

# Herbal Socks

by Jane D. Prater



*This pattern is written for the Magic Loop technique.*

Yarn: Opal Rainforest in Pfau or other sock yarn

Needles: Size 1 32" circular for Magic Loop

Gauge: 8 sts per inch in stockinette

Size: Women's medium For narrow foot and leg, CO 60 and increase to 66.

Cast on 64 sts and join in the round without twisting as you begin the first row of the cuff.

**Cuff:** K1, P1 ribbing. Continue in this pattern for 1-1.5 inches.

## Increase Round:

\*K7, K in front and back of next st\*; repeat 7 more times. (72 stitches)

**Leg:** Knit in St. John's Wort in the round pattern. Thanks to Theresa Schabers who introduced me to this pattern with her Farrow Rib Cardigan in Interweave Knits, Winter '07, p. 58.



Rnd 1: \*sl1pwise wyib, K2, pssso, K3\*; repeat \* to \* to end of rnd

Rnd 2: \*K1, yo, K4\*; rep \* to \* to end of rnd

Rnd 3: \*K3, sl1pwise wyib, K2, pssso\*; repeat \* to \* to end of rnd

Rnd 4: \*K4, yo, K1\*; repeat \* to \* to end of rnd

Repeat Rounds 1-4 until cuff is desired length ending on Rnds 1 or 3 for a 60 st foot or on Rnds 2 or 4 for a 72 st foot.

**Heel flap:** Using only 50% of sts and working only on the front needle, knit the following rows flat (back and forth)

Setup row: K2, \*sl1 wyib, K1\*; repeat from \* to \* to end.

Row 2 - sl1 wyif, P to last st, K1.

Row 3-- sl1 wyif, K1, \*sl1 wyib, K1\*; repeat from \* to \* to end.

Row 4 - sl1 wyif, P to last st, K1.

Repeat Rows 3 and 4 for a total of 2 to 2.5 inches.

**Turn heel:** - Work only on the heel flap stitches. Place a marker in the center of the stitches.

Row 1: K to center, K2, SSK, K1, TURN.

Row 2: P to center, P2, P2tog, P1, TURN.

Row 3: K to center, K3, SSK, K1, TURN.

Row 4: P to center, P3, P2tog, P1, TURN.

Row 5: K to center, K4, SSK, K1, TURN.

Row 6: P to center, P4, P2tog, P1, TURN.

Continue in this pattern, adding stitches after the center until you run out of sts. Turn.

Realign the sock on the Magic Loop needle as follows: (Makes gusset rounds easier)

1. Slip half of the instep sts onto the front (heel) needle
2. K to the center of the heel
3. Pull out the Magic Loop at the point halfway between the instep stitches.
4. Your back needle now holds half the instep, one side of the heel flap, and half the heel stitches. So does the front.

#### **Gusset Setup Round:**

1. K the heel sts
2. Pick up stitches along the side of the flap at a rate of 1 st for every 2 rows knitted
3. Pick up 1 st in the strand between the heel flap and the first st of the instep. (Lift strand and knit tbl.)
4. Place marker on needle.
5. K until end of all instep sts (You will move to the other needle)
6. Place marker on needle
7. Pick up 1 st in the strand between the first st of the instep and the heel flap. (Lift strand and knit tbl.)
8. Pick up stitches along the side of the flap at a rate of 1 st for every 2 rows knitted
9. K to center of heel

Count the number of sts between the marker and the center of heel on both needles. They should be the same. If not, cheat in the decrease rounds to follow.

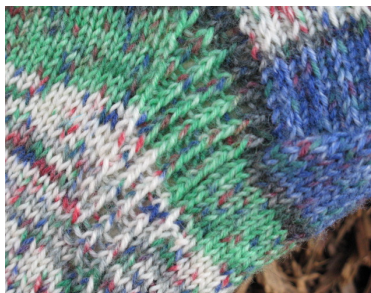
#### **Gusset decreases:**

Rnd 1: K to 2 sts before the marker, K2tog,  
K across all instep sts to next marker,  
Sl marker, ssk,  
K to center heel

Rnd 2: K all sts.

Repeat Rnds 1 and 2 until you have the correct # of sts for your foot, usually the # of cast on sts.

Note: An optional gusset pattern detail is to knit the stitches between the heel sts and the gusset marker in a K1tbl, P1 rib.



**Foot:** Knit in pattern of choice until the foot is 1.5 to 2 inches shorter than desired length. End at center of heel.

Choose one of the following toes to complete your sock.

#### **Wedge Toe:**

Realign sts on needle---K to marker, remove marker and pull loop out at other marker. K to remaining marker. Sole sts are now on one needle and top foot sts on another.

Rnd 1: K1, ssk, K to 3 sts before end, K2tog, K1. Repeat on other needle.

Rnd 2: Knit all sts.

Repeat until 8 sts remain on each needle.

Graft the toe together using Kitchener st.

**Star Toe:** DO NOT REALIGN NEEDLES. Leave markers in the center of the sts on each needle.

Rnd 1: \*K to 2 sts before marker, K2tog, K to 2 sts before the end of the needle, K2 tog. repeat \* to \* 1 more time on second needle.

Rnd 2: Knit all sts.

Repeat Rnds 1 and 2 until a total of 8 sts remain. Cut your yarn leaving a 6" tail. Thread a blunt needle and run the tail through the 8 sts, cinch toe closed and fasten off.

Weave in all ends.

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