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Top Down Sock Pattern

Standard & Ankle Length – Catch Method – Knit Tbl (E-Wrap) Stitch

Décor Accents, Inc. Sock Loom EFG 5"

This pattern is written for a standard length sock with changes for ankle length in parentheses. When only one number is given, it applies to both lengths. If you are not familiar with reading knitting patterns or charts, please see [Reading Pattern & Charts](#).

Tips

- ◆ Place a stitch marker on every 4th stitch starting with the first stitch (1, 5, 9, 13, etc.). 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 half of the loom and a different color for the last half. 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, 9, and 12, 18. 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 stitch pattern such as Twisted [St st](#) for the heel, turn heel, sole of foot, toe and turn toe. If you use a difference stitch pattern than specified in the pattern information below, remember to adjust for the [gauge difference](#). For more information on stitch patterns, see [Notes](#).
- ◆ 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

Style: Top Down (Cuff to Toe)

Length: (Ankle) Standard

Gauge: 7 stitches, 10 rows per inch using Twisted [St st](#)

Loom: [Décor Accents, Inc.](#) EFG Sock Loom 5"

Yarn: Sock weight yarn

Estimated Yardage: (159) 188 yards

Stitch Pattern: Twisted [St st](#) (using the [knit tbl \(e-wrap\) stitch](#))

[Short Row](#) Method to [avoid holes](#): [Catch method](#) worked through the back loop



EASY

Abbreviations Used

BOR	Beginning of Row	rnds	Rounds	St st	Stockinette Stitch
K	Knit	Sl	Slip	tbl	Through the Back Loop
P	Purl	SSK	Slip Slip Knit	tog	Together
R	Row	st, sts	Stitch, Stiches	YO	Yarn Over



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Cast-on

Cast on 36 sts loosely.

Cuff

Work cuff in Twisted [St st](#) for 10 rnds. [1"] End at BOR.

Leg

Work in leg Twisted [St st](#) for (16) 46 rnds. [(2.5") 5.5" from cast-on edge] End at BOR.

Ankle Section

Work 8 rnds even in Twisted [St st](#) pattern. End at BOR.

Heel

Work [short rows](#) in Twisted [St st](#). There is a [chart](#) in [Notes](#) to follow and pegs are noted below to help you keep track.

- R1: [K tbl](#) 18, turn. (Pegs 1-18)
- R2: [Sl](#) 1, [K tbl](#) 17, turn. (Pegs 18-1)
- R3: [Sl](#) 1, [K tbl](#) 16, turn. (Pegs 1-17)
- R4: [Sl](#) 1, [K tbl](#) 15, turn. (Pegs 17-2)
- R5: [Sl](#) 1, [K tbl](#) 14, turn. (Pegs 2-16)
- R6: [Sl](#) 1, [K tbl](#) 13, turn. (Pegs 16-3)
- R7: [Sl](#) 1, [K tbl](#) 12, turn. (Pegs 3-15)
- R8: [Sl](#) 1, [K tbl](#) 11, turn. (Pegs 15-4)
- R9: [Sl](#) 1, [K tbl](#) 10, turn. (Pegs 4-14)
- R10: [Sl](#) 1, [K tbl](#) 9, turn. (Pegs 14-5)

Turn Heel

Continue working in Twisted [St st](#) and use the [Catch method](#) to [avoid holes](#). The [Catch](#) is worked tbl. There is a [chart](#) in [Notes](#) to follow and pegs are noted below to help you keep track.

- R1: [Sl](#) 1, [K tbl](#) 7, [Catch](#) tbl, turn. (Pegs 5-13, [Catch](#) at peg 13 tog with peg 14)
- R2: [Sl](#) 1, [K tbl](#) 6, [Catch](#) tbl, turn. (Pegs 13-6, [Catch](#) at peg 6 tog with peg 5)
- R3: [Sl](#) 1, [K tbl](#) 7, [Catch](#) tbl, turn. (Pegs 6-14, [Catch](#) at peg 14 tog with peg 15)
- R4: [Sl](#) 1, [K tbl](#) 8, [Catch](#) tbl, turn. (Pegs 14-5, [Catch](#) at peg 5 tog with peg 4)
- R5: [Sl](#) 1, [K tbl](#) 9, [Catch](#) tbl, turn. (Pegs 5-15, [Catch](#) at peg 15 tog with peg 16)
- R6: [Sl](#) 1, [K tbl](#) 10, [Catch](#) tbl, turn. (Pegs 15-4, [Catch](#) at peg 4 tog with peg 3)
- R7: [Sl](#) 1, [K tbl](#) 11, [Catch](#) tbl, turn. (Pegs 4-16, [Catch](#) at peg 16 tog with peg 17)
- R8: [Sl](#) 1, [K tbl](#) 12, [Catch](#) tbl, turn. (Pegs 16-3, [Catch](#) at peg 3 tog with peg 2)
- R9: [Sl](#) 1, [K tbl](#) 13, [Catch](#) tbl, turn. (Pegs 3-17, [Catch](#) at peg 17 tog with peg 18)
- R10: [Sl](#) 1, [K tbl](#) 14, [Catch](#) tbl, turn. (Pegs 17-2, [Catch](#) at peg 1 tog with peg 2)
- R11: [Sl](#) 1, [K tbl](#) 15, [Catch](#) tbl with last st (instead of next), turn. (Pegs 2-18, [Catch](#) at peg 18 tog with peg 17)
- R12: [Sl](#) 1, [K tbl](#) 16, [Catch](#) tbl with last st (instead of next), turn. (Pegs 18-1, [Catch](#) at peg 1 tog with peg 2)

Gusset

Work in Twisted [St st](#) to the last heel st and then work a [Catch](#) tbl at last heel st (peg 18) tog with base of instep (peg 19). Work across the instep sts in Twisted [St st](#) to the last st and then work a [Catch](#) tbl at last instep st (peg 36) tog with base of first heel st (peg 1). [36 sts total] BOR.



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Foot

Continue working in rnds in Twisted [St st](#) until the foot measures 8" from base of heel. Complete the sts on bottom of the foot. Stop.

Toe

The toe and turn toe are shaped the same way as the heel and turn heel: [short rows](#) in Twisted [St st](#) except it is worked over the last 18 sts instead of the first. There is a [chart](#) in [Notes](#) to follow and pegs are noted below to help you keep track.

The sole remains at rest. Work the instep sts only. [18 sts: pegs 19-36]

R1: [K tbl](#) 18, turn. (Pegs 19-36)

R2: [Sl](#) 1, [K tbl](#) 17, turn. (Pegs 36-19)

R3: [Sl](#) 1, [K tbl](#) 16, turn. (Pegs 19-35)

R4: [Sl](#) 1, [K tbl](#) 15, turn. (Pegs 35-20)

R5: [Sl](#) 1, [K tbl](#) 14, turn. (Pegs 20-34)

R6: [Sl](#) 1, [K tbl](#) 13, turn. (Pegs 34-21)

R7: [Sl](#) 1, [K tbl](#) 12, turn. (Pegs 21-33)

R8: [Sl](#) 1, [K tbl](#) 11, turn. (Pegs 33-22)

R9: [Sl](#) 1, [K tbl](#) 10, turn. (Pegs 22-32)

R10: [Sl](#) 1, [K tbl](#) 9, turn. (Pegs 32-23)

Turn Toe

There is a [chart](#) in [Notes](#) to follow and pegs are noted below to help you keep track.

R1: [Sl](#) 1, [K tbl](#) 7, [Catch](#) tbl, turn. (Pegs 23-31, [Catch](#) at peg 31 tog with peg 32)

R2: [Sl](#) 1, [K tbl](#) 6, [Catch](#) tbl, turn. (Pegs 31-24, [Catch](#) at peg 24 tog with peg 23)

R3: [Sl](#) 1, [K tbl](#) 7, [Catch](#) tbl, turn. (Pegs 24-32, [Catch](#) at peg 32 tog with peg 33)

R4: [Sl](#) 1, [K tbl](#) 8, [Catch](#) tbl, turn. (Pegs 32-23, [Catch](#) at peg 25 tog with peg 24)

R5: [Sl](#) 1, [K tbl](#) 9, [Catch](#) tbl, turn. (Pegs 23-33, [Catch](#) at peg 34 tog with peg 35)

R6: [Sl](#) 1, [K tbl](#) 10, [Catch](#) tbl, turn. (Pegs 33-22, [Catch](#) at peg 22 tog with peg 21)

R7: [Sl](#) 1, [K tbl](#) 11, [Catch](#) tbl, turn. (Pegs 22-34, [Catch](#) at peg 34 tog with peg 35)

R8: [Sl](#) 1, [K tbl](#) 12, [Catch](#) tbl, turn. (Pegs 34-21, [Catch](#) at peg 21 tog with peg 20)

R9: [Sl](#) 1, [K tbl](#) 13, [Catch](#) tbl, turn. (Pegs 21-35, [Catch](#) at peg 35 tog with peg 36)

R10: [Sl](#) 1, [K tbl](#) 14, [Catch](#) tbl, turn. (Pegs 35-20, [Catch](#) at peg 20 tog with peg 19)

R11: [Sl](#) 1, [K tbl](#) 15, [Catch](#) tbl with last st (instead of next), turn. (Pegs 20-36, [Catch](#) at peg 36 tog with peg 35)

R12: [Sl](#) 1, [K tbl](#) 16, [Catch](#) tbl with last st (instead of next), turn. (Pegs 36-19, [Catch](#) at peg 19 tog with peg 20)

Finishing

Bind off using the [Graft bind-off](#), Kitchener method. Weave in ends.

Work second sock.



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Notes

Other Stitch Patterns

The following are tips for working stitch patterns in rnds in each section. If you change the stitch pattern, be sure to check the gauge and change the pattern accordingly.

- ◆ *Cuff, Leg, Ankle:* The entire rnd can be worked in a different stitch pattern, e.g., [Single Rib st](#), [Double Rib st](#), [Moss st](#), [Purl Ridges st](#), and [Seed st](#). If you choose a stitch pattern that is made up of more than one row, remember to determine placement. It's not unusual to choose [Single Rib st](#) or [Double Rib st](#) for the cuff and a more elaborate stitch pattern for the leg and ankle.
- ◆ *Heel & Turn Heel:* Comfort is of greatest importance here so work in a single stitch stitch pattern such as Twisted [St st](#).
- ◆ *Gusset:* Comfort is of greatest importance for the sole so work sole in single stitch stitch pattern such as Twisted [St st](#) to the last heel st. Work a [Catch](#) tbl at the last heel st (peg 18) tog with base of the instep (peg 19). Work across the instep sts in the desired stitch pattern, such as those noted above. If this pattern has more than one row, pick up where the ankle left off. Then work a [Catch](#) tbl at the last instep st (peg 36) tog with the base of the first heel st (peg 1). [36 sts total] BOR. The last [Catch](#) may need to be worked as [P](#) or another stitch depending upon stitch pattern chosen.
- ◆ *Foot:* As with gusset, comfort is of greatest importance in the sole so continue working in rnds in the following pattern (Sts 1-18 single stitch stitch pattern such as Twisted [St st](#); Sts 19-36 desired stitch pattern such as those noted above) until the foot measures 8.125" from base of heel. Complete the sts on bottom of foot. Stop.
- ◆ *Toe & Turn Toe:* Work in the same manner as Heel & Turn Heel.

Chart

For information on how to read charts, see [Reading Charts & Patterns](#). The chart on the following page is for the heel, turn heel, toe and turn toe as well as the gusset. Regardless of what stitch pattern you choose to use for this pattern, the heel, turn heel, toe and turn toe will stay this same for this loom if a [Catch](#) is worked to avoid holes. These sections will be different if a Tie or Over is chosen instead. Please see appropriate patterns for those methods. As noted above in the *Gusset* bullet point, the sole stitches will remain the same but the instep may change. The single and double rib stitches are commonly used stitch patterns. If chosen, the last instep stitch will be a [Catch](#) and will be worked as a purl instead of a knit to keep in the pattern.

Other Patterns

Please see DA EFG 5 for more patterns for this loom. Patterns for other looms are available at Free Sock Patterns.

Feedback & Requests

Are welcome! Please contact [Loom Knitting Help](#).



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Chart

The chart to below is for the heel, turn heel, toe, and turn toe. For information on how to read charts, see [Reading Charts & Patterns](#).

		P E G N U M B E R																																															
		19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1	36																	1	2	3	4	5	6	7	8	9	10	11	12
		1	36	35	34	33	32	31	30	29	28	27	26	25	24	23	22	21	20	19	18																	1	2	3	4	5	6	7	8	9	10	11	12
R O W	1	Kb	C	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	C	1	R O W												
	12	SI	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	C	12														
	11	C	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	SI	11															
	10			SI	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	C	10																
	9				C	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	SI	9																
	8					SI	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	C	8																
	7						C	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	SI	7																
	6							SI	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	C	6																
	5								C	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	SI	5																
	4									SI	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	C	4																
	3										C	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	SI	3																
	2											SI	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	Kb	C	2																
1																																			1														
		1	36	35	34	33	32	31	30	29	28	27	26	25	24	23	22	21	20	19	18																	1	2	3	4	5	6	7	8	9	10	11	12
		19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1	36																												
		P E G N U M B E R																																															

Key

#	Heel & Turn Heel Peg Number*
#	Toe & Turn Toe Peg Number*
#	Row Number
C	Catch Method coloring peg to take wrap from; work through the back loop
C	Catch Method coloring peg to take wrap from; work through the back loop
Kb	Knit tbl stitch
SI	Slip with yarn in back stitch

* Gusset Sole = Pegs 1-18, the same as Heel & Turn Heel
 Gusset Instep = Pegs 19-36, the same as Toe & Turn Toe

The top row of the Chart is the Gusset; a white line separates the Heel/Toe from the Turn Heel/Turn Toe.