



[Loom Knitting Help](#)

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Easy Top Down Sock Pattern

This pattern is presented in English as much as possible as opposed to a standard knitting pattern language and is meant for someone who is new to knitting from a pattern. Try knitting the first sock following this pattern and the second sock following the standard knitting pattern.

Tips

- ◆ Place a stitch marker on every 4th stitch starting with the first stitch (1, 5, 9, 13, 17, 21). This will help you keep track of where you are in the stitch pattern and will also help you split the stitches for working the heel and toe. If possible, use the same color stitch markers for the first three and a different color for the last three. This will help you differentiate between heel and toe.
- ◆ Use a row counter. There are many different kinds of row counters available, all of which are inexpensive. The cheapest is using pencil and paper.
- ◆ Any [stitch pattern](#) that has the following number of stitch repeats can be used as the main stitch pattern: 2, 3, 4, 6, 8, and 12. If your stitch pattern has more than one row, make sure you divide the number of total rows where the stitch pattern is to be placed (cuff, leg & ankle and instep of foot) by the number of rows in the stitch pattern to determine placement. Use a single stitch pattern for the heel, turn heel, sole of foot, toe and turn toe. If you change the stitch pattern, remember to adjust for the [gauge difference](#).
- ◆ If you aren't keeping a Knitting Journal, start! It will help you keep track of where you are in patterns, issues you have dealt with and how, gauges for yarn/loom combinations, yarn substitution information and anything else you think will help you on your knitting journey.
- ◆ All links bring you to an explanation on [Loom Knitting Help](#).

Pattern Information

Shoe Size: Woman (6, 6.5, 7, 7.5) 8 (8.5, 9, 9.5, 10); differences are in the leg, foot & yardage only

Style: Cuff to Toe

Length: Standard

[Gauge](#): 3.50 stitches, 6.00 rows per inch using the [Single Rib Stitch](#)

Loom: Knifty Knitter Blue Round Loom

Yarn: Lion Brand Wool-Ease Chunky

Estimated Yardage: (149, 152, 156, 158) 159 yards (161, 161, 164, 165)

Stitch Pattern: [Single Rib Stitch \(K1 P1\)](#) using the [knit stitch](#). If you want to use the [knit tbl \(e-wrap\) stitch](#), you will need to adjust for the [gauge difference](#).



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Cast-on

[Cast-on](#) loosely. Suggested cast-on is the [long tail cast-on](#).

Cuff, Leg, and Ankle

The [cuff](#), [leg](#) and [ankle](#) are all worked with [circular knitting](#) on pegs 1-24 (the entire loom). Repeat the following pattern for a total of 54 rows (Cuff: 10 rows; Leg: (36, 36, 40, 40) 40 (40, 40, 40, 40) rows; and, Ankle: 4 rows):

[Knit](#), [Purl](#), [Knit](#), [Purl](#), [Knit](#), [Purl](#), [Knit](#), [Purl](#), [Knit](#), [Purl](#), [Knit](#), [Purl](#), [Knit](#), [Purl](#), [Knit](#), [Purl](#),
[Knit](#), [Purl](#), [Knit](#), [Purl](#), [Knit](#), [Purl](#), [Knit](#), [Purl](#)

In other words, repeat [[Knit](#), [Purl](#)] 12 times from peg 1 to peg 24. The odd pegs are [knits](#) and the even pegs are [purls](#), creating a ribbed pattern known as [Single Rib Stitch](#).

Heel

[Flat knitting](#) is used in the [heel](#) and [turn heel](#) sections. Both are worked in [Stockinette Stitch](#) (all [knit](#) stitches) using [short rows](#) to create two connected miters. Since this is [flat knitting](#), odd rows are worked from right to left and even rows from left to right. When you are instructed to "Turn," work in the opposite direction starting with the peg you worked in the last row. So start row 2 with peg 12, row 4 with peg 11, and row 6 with peg 10. The pegs are noted for each row to help you keep track of where you are in the pattern.

Row 1 (Working R to L): [Knit](#) pegs 1-12. Turn.
Row 2 (Working L to R): [Slip](#) peg 12, [Knit](#) pegs 11-1. Turn.
Row 3 (Working R to L): [Slip](#) peg 1, [Knit](#) pegs 2-11. Turn.
Row 4 (Working L to R): [Slip](#) peg 11, [Knit](#) pegs 10-2. Turn.
Row 5 (Working R to L): [Slip](#) peg 2, [Knit](#) pegs 3-10. Turn.
Row 6 (Working L to R): [Slip](#) peg 10, [Knit](#) pegs 9-3. Turn.

Turn Heel

To [avoid holes](#) in the [heel](#), the [Catch method](#) is used. There are two different ways of working the [Catch method](#). Either method works and creates a very neat diagonal.

Row 1 (Working R to L): [Slip](#) peg 3, [Knit](#) pegs 4-8, work a [Catch](#) at peg 9 with peg 10
Row 2 (Working L to R): [Slip](#) peg 9, [Knit](#) pegs 8-4, work a [Catch](#) at peg 4 with peg 3
Row 3 (Working R to L): [Slip](#) peg 4, [Knit](#) pegs 5-8, work a [Catch](#) at peg 9 with peg 10
Row 4 (Working L to R): [Slip](#) peg 9, [Knit](#) pegs 8-3, work a [Catch](#) at peg 2 with peg 1
Row 5 (Working R to L): [Slip](#) peg 2, [Knit](#) pegs 3-9, work a [Catch](#) at peg 10 with peg 11
Row 6 (Working L to R): [Slip](#) peg 10, [Knit](#) pegs 9-2, work a [Catch](#) at peg 1 with peg 24
**Row 7 (Working R to L): [Slip](#) peg 1, [Knit](#) pegs 2-9, work a [Catch](#) at peg 10 with peg 9
**Row 8 (Working L to R): [Slip](#) peg 10, [Knit](#) pegs 9-1, work a [Catch](#) at peg 24 with peg 1

** NB: For the last two rows, the [Catch](#) is worked with the prior stitch instead of the next stitch like the previous rows.



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Gusset

Even though the [gusset](#) is short, there are three things to note:

- ◆ You work in [circular knitting](#) again starting with peg 1
- ◆ The main stitch pattern for the sock is worked again but because you stand on the [gusset](#), the sole (bottom) is worked in [Stockinette Stitch](#) and the instep (top) is worked in [Single Rib Stitch](#)
- ◆ To [avoid holes](#), use the [Catch method](#) again

Knit pegs 1-11, work a [Catch](#) at peg 12 with peg 13;
Work [Single Rib Stitch](#) [[Knit](#), [Purl](#)] on pegs 13-22;
Knit peg 23, work a [Catch](#) at peg 24 with peg 1 by [purling them together](#)

The last [Catch](#) is purled together instead of knit together to keep it in the [Single Rib Stitch](#).

Foot

Continue working in [circular knitting](#) by working [Stockinette Stitch](#) (all [knit](#) stitches) on pegs 1-12 and [Single Rib Stitch](#) ([[Knit](#), [Purl](#)] six times) on pegs 13-24 until the [foot](#) measures (7.7", 7.9", 8.1", 8.3") 8.5" (8.7", 8.9", 9.1", 9.3") from the base of the heel. Once this is completed, finish the foot and setup for the toe by working in [Stockinette Stitch](#) on pegs 1-12.

Toe

The [toe](#) and the [turn toe](#) are worked the same way the [heel](#) and [turn heel](#) were worked. Again, both are worked in [flat knitting](#) in [Stockinette Stitch](#) using [short rows](#) to create two connected miters. This time, work pegs 13-24 (the instep or top of the sock) instead of 1-12 (the sole or bottom of the sock) but continue to work odds rows from right to left and even rows from left to right. Remember that when you are instructed to "Turn," work in the opposite direction starting with the peg worked in the last row. So start row 2 with peg 24, row 4 with peg 23, and row 6 with peg 22. The pegs are noted for each row to help you keep track of where you are in the pattern.

Row 1 (Working R to L): [Knit](#) pegs 13-24. Turn.
Row 2 (Working L to R): [Slip](#) peg 24, [Knit](#) pegs 23-13. Turn.
Row 3 (Working R to L): [Slip](#) peg 13, [Knit](#) pegs 14-23. Turn.
Row 4 (Working L to R): [Slip](#) peg 23, [Knit](#) pegs 22-14. Turn.
Row 5 (Working R to L): [Slip](#) peg 14, [Knit](#) pegs 15-22. Turn.
Row 6 (Working L to R): [Slip](#) peg 22, [Knit](#) pegs 21-15. Turn.

Turn Toe

Like the [turn heel](#), to [avoid holes](#) in the [toe](#), the [Catch method](#) is used. Again, there are two different ways of working the [Catch method](#) and either creates a very neat diagonal.

Row 1 (Working R to L): [Slip](#) peg 15, [Knit](#) pegs 16-20, work a [Catch](#) at peg 22 with peg 21
Row 2 (Working L to R): [Slip](#) peg 21, [Knit](#) pegs 20-17, work a [Catch](#) at peg 15 with peg 16
Row 3 (Working R to L): [Slip](#) peg 16, [Knit](#) pegs 17-21, work a [Catch](#) at peg 23 with peg 22
Row 4 (Working L to R): [Slip](#) peg 22, [Knit](#) pegs 21-16, work a [Catch](#) at peg 14 with peg 15
Row 5 (Working R to L): [Slip](#) peg 15, [Knit](#) pegs 15-21, work a [Catch](#) at peg 23 with peg 22
Row 6 (Working L to R): [Slip](#) peg 22, [Knit](#) pegs 21-14, work a [Catch](#) at peg 12 with peg 13
**Row 7 (Working R to L): [Slip](#) peg 13, [Knit](#) pegs 14-22, work a [Catch](#) at peg 22 with peg 21
**Row 8 (Working L to R): [Slip](#) peg 23, [Knit](#) pegs 22-13, work a [Catch](#) at peg 13 with peg 14



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** NB: For the last two rows, the [Catch](#) is worked with the prior stitch instead of the next stitch like the previous rows.

Finishing

The [bind off](#) is done on the sole of the heel using the [Graft bind-off method](#). Be sure to use the Kitchener method. This will match [Stockinette Stitch](#) and not leave a seam. After you finish binding off, weave in the tail.

Time to work the second sock! ☺