

## American Red Cross Sock Instructions

In times of great national need, the citizens of Cumberland County have always stepped up. Today, it is homemade PPE masks for healthcare professionals battling Covid-19. During World War I, the American Red Cross was asking people to knit socks for the troops.

If you have the ability to sew PPE masks click [HERE](#) for instructions

## MAN'S SOCK

**Equipment Needed:** 4 ozs. 4/14 sock yarn of suitable color.

**Needles:** Four needles to fit the Red Cross needle gauge for socks. Gauges available from area offices.

**Scale:** 7 stitches to the inch, 9 rows to the inch. Make a sample to find out how many stitches are required for you to knit an inch. If your scale is not that given here, try a smaller or larger needle until you obtain this scale. If you have to use a different size needle from that called for above, it will not in any way alter the garment provided you knit 7 stitches to the inch and 9 rows to the inch.

When knitting the second sock of a pair, always count the rows of the first sock to insure uniform size when finished. These knitting directions are given as a guide. Other simple sock directions may be used as long as the garment is the proper size and of correct proportions.

### INSTRUCTIONS FOR MAKING

The sock when finished should measure: foot,  $10\frac{1}{2}$ , 11, or  $11\frac{1}{2}$  inches; leg, 14 inches.

On 3 needles and with a double thread cast on loosely 60 sts., having 20 on each of 3 needles. Join, being careful not to twist sts. Work with double thread for first row only. This helps to prevent fraying.

Work in ribbing of knit 2, purl 2 for 3 inches.

Work in plain knitting for the next 8 inches.

*Heel:* Divide sts. as follows: 30 on 1st needle (for heel) and 15 sts. each on 2nd and 3rd needles. On heel needle always slip first stitch. \* Knit 1 row. Turn. Slip 1, purl 1, slip 1, purl 1, to end of row. Repeat from \* until there are 27 rows (3 inches).

*To Turn Heel:* Begin to turn heel on wrong side.

Slip 1, P 16, P 2 together, P 1, turn.

Slip 1, K 5, Slip 1, K 1, pass slipped st. over K st., K 1, turn.

Slip 1, P 6, P 2 together, P 1, turn.

Slip 1, K 7, Slip 1, K 1, pass slipped st. over K st., K 1, turn.

Slip 1, P 8, P 2 together, P 1, turn.

Slip 1, K 9, Slip 1, K 1, pass slipped st. over K st., K 1, turn.

Continue in this fashion (P 10, K 11, P 12, K 13, P 14, etc.) until there are 18 stitches on needle.

*Gusset:* (With right side of garment on the outside and working to the left.)

Knit up 13 stitches on side of heel. (This gives 31 sts. on 1st needle.)

K stitches of 2nd and 3rd needles on to one needle. (2nd needle)  
Knit up 13 stitches on other side of heel, and knit 9 stitches from  
1st needle. (3rd needle)

*There are now on:* 1st needle, 22 sts.  
2nd needle, 30 sts.  
3rd needle, 22 sts.

1st needle. (a) K to within 3 sts. of end, K 2 together, K 1.  
2nd needle. (b) K plain.  
3rd needle. (c) K 1, slip 1, K 1, pass slipped st. over K st., K  
to end.  
(d) K around plain.

Repeat a, b, c, d, until you have: 15 stitches on 1st needle, 30  
stitches on 2nd needle, 15 stitches on 3rd needle.

Knit plain until foot measures 8, 8½, or 9 inches from back of  
heel.

*Kitchener Toe:*

1st needle. (e) K to within 3 sts. of end, K 2 together, K 1.  
2nd needle. (f) K 1, slip 1, K 1, pass slipped st. over K st., K to  
within 3 sts. of end, K 2 together, K 1.  
3rd needle. (g) K 1, slip 1, K 1, pass slipped st. over K st., K  
to end.  
(h) K 2 rows plain.

Repeat e, f, g, h, three times (making 4 times in all).

Then narrow every other row 5 times.

K the stitches on your 1st needle onto your 3rd needle.

Break yarn (leaving 12-inch length); thread into worsted needle.

Hold sock so that the worsted needle is at your right and, al-  
ways keeping yarn under knitting needles, weave front and  
back together as follows: \* pass worsted needle through 1st  
stitch of front knitting needle as if knitting, and slip stitch  
off the knitting needle.

Pass through 2nd st. as if purling—leave st. on.

Pass through 1st st. of back needle as if purling—slip st. off.

Pass through 2nd st. of back needle as if knitting—leave st. on.

Repeat from \* until all stitches are off needles.

To avoid ridge across end of toe, weave end of yarn down side.

*Chapter Label* should be sewed loosely on inside of top of one sock.

*Finished Socks:* Tie loosely together in pairs at top of leg in such  
a way that the hand can be inserted for inspection.

If the sock is thin at point of gusset, reinforce by darning on  
wrong side very lightly with split thread of yarn.

Attach two or three yards of the yarn for darning purposes.

*Size of Socks* should be marked either on Chapter label or on a  
separate tag.

*Do not press ribbing.*

*Do not start another pair with left-over yarn.*

*Please return all unused yarn to Chapter.*

THE AMERICAN NATIONAL RED CROSS  
Washington, D. C.