



Super Spiral Bed Socks

SIZES: Ladies 7-10 US shoe size
Mens 8-10 US shoe size

MATERIALS:

- 2 balls PolarKnit™ Worsted 80m/88yds (1 ball per sock)
- 5.5mm / US9 double pointed needles
- Darning needle

GAUGE: 16sts x 24 rows = 4" (10cm) over stocking stitch (stst). 4.5sts per inch.

STITCHES:

SKP = slip, knit, pass or sl1, K1, pass slipped stitch over the knitted stitch and off the tip of the needle.

INSTRUCTIONS:

Cast on 32(40) sts and divide evenly over 3 dpn's. Join into round careful not to twist stitches. Begin rib pattern of *K2, P2* and continue for 8 rounds.

Now begin Spiral Pattern:

Row 1 - P1, *K2, P2* repeat to last 3sts, K2, P1.

Row 2 - repeat row 1.

Row 3 - *P2, K2*.

Row 4 - repeat row 3.

Row 5 - K1, *P2, K2* repeat to last 3sts, P2, K1.

Row 6 - repeat row 5.

Row 7 - *K2, P2*.

Row 8 - repeat row 7.

Repeat rows 1 to 8 for a total of 5 (4) times. The sock should measure about 6 (5) inches from the cast on edge.

Heel Flap:

Row 1 - sl1 knitwise, *K1, sl1* repeat 7 (9) times, end row with K1. Turn {16 (20)sts}

Row 2 - sl1 purlwise, P15 (19). Turn.

Repeat rows 1 and 2, 9 (11) more times for a total of 20 (24) rows.

Turn Heel:

Row 1 - sl1, K8 (10), SKP, K1, turn. {4 (6)sts remain unworked}

Row 2 - sl1, P3, P2tog, P1, turn.

Row 3 - sl1, K4, SKP, K1, turn.

Row 4 - sl1, P5, P2tog, P1, turn.

Row 5 - sl1, K6, SKP, K1, turn.

Row 6 - sl1, P7, P2tog, P1, turn.

Row 7 - Ladies: sl1, K9. Ladies turned heel now finished. Mens: sl1, K8, SKP, K1, turn.

Row 8 - sl1, P9, P2tog, P1, turn.

Row 9 - K12.

Gusset:

Using a free needle (this will become Needle #1) pick up and knit 11 (13)sts. Continue across the cuff (with Needle #2) in established Spiral Pattern. With Needle #3, pick up and knit 11 (13)sts along the other side of the heel. 10 (12)sts will remain unknit on Needle #1 - divide and knit these stitches so 5 (6)sts are on Needle #3 and 5 (6)sts are on Needle #1.

Needle #1 - 16 (19)sts

Needle #2 - 16 (20)sts

Needle #3 - 16 (19)sts

Row 1 - knit to last 3sts on Needle #1, K2tog, K1, continue along Needle #2 in established Spiral Pattern, knit first st on Needle #3, SSK, knit to end of needle.

Row 2 - knit round, continue in Spiral Pattern where needed.

Repeat rows 1 and 2 until you have decreased back down to the original 32 (40)sts.

Needle #1 - 8 (10)sts

Needle #2 - 16 (20)sts

Needle #3 - 8 (10)sts

Foot:

Continue knitting the foot of the sock in the round and follow established Spiral Pattern on Needle #2.

Repeat until foot is 2inches from the desired length you want.

For US Ladies 9 (Mens 10) shoe size - knit about 22 rows after final gusset decrease.

Toe:

Row 1 - (#1)Knit to last 3sts, K2tog, K1. (#2) K1, SSK, knit to last 3sts, K2tog, K1. (#3) K1, SSK, knit to end of needle.

Row 2 - knit round.

Repeat rows 1 and 2 until 12 (16)sts remain.

Finishing:

Graft toe together using Kitchener Stitch. Weave in ends.

Always machine wash and dry to rid garment of residual fluff.