This stitch pattern is a simple double yarn over diagonal, done on an 8 stitch repeat. My socks are usually 72 or 80 stitches around, but an 8-stitch repeat also works well for socks that are 64 stitches around.

The idea was to leave enough solid to let the color repeat of a self-striper play, but keep me from dying of boredom knitting miles of plain stockinette.

I present left and right hand variants of the thing, just in case you want to make a pair of complementary socks, too.