

Head over Heels

sock & shawl yarn



Stylecraft

HEAD OVER HEELS

FOOTHOLD SOCKS

These socks were designed for the new 'Head over Heels' sock yarn from Stylecraft. The yarns are named after mountains and I used a pattern with little ridges because it reminded me of the ridges that can be used when climbing to get a foothold.

YOU WILL NEED

Head Over Heels
75% Superwash Wool, 25% Nylon
1 x 100g ball
Socks photographed in (from left to right) Eiger 3103, Etna 3104, Sugar Loaf 3105
1 pair 2.5mm double pointed needles (**dpns**)
or circular needle if preferred
Stitch markers and a blunt needle for grafting the toes and weaving in ends.

FINISHED SIZE:

small (medium, large)
adult foot 19cm
(21.5cm, 24cm)
circumference

TENSION

Tension: 28 stitches
and 40 rows = 10cm
in stocking stitch

ABBREVIATIONS

k knit
k2tog knit 2
together
p purl
p2tog purl 2
together
sl slip
st(s) stitch(es)
PM place marker

rep repeat

RS right side

WS wrong side

ssk slip the next two
stitches knitwise one at
a time from the left
needle to the right
needle and knit the two
together through the
back of the loops

m1 lift the yarn between
the stitch just worked
and the next stitch and
put it on the left needle,
then knit into the back
of this loop to make
another stitch

SPECIAL NOTE: To make the stripe pattern match exactly, the knitter who made these socks has unwound yarn from the ball to find the same point in the pattern repeat before starting the second sock. It is not essential to do this.

Cuff

Using 2.5mm needles cast on 54 (60, 66) stitches and divide them over 3 or 4 dpns. Place a marker before the first stitch to mark the start of the round and join to work in the round. Work in rib as follows:

Round 1 - *k1, p1, repeat from * to end of round.

Repeat last round a further 9 (11, 15) times or until cuff is desired length.

Leg

Round 1 - *k4, p1, k1, repeat from * to end of round.

Round 2 - as round 1.

Rounds 3 - *k3, p2, k1, repeat from * to end of round.

Round 4 - as round 3.

Round 5 - *k2, p3, k1, repeat from * to end of round.

Round 6 - as round 5.

Rounds 7 - *k1, p3, k2, repeat from * to end of round.

Round 8 - as round 7.

Round 9 - *k1, p2, k3, repeat from * to end of round.

Round 10 - as round 9.

Round 11 - *k1, p1, k4, repeat from * to end of round.

Round 12 - as round 11.

Repeat these 12 rounds a further 4 (4, 5) times - 60 (60, 72) rounds in total, or until the leg is the desired length.

Small and large sizes only, on final round 12, pattern to the last stitch. Before working that stitch, m1 to create an extra stitch. (You need an even number of stitches on the heel flap.) 55 (60, 67) sts.

Heel Flap

The heel flap is worked flat, back and forth over half the stitches. Leave the remaining stitches on the other dpns. You will be working the heel flap across the stitches you have just finished knitting.

Remove stitch marker, turn your work so the wrong side is facing you.

Row 1 (WS) - sl1, p 27 (29, 33) and turn. 28 (30, 34) sts.

Row 2 (RS) - *sl1, k1, rep from * to end of needle and turn.

Repeat these two rows a further 13 (14, 16) times. The heel flap should have 28 (30, 34) rows.

Heel Turn

Row 1 (WS) - sl1, p 15 (16, 18) p2tog, p1 and turn

Row 2 (RS) - sl1, k5, ssk, k1 and turn

Row 3 (WS) - sl1, p6, p2tog, p1 and turn

Row 4 (RS) - sl1, k7, ssk, k1 and turn

Repeat rows 3 and 4 to continue shaping the heel flap, working one more stitch each row until you have worked all the stitches from the heel flap.

Small (and large) sizes only, work final 2 rows of heel flap as follows:

You will have 18 (22) sts remaining before starting these two rows.

Row 1 (WS) - sl1, p14 (16), p2tog, p0 (1)

Row 2 (RS) - sl1, k6 (8), k2tog, k6 (7), ssk, k0 (1)

There will be 15 (18, 19) stitches on the heel flap.

Gusset

Pick up and knit the 14 (15, 17) stitches down the side of the heel flap. PM. Work across the 27 (30, 33) stitches across the top of the foot with the leg pattern, beginning on row 1. PM. Pick up and knit the 14 (15, 17) stitches up the side of the heel flap. Knit across the 15 (18, 19) stitches of the heel flap to finish the round. You should have 70 (78, 86) stitches.

Round 1 - knit down the side of the heel flap until you are 3 sts away from the marker, k2tog, k1, slip marker and work across the top of the foot in the leg pattern, slip marker, k1, ssk and knit to the end of the round.

Round 2 - knit down the side of heel flap to the marker, slip marker, work in leg pattern across the top of the foot, slip marker, knit up the side of the heel flap and knit to the end of the round.

Repeat these two rounds until you have 54 (60, 66) stitches remaining. Then continue without any more decreasing for approximately 44 (42, 40) rounds, or until the foot is the correct length, finishing with round 12 of the leg pattern. If needed, you can work a few rounds of stocking stitch until the foot is the required length. The toe that you will knit will measure approximately 4 cm (4.5 cm, 5cm) from this point.

Toe

Round 1 - Knit round to the last 3 stitches before the marker, k2tog, k1, slip marker, k1, ssk, knit across the top of the foot to 3

stitches before the marker, k2tog, k1, slip marker, k1, ssk, knit to the end of the round.

Round 2 - Knit a round.

Repeat these two rounds until you have 22 (24, 26) stitches remaining. Rearrange these stitches evenly onto two dpns, 11 (12, 13) on each needle, so that the top and bottom of the sock lie flat. Cut the yarn, leaving a tail of 25cm and graft the stitches together using Kitchener stitch.

Preparation

Thread a blunt sewing needle with the yarn tail. Pass the needle through the first stitch on the front needle as if to purl and pull it right through. Leave that stitch on the needle. Then pass the needle through the first stitch on the back needle as if to knit and pull it right through. Again, leave that stitch on the needle. Now you are ready to graft the stitches together as follows:

Kitchener Stitch

Step 1 - pass the sewing needle through the first stitch on the front needle as if to knit and slip it off the needle.

Step 2 - pass the sewing needle through the next stitch on the front needle as if to purl and leave the stitch on the needle.

Step 3 - pass the sewing needle through the first stitch on the back needle as if to purl and slip it off the needle.

Step 4 - pass the sewing needle through the next stitch on the back needle as if to knit and leave the stitch on the needle.

Pull the yarn through gently each time, you don't want to make it too tight.

Repeat steps 1-4 until you have grafted together all the stitches from the needles.

Weave in the ends from the toe and cuff inconspicuously on the WS.

Repeat for sock 2 and voilà! Wear your new socks immediately and have lovely cosy toes!

Although every effort has been made to ensure that instructions are correct, Stylecraft cannot accept any liabilities. **Stylecraft cannot accept responsibility for the result of using any other yarn.**

