

Spring Mill Socks©2017

By Benita Story



The name for this sock pattern is from a state park in southern Indiana called Spring Mill. It has a very hilly terrain and the trails there can be pretty rugged in that they go up and down those hills. The hills and valleys in this modified ribbed pattern remind me of walking those trails as a kid growing up near there. I hope you enjoy knitting these socks as much as I have.

Size shown in photo is Women's US7. The pattern can easily be modified to fit larger or smaller feet.

The yarn used was Brenda and Heather Yarns "Falling in Leaf" colorway on their Fluffy Feet Base (Fluffy Feet: 80% superwash Merino wool / 20% nylon - 100 grams / 410 yards, 3 ply)
www.brendaandheatheryarns.com.

I used a US 1.5 (2.25MM), Hiya-Hiya 9" circular for these socks for all but the last few rounds of the toes where I switch to DPNs. Of course, you may use DPNs, Magic Loop, or 2 circulars, whichever is your

preference. Other notions that you will need are two stitch markers, and a tapestry needle for weaving in the ends.

Gauge: 9 stitches and 12 rows = 1" in stockinette stitch after blocking.

This pattern is written for 64 stitches. If you use a different number of stitches, then you will need to adjust the numbers in the pattern accordingly. If you need to adjust the number for smaller or larger feet, make sure the number is divisible by 8 (i.e. 72 or 56).

Cast on 64 stitches using a stretchy cast-on like the long-tail cast-on. (I use size US 1.5 (2.25MM) needles to knit the main socks, but use a size 2 (2.5MM) and a cable cast-on just to give a bit more stretch for the cast-on. Once the join has been made (be careful to not twist your stitches), then switch to the US 1.5 needles. I keep a couple of US 2 DPNs in my notions bag just for this use.)

Join the stitches in the round making sure not to twist your stitches.

Do a 1X1 ribbing (I really like a K1TBL, P1 as it looks really nice) for as long as you want (I like 1.5 inches – approximately 4.25 cm).

The pattern rows are as follows:

Row 1: *K2, S1, K2, P, K, P; repeat from * to the end of the round.

Row 2: *K5, P, K, P; repeat from * to the end of the round.

Repeat these two rows until you reach the leg length you like. End after working a Row 2.

The fun thing about this pattern is that you can use any heel you like, although this does flow into a heel flap rather nicely. My favorite heel is a Dutch Heel. I am including it here.

Heel Flap

Row 1: (S1, K1) 16 times (32 stitches total), Turn your work.

Row 2: S1, P31, turn your work.

Repeat these two rows 15 more times for a total of 32 rows. If you need a deeper gusset, you may do additional repeats of the heel flap, but you will need to add the extra slipped stitches to the gusset instructions below (for every 1 repeat added to the heel flap, you will need to pick up one extra stitch on each side of the heel flap).

Heel Turn

Row 1 - Knit 21, SSK, Turn.

Row 2 - Slip 1, P10, P2TOG, Turn.

Row 3 - Slip 1, K10, SSK, Turn.

Row 4 - Slip 1, P10, P2TOG, Turn.

Repeat Rows 3 and 4 until there are no more unworked side stitches. You should have 12 stitches on the needle and be ready for a right side row. You are ready to pick up the gusset stitches.

Gusset – Written for circular needles with instructions for DPNs in parentheses

For circular needles - Set-up Round: Knit across the 12 remaining stitches, pick up and knit 16 stitches using the slipped stitches along the side of the heel flap, PM, Knit in pattern beginning with Row 1 of the Pattern for 32 stitches, PM, pick up and knit the 16 stitches using the slipped stitches along the side of the heel flap and knit 6 stitches of the 12 along the end of the heel turn. This brings you to the center back.

(For DPNs – Set-up Round: Knit across the 12 remaining stitches, pick up and knit 16 stitches using the slipped stitches along the side of the heel flap. The end of this needle (needle 1) is where you will do the gusset decreases. Knit in pattern beginning with Row 1 of the Pattern on needles 2 and 3 for the 32 instep stitches. On needle 4 (you will also be doing gusset decreases here), pick up and knit 16 stitches using the slipped stitches along the side of the heel flap, then knit the first 6 stitches from needle 1. This will bring you to the center back. At this point, you should have 22 stitches each on needles 1 and 4, and 16 stitches each on needles 2 and 3.)

Round 1: Knit to 3 stitches before the marker (end of needle 1). K2Tog, K1, slip marker (begin needle 2), Knit Row 2 of pattern to next marker (end of needle 3). Slip marker (begin needle 4), K1, SSK, Knit to end of the row.

Round 2: Knit to marker (end of needle 1), slip marker (begin needle 2), knit Row 1 of pattern to next marker (end of needle 3), slip marker (begin needle 4) and knit to end of the row.

Repeat Rounds 1 and 2 of Gusset until 64 stitches remain (32 pattern stitches for the instep and 32 stockinette stitches for the sole). Leave markers in place.

If you aren't using the heel flap and heel turn for your sock (if you are using the Fish Lips Kiss heel or after thought heel, for example), the markers will need to be placed at the sides of the foot with 32 sole stitches and 32 instep stitches.

Foot

Continue knitting in pattern for the instep of the foot and stockinette on the sole of the foot until 2.5 inches from the end of the foot (*2 inches if wanting a flat end of toe finished with Kitchener Stitch*).

Toe

Knit one row plain stockinette.

Round 1: Knit to 3 stitches before the first marker (end of needle 1), K2Tog, K1, slip marker (begin needle 2), K1, SSK, knit to 3 before the second marker (end of needle 3), K2Tog, K1, slip marker (begin needle 4), K1, SSK, Knit to end of row. Four decreases in this round.

Round 2: Knit all the way around.

Continue repeating Rows 1 and 2 of the toe until one of two scenarios: 1. *(this is for the 2 inches from the end of foot scenario as mentioned above) The Sock is long enough to fit your foot, then Kitchener the toe closed*, or 2. *(this is for the 2.5 inches from end of foot scenario as mentioned above) Until there are 20 stitches remaining at which time you Repeat Row 1 until 8 stitches remain. Then break off yarn giving yourself about a foot (30 cm) and, using a tapestry needle, thread the yarn through the remaining stitches (I like doing it twice around for added strength). Pull snug, poke the tapestry needle through the center hole, and weave your ends in on the wrong side.*

Repeat for the second sock. 😊

K – Knit stitch

P – Purl stitch

K1TBL – Knit 1 through the back loop

S1 – Slip 1 stitch purlwise

K2Tog – Knit two stitches together

SSK – Slip 1 stitch as if to knit, slip a second stitch as if to knit, place the two stitches back onto left needle and knit together

PM – Place marker