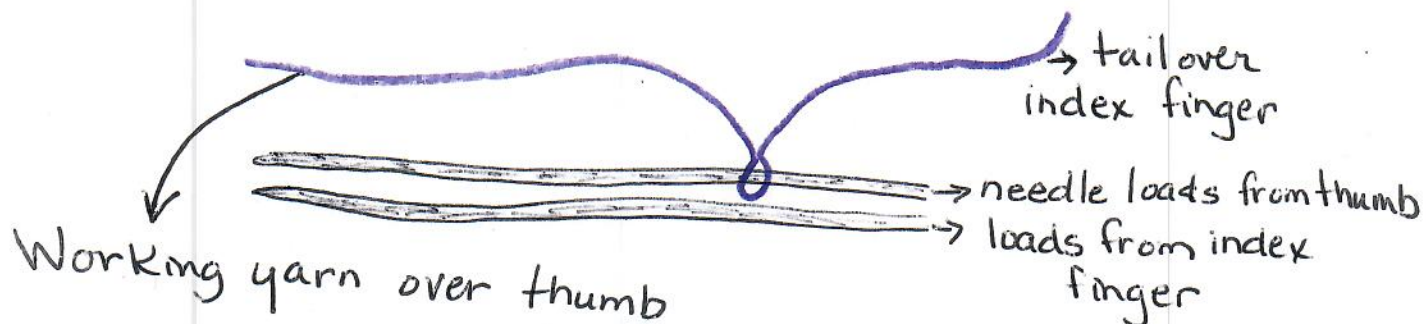


## Let's Get Started!

Use a long tail cast on method with the tail on the needle farthest from you and over your index finger. In a sweeping figure 8 motion, load the needle.

Keeping your needles close together, you'll begin with the "naked" needle picking up the stitch from the index finger. The needle with the slip stitch on it enters the yarn on the thumb, just as you would on a regular cast on. This better secures the stitch on the needle. Once you have 12 stitches on each needle for each sock, tie the tail to the working yarn.



Next you'll anchor the cast on stitches by knitting across the front needle first, into the knit stitch. Turn, push and pull, then knit across the back needle, through the back loop (the stitches are twisted). Place a marker on the right side in the center to watch the toes grow.

## To Increase at the Toe

Round 1 through 6: (This provides a rounded toe.). Knit front and back (kfb) on the first stitch and the second to the last stitch. This puts the purl at the same place on the toe. Once this is complete, there should be 24 stitches on each needle for each sock. (Round 1:14, 2:16, 3:18, 4:20, 5:22, 6:24 stitches)

Round 7: Knit.

Round 8: Repeat round 1 (26 stitches).

Round 9: Knit.

Round 10: Repeat round 1 (28 stitches).

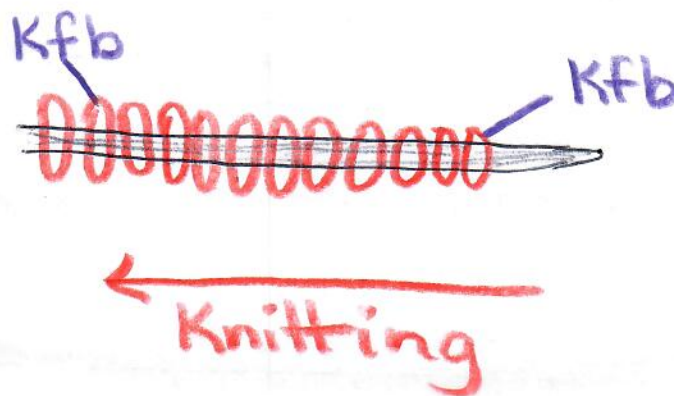
Round 11: Knit.

Round 12: Repeat round 1 (30 stitches).

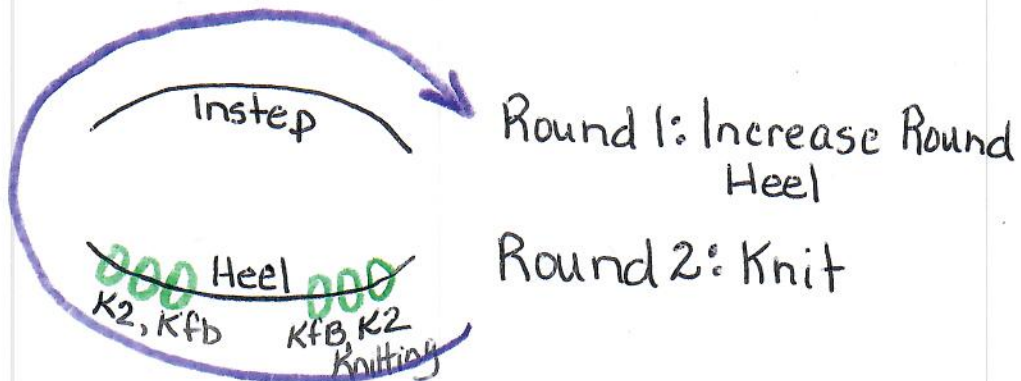
Round 13: Knit.

Round 14: Repeat round 1 (32 stitches). Total of 64 stitches per whole sock. (60 is typical for a small foot, and 72 for a man's sock). Notice all are multiples of 4. This gives you the opportunity to choose a pattern for your sock. Plain is fine, but you could use k2, p2 or k3, p1 or and variation you like.

Place the marker on the first side of the sock you work. This will be the instep. Should you choose to add a pattern, this will be the side you put it on. The bottom of the foot will have no pattern. Continue to knit rounds (NO MORE INCREASES) until the sock reaches the top of the ankle (that's right, try it on!) or 2" shorter than the length of the foot.



## Fleegle Heel Set Up



To increase, you will knit front and back (kfb) on the third and the third to the last stitches of each sock **only on the heel side**. If you are using a pattern for the instep, remember to continue. Nothing is changing on that side.

Goal: Increase the number of stitches on the heel needle until they are 2 less than the number of stitches on the instep. For this pattern  $32 \times 2 = 64 - 2 = 62$ .

## Turning the Fleegle Heel

You will only be working on one sock at a time now and only on the heel. Once the first heel is finished, you move it down on the loop as always and complete the second.

Place a removable stitch marker at the center of the heel stitches: after 31 stitches. Knit to 2 stitches beyond the marker. K2tog, K1, turn. Pull yarn tight.

Slip 1 purlwise. Purl to 2 stitches beyond the marker P2tog, P1, turn. Pull yarn tight.

\*Slip 1, knit back to the gap, knit the stitch before and after the gap together. Knit 1. Turn.\*

Repeat these 2 rows until you have one stitch left on each side. Goal: 32 stitches on the heel side to match the 32 stitches on the instep side.

Repeat these instructions for the second heel. Make sure, when you are finished, the yarn for each sock is on the same side.

Now finish your sock! Knit the cuff of your sock to your desired length, typically 6" to 7". Remember to continue your pattern on both sides of the sock. I would suggest a 1x1 rib (k1, p1) for the last inch for your cuff. Once you are ready for binding off, use the incredible stretchy bind off. (Yarning over, knit in pattern, and pull both the yo and knit stitch over the end of the needle).