

Alpha Sock

by: Tanis Lavallée

Introducing the Alpha Sock pattern. I designed this sock pattern for my dad. He loves hand knit socks, and really only has two requirements; his socks must be knit out of a "respectable" coloured yarn, and they must be stretchy and comfortable around the leg. Keeping that in mind, the Alpha sock was born! My dad's middle name is Alpha, and seeing as how this is my first sock pattern, the name seems very fitting.

The sock features a moss stitch panel that is flanked by two cables running down either side with a twisted stitch detail flowing out of the cuff ribbing. The pattern is repeated twice over the sock. It was designed to fit a man's foot, to knit a smaller size for a woman, I would simply recommend going down a needle size or two.

Materials:

Yarn: 1 skein Tanis Fiber Arts Blue Label Fingering Weight yarn 115g = 420yds, or 1 skein Tanis Fiber Arts Purple Label Cashmere Sock yarn 115g = 400yds.

Needles: 2.75mm, set of 4 dpn's

Tapestry Needle

Gauge: 7 sts and 10 rows = 1" in stockinette stitch

Abbreviations

CO :: cast on
k :: knit
p :: purl
k2tog :: knit 2 stitches together as one.
ssk :: Slip, slip, knit. Slip one stitch as if to knit, slip the next stitch as if to purl, knit the 2 together through the back loops.
RS :: right side
WS :: wrong side



Directions

Cast on 72 sts, mark beginning of round. Work in ribbing (chart #1) for 1.5".

Begin leg pattern (chart #2) placing marker after one repeat of chart if it helps. Work in pattern for 8" or until desired length ending with row 4 of chart.

Work a slipped stitch heel flap over 36 sts as follows:

Row 1: k36 sts, place all 36 sts just worked on a single dpn, work heel flap on this needle only, remaining 36 foot sts are held aside to be worked later.

Row 2: sl 1 st purlwise with yarn in front, p to end of needle.

Row 3: *sl 1 st purlwise with yarn in back, k1* repeat to end of needle.

Repeat rows 2 and 3 until heel flap measures 2".

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Instructions (cont.):

Next row: (WS) sl 1 st purlwise with yarn in front p19, p2tog, p1, turn work.

Row 2: (RS) sl 1 st purlwise with yarn in back, k5, ssk, k1, turn work.

Row 3: (WS) sl 1 st purlwise with yarn in front, p6, p2tog, p1, turn work.

Row 4: (RS) sl 1 st purlwise with yarn in back, k7, ssk, k1, turn work.

Continue in this manner working 1 more st before decrease each row until all heel sts have been worked - 20 sts remaining.

Gusset :

Place 36 held foot sts on one dpn, this will be needle 2.

Set up round: With needle 1 (needle holding heel sts) and right side of work facing, pick up and knit one stitch in every slipped stitch along the side of the heel flap plus one stitch between heel flap and foot, take note of number of sts picked up. Work round 5 of foot pattern across needle 2. With needle 3, pick up one stitch between foot and heel flap, and then one stitch in every slipped stitch along next side of heel flap, be sure to have picked up the same amount as on needle 1. Knit across 10 sole sts from needle 1 and slip onto needle 3. Needle 1 and 3 should have the same amount of sts.

Gusset round 1: knit across needle 1, work foot pattern across needle 2, then knit across needle 3.

Gusset round 2: k to 3 sts before end of needle 1, k2tog, k1, work across needle 2 in foot pattern. On needle 3, k1, ssk, k to end of round.

Repeat round 1 and 2 until there are 72 sts total - 18 sts on each gusset needle (needles 1 and 3) and 36 sts for top of foot (needle 2). Continue working without decreasing until foot measures approx. 2 inches less than desired length.

Toe:

Round 1: k to 3 sts before end of needle 1, k2tog, k1; on needle 2, k1, ssk, k to 3 sts before end of needle, k2tog, k1; on needle 3, k1, ssk, k to end of round.

Round 2: k all sts in round.

Repeat these two rounds until there are 28 total sts remaining. k across needle 1 and slip those sts onto needle 3. Cut yarn leaving a 12" tail, using kitchener stitch graft toe closed.

Repeat for second sock and Voila! You have a lovely pair of Alpha socks to wear with pride!

Glossary:

☐ knit
 ☒ purl
 ☒ k1tbl
  slip 3 sts onto cable needle and hold in front, k2, p1 from cable needle, k2 from cable needle.

Chart #1:



Chart #2:

