

## NANCY'S SOCKS WITH TUBULAR FOOT

Tension 5 or 6 for Ladies'      Size 6-8  
Tension 6 or 7 for Men's      Size 9-11  
Ribbing:              5/5 or 6/6  
Yarn:                  Regia or medium weight sock yarn  
  
(Length can be adjusted by reducing or adding rows and with tension changes)  
  
Machine:              Standard



### RIBBING (Ankle):

1. Set to half pitch and pull out 68 stitches (34-34) in 2x1 rib arrangement, with first two needle and last two needles on the ribber bed. CO manual wrap as follows: On the ribber bed e-wrap clockwise; on main bed e-wrap counter-clockwise.
2. Tension 6 knit 1 row *very slowly*.
3. Drop ribber bed down 1 notch and hang comb on ribber needle shanks.
4. Hang weights on comb. Lift comb over ribber needles, push ribber needles to Hold, bring ribber bed back to work position.
5. Knit 20 rows.
6. Change tension on both beds one click tighter, every 5 rows to RC 50 (you will be at 4/4).
7. Continue at tension 4/4 to RC 60.
8. Knit 1 row at T 5/5.
9. Knit 1 row at T 6/6.
10. Transfer all main bed stitches to **ribber**. (Place machine in pitch for easier transfer.) Make sure you have 68 stitches. Push main bed needles out of work.
11. Knit 1 row at T 6 (ribber bed only)
12. Set ribber carriage to Hold. Put 17 needles opposite carriage into hold position. Knit 1 row. Cancel Hold. Change to half-pitch.
13. Remove ribber comb and weights. Hang 3 small claw weights on bottom edge.
14. Transfer 17 stitches from each side to center 34 needles on main bed. Drop ribber one notch for easier transfer. *Use small transfer tool (22 needle) or garter bar doing one side at a time OR scrap off the 68 stitches and re-hang as follows:* Hang stitches of sock (wrong side facing) so that the center back edges are together at center of main bed (17 stitches each side of zero) and center 34 stitches are on ribber bed (right side facing) (17 stitches each side of zero) forming a circle. (Drop ribber 1 notch for easier handling.)
15. Cross left 1 with right 1 on Main bed only. (This keeps stitches from stretching.)
16. Set machine to knit circular (opposite part button on MB and RB).

17. T 6 (Ladies') or T 7 (Men's); set ribber to half-pitch. RC000. Knit 30-40 rows. (I like 40 rows better.)

#### **HEEL:**

1. Cross end stitches from ribber to main bed and main bed to ribber on both ends.
2. Set both part buttons on ribber and change to T 5/0. (Ribber will not knit)
3. Set main carriage to Hold. Hang weights from back side, close to MB.
4. Short row the heel by placing one needle next carriage into Hold, knit one row. Bring needle next to carriage out to hold, knit one row.
5. Move weights towards center every couple of rows. (I use the long flat claw weights with a fishing weight of 4 oz weight attached.)
6. Continue short rowing until 16 stitches remain in center of bed.
7. To increase back out, wrap 1 needle next to carriage, push 2 needles opposite carriage into D position. Knit one row.
8. Bring one needle next to carriage into Hold position, push 2 needles opposite carriage into D position. Knit one row.
9. Continue moving the weights often, until 2 needles in Hold position remain on each end of bed.
10. Bring 2 needles opposite carriage into D position and knit across.
11. Using transfer tool, push remaining 2 needles to B position.

#### **FOOT:**

1. RC 000. Change tension to 6/6 and set ribber to half pitch. Set carriages or circular knitting, knitting on ribber bed first. Hang weights.
2. Knit the foot: Ladies': Knit 110 rows; for Men's knit 120 rows.  
*Note: for a smaller sock tighten tension, knit less rows. For a narrow foot, do first decrease right after the heel on second.*

#### **TOE:**

3. Using a 2-prong transfer tool, decrease 1 stitch on each end of both beds for a total of 4 stitches decreased. Make sure empty needles are out of work. Knit 4 rows.
4. Repeat 3 more times.
5. Decrease every 2 rows (4 stitches) until 12 stitches remain on each bed.  
*Note: I drop the main yarn, threaded on a double-eyed needle, through the opening for the toe before I scrap off. This puts the yarn and needle on the inside of the sock.*
6. Remove on scrap. Be sure to use a very different colored scrap yarn. Knit several rows in tubular. Turn off Part buttons and knit a few rows in full needle rib.
7. Kitchener the toe and sew rib by stitching between the 1<sup>st</sup> and 2<sup>nd</sup> stitch on each side of ribbing.