (7, 8) 9, 9, (10, 12) times.

[36 (42, 48) 54, 60, (66, 72) sts]

Foot

Continue working in the round in established 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

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 5 (6, 7) 8, 9, (10, 10) times. until 16 (18, 20) 22, 24 (26,
24) sts remain.

For a left-handed tutorial of these decreases visit my youtube [here](#)

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.

For a left-handed video tutorial of this visit my youtube [here](#)





Abbreviations

k - knit

P - purl

sm - slip maker

pm - place marker

bor - beginning of round

st - stich

sts - stitches

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

m1p - make one purlwise

w&t - wrap and turn - wrap the yarn around the next stitch, turn work