

One More Row socks by Natalie Rush

Basic toe up socks using an afterthought heel and stretchy bind off.

Materials:

about 100 grams of sock yarn
1 yard of smooth contrasting color waste yarn
Size US #2 (2.75mm) needles (or size necessary to obtain gauge of 8.5 stitches = 1")

Sizes S (M, L)

Abbreviations used:

K = Knit
P = Purl
kfb = Knit through the front and back loops
k2tog = Knit 2 stitches together
ssk = slip slip knit

Links to video tutorials throughout pattern.



Sock Pattern:

Cast on 20 (24, 28) stitches using [Judy's Magic Cast on](#) with 10 (12, 14) stitches on each needle. After cast on, k all stitches once.

Toe increases as follows:

Round 1: Needle 1: kfb, knit to 2nd to last stitch on needle, kfb, k1; Needle 2: kfb, knit to 2nd to last stitch on needle, kfb, k1
Round 2: Knit all stitches on both needles

Repeat rounds 1 and 2 till toe reaches 56 (64, 72) stitches

Foot and Leg:

Continue knitting all stitches around on both needles until sock measures 2 ½ inches less than your desired foot length.

Next knit across 28 (32, 36) using smooth contrasting color waste yarn and then slip these knit stitches back on to the left hand needle. Make sure you do not twist the stitches.

Now knit across the waste yarn stitches and continue knitting in round until sock is 1 or 2 inches less than the desired height of sock.

Next Round k2, p2 rib for 1 to 2 inches of ribbing.

Bind off using the [Sewn off Bind off Method](#).

Heel

Using your needle, pick up the right leg of 28 (32, 36) stitches below the waste yarn. Turn the sock around so that the other side of the waste yarn is facing you then repeat picking up the right leg of each stitch. Using a darning needle or extra needle, carefully pick out the waste yarn to create an opening for the heel.

Work in the round. Row 1: *k 28 (32, 36) stitches and pick up and knit two stitches in the gap, repeat from *. Total of 60 (68, 76) stitches.

Shape heel as follows:

Round 1: *k1, ssk, knit to last 3 stitches on needle, k2tog, k1, repeat from * on next needle

Round 2: Knit

Repeat rounds 1 & 2 until 16 (20, 24) stitches remain.

Cut yarn with tail long enough to Kitchener Stitch the heel.

[Kitchener Stitch](#) Heel using darning needle.

Weave in ends.