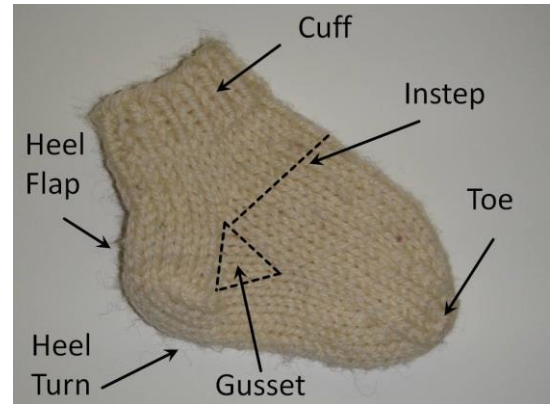


Kate's Top-Down Training Sock on DPNs

A baby-sized sock, designed to demonstrate top-down sock knitting techniques. Written for DPNs. Instructions assume the knitter is familiar with working in the round.

Materials:

scrap of worsted weight yarn
4mm/US #6 double-pointed needles
a removable stitch marker



1. Cuff

Cast 24 stitches onto a single needle. Distribute stitches evenly across 3 needles. Join for working in the round, being careful not to twist.

Notes & Techniques

Tips on joining: <https://www.masondixonknitting.com/techniques-in-depth-joining-in-the-round/>

Ribbing round: (K1, p1) to end.

Repeat *Ribbing round* 5 more times.

Leg round: Knit.

Repeat *Leg round* 5 more times.

2. Heel Flap

Row 1 (RS): Knit the first 12 stitches onto a single needle. These will be the Heel Stitches. Turn so that WS is facing.

Row 2 (WS): Sl 1 pwise wyif, p11.

Row 3 (RS): Sl 1 pwise wyif, k11.

Repeat *Rows 2 & 3* twice more, and work *Row 2* one more time. (8 rows total.)

3. Heel Turn

RS is facing.

Row 1 (RS): Sl 1 pwise wyib, k7, SKP, turn.

Row 2 (WS): Sl 1 pwise wyif, p4, p2tog, turn.

Row 3 (RS): Sl 1 pwise wyib, k4, SKP, turn.

Row 4 (WS): Sl 1 pwise wyif, p4, p2tog, turn.

Repeat *Rows 3 & 4* once more. 6 sts rem.

Final heel row: Sl 1 pwise wyib, k5.

Notes & Techniques

Sl 1 pwise: put the needle into the stitch as if to purl.

Wyib: With yarn in back; hold the working yarn at the back side.

Wyif: With yarn in back; hold the working yarn on the front side.

Notes & Techniques

SKP: Slip the next stitch knitwise, knit the following stitch, pass the slipped stitch over knit stitch (as if casting off).

You're working only partway across the rows in this section – don't worry if you've got stitches leftover on your needle when you turn.

4. Reestablish the Round & Create the Gusset

Needle 1: With RS facing, using the same needle, pick up and knit 6 stitches along the first side of the heel flap, using the loops created by the slipped stitches from step 2. 12 sts now on this needle.

Needle 2: Using a new needle, knit across the 12 previously-held sts. These sts form the Instep – the top of the foot.

Needle 3: Pick up and knit 6 stitches across the other side of the heel flap, using the loops created by the slipped stitches from step 2. Using this same needle, knit 3 from the heel stitches. 9 sts now on this needle.

The start of the round is at the centre of the heel – clip a removable stitch marker in the fabric at this point to help you keep track. 9 stitches each on Needles 1 & 3, and 12 on Needle 2.

5. Decrease the Gusset

Gusset round 1: K3, k6tbl; k12; k6tbl, k3.

Gusset round 2:

NEEDLE 1: K to last 3 stitches, k2tog, k1.

NEEDLE 2: K12.

NEEDLE 3: K1, SSK, knit to the end of the round.
2 sts decreased when the rnd is complete.

Gusset round 3: Knit

Repeat *Gusset rounds 2 & 3* until you have 24 stitches - 6 each on Needles 1 & 3.

6. Foot

Foot round: Knit.

Repeat *Foot round* 5 more times.

7. Toe

Toe decrease 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.

4 sts decreased when the rnd is complete.

Toe decrease round 2: Knit

Repeat *Toe decrease rounds 1 & 2* until you have 8 stitches total, ending with a decrease round.

Leaving an 8-inch tail, cut yarn. Finish by pulling yarn through remaining stitches.

Notes & Techniques:

TBL: Through back loop. Knitting the picked-up stitches through the back loop (k tbl) twists them and makes them tidier and stronger.

SSK: Slip the next st knitwise, slip a second st knitwise, insert left needle, from left to right, into the fronts of these two slipped stitches, and knit them together, wrapping the yarn around the right needle as normal. 1 st decreased.