

# Anatomy of socks



## Sock Guide

R0333

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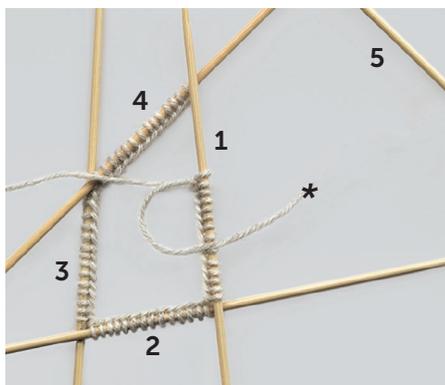
# Sock Guide

Knitting Intermediate 

REGIA Designteam

Our Sock Guide is a basic guide to base socks in stockinette stitch and includes two variants for the heel and toe as well as size tables for REGIA 4-thread, 6-thread and 8-thread.

## 1. Cast on



With four double-pointed needles cast on the desired number of stitches or as given in the Method evenly across. Round change is at centre back (▲), thus between Needles 4 and 1. This position is automatically indicated by the initial thread.

## 2. Leg



Now work in rounds for the leg. After a couple of centimetres Cuff Patt, continue in Rib Patt (e.g. alt K1, P1, or alt K2, P2). Working alternately knit and purl stitches gives the Cuff more stretch. Now work the complete leg in Rib Patt, in Stocking Stitch, or in Pattern. Some patterns require more stitches than given in the Table. After the Leg, work the foot.

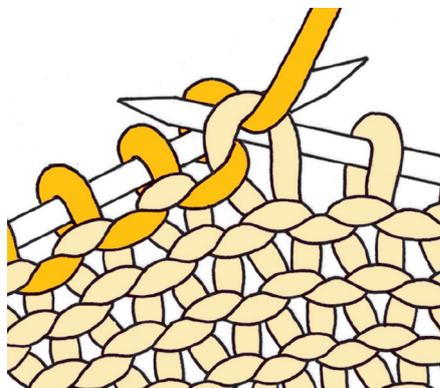
## 3.1 Boomerang heel

Work the heel in stockinette stitch in open rows over the stitches on Needles 1 and 4. For Textured patterns, work about 1-2 cm in stockinette stitch before the end of the Leg across Needles 1 and 4, continue in Leg Pattern across Needles 2 and 3. On 1st round slip any excess stitches onto Needles 1 and 4 if necessary. Arrange the heel stitches in 3 sections, see Table "Stitches for Short-Row Heel". The number of wrap stitches worked on Needle 1 are before the 1st slash, the number of wrap sts worked on Needle 4 are behind the 2nd slash. The number of stitches for the centre section (these stitches are not worked as wrap stitches) are between the slashes. Then work short rows with wrap stitches. For the first half of the heel work the 1st wrap st on Needle 1 over the last st before Needle 2, and on Needle 4 work the 1st wrap st with the 1st st after Needle 3. On the following row work 1 st less at the end of every RS and WS row, and after turning work a wrap stitch until just the stitches of the centre panel remain. After working 2 rounds over all stitches, work short rows with wrap stitches over the 2nd half of the heel in the opposite direction, thus now work the 1st wrap st on Needle 1 with the 1st st after the centre panel and the last wrap st with the last st on Needle 1; on Needle 4 work the 1st wrap st with the 1st st after the centre panel and the last wrap st with the 1st st on Needle 4.

### First half of heel – with wrap stitches from the inside out

**Row 1 (RS):** knit all sts on Needle 1, turn.

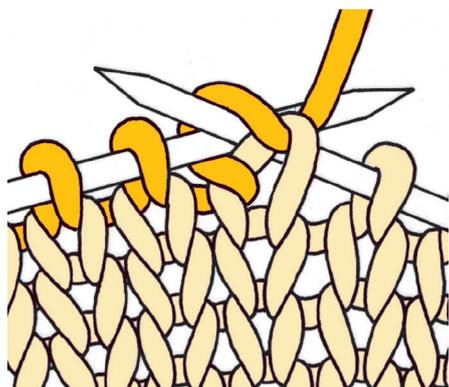
**Row 2 (WS):** work **wrap stitch** as foll:



*Wrap stitch at the beginning of wrong side-row*

With the yarn **at front of** work, insert needle from the right into 1st st, then slip the st and yarn tog and pull the yarn firmly to the back. This brings the st over the needle, wrapping it. Holes will form if the yarn is not pulled up firmly enough. Return yarn to front and purl all rem sts on Needle 1 and all sts on Needle 4, turn.

**Row 3:** work a **wrap stitch**, then knit all remaining stitches on Needles 4 and 1 to the wrap stitch at the end of the row, leave the wrap stitch unworked; turn.



*Wrap stitch at the beginning of the right side-row*

**Row 4:** work a wrap stitch, then purl to the wrap stitch; turn. Rep **rows 3-4** until only the sts of centre panel rem.



*Outer wrap stitches and middle third*

Now work 2 rounds over all stitches, knit across the heel stitches, work across Needles 2 and 3 in Leg Pattern. On 1st round pick up both parts of the wrap sts and knit as for 1 st. Then work the 2nd heel section.

### Second half of heel - with wrap stitches from the outside in

**Row 1 (RS):** knit across the sts of centre panel and the next st; turn.

**Row 2 (WS):** work 1 wrap stitch. Now purl across the rem sts of centre panel and the next st, turn.

**Row 3:** work 1 wrap stitch. Knit to the wrap st, knit this as given and knit the foll st, then turn.

**Row 4:** work 1 wrap stitch. Purl to the wrap st, purl this as given, then purl the next st and turn. Rep rows 3-4 throughout until wrap sts have been worked over the outer heel sts too.

After the last WS row turn and work 1 wrap stitch, knit the rem stitches on Needle 4, cont in rounds, and on 1st round knit the wrap stitches as given. Work Foot and Toes as given.



*Finished Boomerang heel*

### 3.2 Heel with heel flap



*Heel flap in stockinette stitch*

Work the heel flap in stockinette stitch in open rows across Needles 1 and 4. The first and last two stitches can be worked in garter stitch. The resulting ribs make counting the rows easier. Leave the stitches of the other two needles on one side. On the 1st heel row decrease any excess stitches if required. The height of the heel should be 2 rows shorter than you have heel stitches; for example, where you have 30 heel stitches, work just 28 rows for the heel flap.



*Heel flap*

For each **heel flap** arrange the stitches in 3 panels. Each panel has as many stitches as given for the Short-Row Heel in the Table "Stitches for Short-Row Heel". The number of stitches for the heel flap is between the two slashes, with the stitches for the outer panels on either side. On the following RS row knit to the last stitch of heel flap. ★ Work a slip decrease knitways over the last stitch of the heel flap together with the following stitch as follows: slip the last stitch of the heel flap knitways, knit the next stitch of the outer panel, pass the slipped heel flap stitch over, turn. Slip the 1st stitch of the heel flap purlways (yarn at front of work) and purl to the last stitch of the heel flap. Purl this last stitch together with the following stitch of the outer panel, and turn. Slip the 1st stitch of the heel flap purlways (yarn at back of work) and knit to the last stitch of the heel flap. Repeat these decreases from ★ until all stitches of the outer panels have been used up and just the stitches of the heel flap remain.

Again continue in rounds over all stitches; work in stockinette stitch across Needles 1 and 4, and in pattern or in stockinette stitch across Needles 2 and 3.

Work across the heel flap and arrange these stitches evenly across 2 needles (Needles 4 and 1), then with Needle 1 work 1 stitch into each edge stitch of heel flap (= 1 stitch for 2 heel rows), and k1 tbl into the cross thread between Needles 1 and 2. Now work across Needles 2 and 3 (upper foot).

Then k1 tbl into the cross thread between Needles 3 and 4, then work 1 stitch into each edge stitch, then work the remaining stitches in pattern. There are now more stitches on Needles 1 and 4 than on Needles 2 and 3, these are the stitches for the gusset. These additional stitches are decreased again for the gusset.



*Pick up the heel stitches*

For the gusset, on 3rd following round, work to 3 from end of Needle 1, then k2 together; across Needle 4 knit 1st stitch, then work a slip decrease knitways over 2 stitches. Repeat these decreases until you have the original number of stitches on Needles 1 and 4.



*Gusset with decreases in every 3rd round*

Now work the Foot the length given to start of toes, see "Foot, length to toe (cm)" in the Table.

### Barn toe



*Barn toe*

For **Barn toe** work to 3 from the end of Needles 1 and 3, then K2 tog, K1; on Needles 2 and 4 knit 1st stitch, then work a slip dec knitways over 2 stitches. Rep these decreases as given in the Table until 8 sts remain. Fetch the double thread through these stitches and pull up firmly, or graft the side edges together.

**Note:** if there is an odd number of stitches on the needle, k2 together at the end of those needles before starting toe shaping.

### Round toe



*Round toe*

For the **Round toe** work in stockinette stitch; on every decrease round K2 tog at the centre and end of every needle until 8 sts remain.

After every decrease round work as many rounds to the next decrease round as there are stitches between the decreases.

**Example:** there are 14 sts on each needle. On 1st decrease round work alt 5 in pattern and K2 tog. Then work 5 rounds, and on the following round work alt 4 in pattern and K2 tog. Work 4 rounds, then 1 decrease round, etc. Fetch the double thread through the remaining 8 sts and pull up firmly, then darn away the loose end.



Size chart applies to socks with REGIA 4-ply and Cotton

Gauge: in stockinette stitch on 2 - 3 needles 30 sts and 42 rows/rounds, each to 10 cm

Size Europe	22/23	24/25	26/27	28/29	30/31	32/33	34/35	36/37	38/39	40/41	42/43	44/45	46/47	48/49	50/51
Size UK	7/8		9/10	11/11.5	12-12.5		1/2	3/4	5/6	7/8	9	10/11	12/13	14/15	16
sts to cast on/per needle	44/11	48/12	48/12	52/13	52/13	56/14	56/14	60/15	60/15	64/16	64/16	68/17	72/18	72/18	76/19
sts for heel	22	24	24	26	26	28	28	30	30	32	32	34	36	36	38
<b>Heel flap</b>															
rows for heel	20	22	22	24	24	26	26	28	28	30	30	32	34	34	36
sts in each heel section	7/8/7	8/8/8	8/8/8	8/10/8	8/10/8	9/10/9	9/10/9	10/10/10	10/10/10	10/12/10	10/12/10	11/12/11	12/12/12	12/12/12	13/12/13
sts for gusset	11	12	12	13	13	14	14	15	15	16	16	17	18	18	19
Foot, length to toe (cm)	11.5	12.5	14	14	15.5	17	18	18.5	20	21	22	22.5	24	24.5	25
<b>Boomerang Heel</b>															
sts for heel	22	24	24	26	26	28	28	30	30	32	32	34	36	36	38
sts in each heel section	7/8/7	8/8/8	8/8/8	8/10/8	8/10/8	9/10/9	9/10/9	10/10/10	10/10/10	10/12/10	10/12/10	11/12/11	12/12/12	12/12/12	13/12/13
Foot, length to toe (cm)	11,5	12,5	14	14	15,5	17	18	18,5	20	21	22	22,5	24	24,5	25
<b>Decreases for barn toe after first decrease round</b>															
every 4th rnd	0x	0x	0x	0x	0x	0x	0x	1x							
every 3rd rnd	1x	1x	1x	2x	2x	2x	2x	2x	2x	2x	2x	2x	2x	2x	2x
every other rnd	3x	3x	3x	3x	3x	3x	3x	3x	3x	3x	3x	4x	4x	4x	5x
every rnd	4x	5x	5x	5x	5x	6x	6x	6x	6x	7x	7x	7x	8x	8x	8x
Total length of foot (cm)	14,5	15,5	17	18	19,5	21	22	23,5	25	26,5	27,5	28,5	30	31	32
Total length of foot (inch)	5.7	6.1	6.7	7.0	7.7	8.3	8.7	9.2	9.8	10.4	10.8	11.2	11.8	12.2	12.5



**Heel flap – Reinforced version**



Here too the two outer stitches may be worked in garter stitch, and the remaining center stitches as follows:

- Row 1: ★k1, slip 1 knitwise, yarn at back of work, rep from ★
  - Row 2: purl
  - Row 3: ★slip 1 knitwise, yarn at back of work, k1, rep from ★
  - Row 4: purl
- Rep rows 1-4 throughout until the heel flap has the required height



**Size chart applies to socks with REGIA 6-ply**

**Gauge: in stockinette stitch on 3 - 4 needles 22 sts and 30 rows/rounds, each to 10 cm**

Size Europe	22/23	24/25	26/27	28/29	30/31	32/33	34/35	36/37	38/39	40/41	42/43	44/45	46/47	48/49	50/51
Size UK	7/8		9/10	11/11.5	12-12.5		1/2	3/4	5/6	7/8	9	10/11	12/13	14/15	16
sts to cast on/per needle	32/8	36/9	36/9	40/10	40/10	44/11	44/11	48/12	48/12	52/13	52/13	56/14	56/14	60/15	60/15
sts for heel	16	18	18	20	20	22	22	24	24	26	26	28	28	30	30
<b>Heel flap</b>															
rows for heel	14	16	16	18	18	20	20	22	22	24	24	26	26	28	28
sts in each heel section	5/6/5	6/6/6	6/6/6	6/8/6	6/8/6	7/8/7	7/8/7	8/8/8	8/8/8	8/10/8	8/10/8	9/10/9	9/10/9	10/10/10	10/10/10
sts for gusset	8	9	9	10	10	11	11	12	12	13	13	14	14	15	15
Foot, length to toe (cm)	11,5	12	13,5	14	15	16,5	17	18	20	21,5	22,5	23	24,5	25	26
<b>Boomerang Heel</b>															
sts for heel	16	18	18	20	20	22	22	24	24	26	26	28	28	30	30
sts in each heel section	5/6/5	6/6/6	6/6/6	6/8/6	6/8/6	7/8/7	7/8/7	8/8/8	8/8/8	8/10/8	8/10/8	9/10/9	9/10/9	10/10/10	10/10/10
Foot, length to toe (cm)	11,5	12	13,5	14	15	16,5	17	18	20	21,5	22,5	23	24,5	25	26
<b>Decreases for barn toe after first decrease round</b>															
every 3rd rnd	0x	0x	0x	0x	0x	0x	0x	1x	1x	1x	1x	1x	1x	1x	1x
every other rnd	2x	3x	3x	3x	3x	4x	4x	4x	4x	4x	4x	4x	4x	4x	4x
every rnd	3x	3x	3x	4x	4x	4x	4x	4x	4x	5x	5x	6x	6x	7x	7x
Total length of foot (cm)	14,5	15,5	17	18	19,5	21	22	23,5	25	26,5	27,5	28,5	30	31	32
Total lengths of foot (inch)	5.7	6.1	6.7	7.0	7.7	8.3	8.7	9.2	9.8	10.4	10.8	11.2	11.8	12.2	12.5



Size chart applies to socks with REGIA 8-ply

Gauge: in stockinette stitch on 4 - 5 needles 20 sts und 28 rows/rounds, each to 10 cm.

Size Europe	22/23	24/25	26/27	28/29	30/31	32/33	34/35	36/37	38/39	40/41	42/43	44/45	46/47	48/49	50/51
Size UK	7/8		9/10	11/11.5	12-12.5		1/2	3/4	5/6	7/8	9	10/11	12/13	14/15	16
sts to cast on/per needle	28/7	32/8	32/8	36/9	36/9	40/10	40/10	44/11	44/11	48/12	48/12	52/13	52/13	56/14	56/14
sts for heel	14	16	16	18	18	20	20	22	22	24	24	26	26	28	28
<b>Heel flap</b>															
rows for heel	12	14	14	16	16	18	18	20	20	22	22	24	24	26	26
sts in each heel section	4/6/4	5/6/5	5/6/5	6/6/6	6/6/6	6/8/6	6/8/6	7/8/7	7/8/7	8/8/8	8/8/8	8/10/8	8/10/8	9/10/9	9/10/9
sts for gusset	7	8	8	9	9	10	10	11	11	12	12	13	13	14	14
Foot, length to toe (cm)	12	13	13,5	14	15,5	17	18	19	20,5	21,5	22,5	23	24,5	24,5	25,5
<b>Boomerang Heel</b>															
sts for heel	14	16	16	18	18	20	20	22	22	24	24	26	26	28	28
sts in each heel section	4/6/4	5/6/5	5/6/5	6/6/6	6/6/6	6/8/6	6/8/6	7/8/7	7/8/7	8/8/8	8/8/8	8/10/8	8/10/8	9/10/9	9/10/9
Foot, length to toe (cm)	12	13	13,5	14	15,5	17	18	19	20,5	21,5	22,5	23	24,5	24,5	25,5
<b>Decreases for barn toe after first decrease round</b>															
every 3rd rnd	0x	0x	1x	1x	1x	1x	1x	1x	1x	1x	1x	1x	1x	1x	1x
every other rnd	2x	2x	2x	2x	3x	3x	3x	3x	3x	4x	4x	4x	4x	4x	4x
every rnd	2x	3x	2x	3x	2x	3x	3x	4x	4x	4x	4x	5x	5x	6x	6x
Total length of foot (cm)	14,5	15,5	17	18	19,5	21	22	23,5	25	26,5	27,5	28,5	30	31	32
Total length of foot (inch)	5.7	6.1	6.7	7.0	7.7	8.3	8.7	9.2	9.8	10.4	10.8	11.2	11.8	12.2	12.5