

BETTER SOCK KNITTING

TIP #1: FIND A SOCK PATTERN THAT OFFERS THE RIGHT SIZE

Measure your feet! For the average adult foot....

- Ankle circumference \approx foot circumference at ball. Don't measure any bunions, though!
- Foot length \approx foot circumference at ball \times 1.05
- Foot-in-front-of-heel circumference \approx ball-of-foot circumference \times 1.1 to 1.15
- If you're making socks as a gift, and all you know is the shoe size, the table on the next page gives you good estimates for foot measurement.

Make sure the sock pattern shows Finished foot and/or leg circumference

- Avoid one-size patterns.
- Be careful about sock patterns that only list generic sizes, or foot length or shoe size... you need to know about finished circumference of the sock at foot and/or ankle.

Make the right size.

Your Finished Sock should measure about 10% less – approx. 1 inch/2.5 cm – than your foot in circumference.

TIP #2: FIND A SOCK PATTERN THAT OFFERS THE RIGHT SHAPE

- If your front-of-heel circumference is close to your ball-of-foot circumference, then you'll do better with a sock that doesn't have a gusset, e.g. a short row or afterthought heel.
 - If your front-of-heel circumference is larger than your ball-of-foot circumference, then you'll do better with a sock that has a gusset.
 - Look for an increased stitch count for the section of the sock that fits on your foot in front of the heel; you will probably see a triangular wedge.
 - You can find gusseted heels in both top-down and toe-up socks.
 - If you do want to make a short-row or afterthought heel, break the rules and choose a size relative to your front-of-heel circumference – but you might find that the leg is a little loose.
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TIP #3: EXPERIMENT WITH TOES

- If your toes are flat across the top, a classic top-down grafted toe or classic toe-up cast on will work well.
- If your toes are curvier, try a curvier toe....
 - If working toe-up, do usual cast-on, but adjust the increase pattern – e.g. work only increase rounds until you have about half required stitches, then alternate increase and even rounds to full stitch count.

Top-down graft-free curvy toe

Use the standard wedge' decrease round:

If start of round is at centre of heel:

K to 3 before instep, k2tog, k1;
k1, ssk, k to last 3 sts of instep, k2tog, k1;
k1, ssk, k to end of round. 4 sts decreased.

If start of round is as side of foot, divide sts in half:

[K1, ssk, k to last 3 sts of half, k2tog, k1]
twice. 4 sts decreased.

Adjust the Decrease Pattern:

Decrease round, 3 even rounds.

[Decrease round, 2 even rounds] twice.

[Decrease round, 1 even round] 3 times.

Work only Decrease rounds to 8-10 sts and pull yarn tail through and cinch up to close.

GIFT-KNITTING REFERENCE

If you're making socks as a gift, use this as a guide to estimate foot and sock size. If the foot you're knitting for wears narrow shoes, use the numbers for one to two shoe sizes smaller. If the foot you're knitting for wears wide shoes, read the numbers for one to two shoe sizes larger.

They are only estimates, don't worry if your foot doesn't line up exactly. It's better to use actual measurements if you can get them.

Women's Shoe Sizes			(Est.) ACTUAL BALL-OF-FOOT CIRCUMF.		TARGET SOCK CIRCUMF.		(Est.) ACTUAL FOOT LENGTH	
US	EUR	UK	ins	cm	ins	cm	ins	cm
5	36	2.5	8.25	21.5	7.5	19.25	8.75	22.5
5.5		3	8.5	22	7.75	19.75	9	23
6	37	3.5	8.75	22.5	8	20.25	9.25	23.5
6.5		4	9	23	8	20.75	9.5	24
7	38	4.5	9.25	23.25	8.25	21	9.75	24.5
7.5	39	5	9.25	23.75	8.25	21.25	9.75	25
8	40	5.5	9.5	24	8.5	21.5	10	25.25
8.5		6	9.5	24.25	8.5	22	10	25.5
9	41	6.5	9.75	24.75	8.75	22.25	10.25	26
9.5		7	10	25.25	9	22.75	10.5	26.5
10	42	7.5	10.25	25.75	9.25	23	10.75	27
10.5		8	10.25	26	9.25	23.5	10.75	27.5
11	43	8.5	10.5	26.5	9.5	23.75	11	27.75
11.5	44	9	10.75	27	9.75	24.25	11.25	28.25
12		9.5	10.75	27.25	9.75	24.5	11.25	28.5
Men's Shoe Sizes			(Est.) ACTUAL BALL-OF-FOOT CIRCUMF.		TARGET SOCK CIRCUMF.		(Est.) ACTUAL FOOT LENGTH	
US	EUR	UK	ins	cm	ins	cm	ins	cm
7		6.5	9.5	24	8.5	21.5	10	25.25
7.5	40	7	9.5	24	8.5	21.5	10	25.25
8	41	7.5	9.75	24.75	8.75	22.25	10.25	26
8.5		8	10	25.25	9	22.75	10.5	26.5
9	42	8.5	10.25	25.75	9.25	23	10.75	27
9.5		9	10.25	26	9.25	23.25	10.75	27.5
10	43	9.5	10.5	26.5	9.5	23.75	11	27.75
10.5		10	10.5	26.75	9.5	24	11	28
11	44	10.5	10.75	27	9.75	24.25	11.25	28.25
11.5	45	11	11	27.25	10	24.75	11.5	29
12	46	11.5	11	28	10	25	11.5	29.5
12.5		12	11.25	28.25	10	25.5	11.75	29.75
13	47	12.5	11.5	29	10.25	26	12	30.25
13.5	48	13	11.5	29.25	10.25	26	12	30.5

For more detail, including kids' sizes, visit: <http://kateatherley.com/resources-for-knitters/>