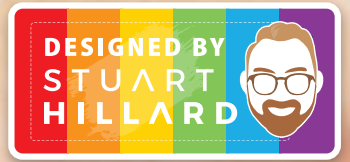


Head
over Heels



COLOURS OF THE WORLD



Stylecraft

Foothold Socks in Head over Heels Australia

MEASUREMENTS

To fit Small [medium, large] adult foot 19cm [21.5cm, 24cm] circumference

YOU WILL NEED

Head over Heels Australia

100g balls 1

Colours used Kalgoorlie Gold fields 3819 or Daintree Forest 3817

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.

ABBREVIATIONS

k knit	RS right side	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
k2tog knit 2 together	WS wrong side	
p purl	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	
p2tog purl 2 together		
sl slip		
st(s) stitch(es)		
PM place marker		
rep repeat		

The yarn amounts stated are based on average requirements and are therefore approximate.

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

It is essential to work to the stated tension to ensure the correct size of garment and you should always knit a tension square.

If there are less sts and rows to 10cm, 4in, change to finer needles if there are more sts and rows to 10cm, 4in, change to larger needles.

Instructions are given for the first, smallest size. Larger sizes are given in square brackets. Where only one figure is given, this applies to all sizes. Where the figure 0 appears, no stitches, times, or rows are worked for this size.

After casting off, one stitch will remain on the right hand needle which is not included in the instructions that follow.

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.

FOOTHOLD SOCKS

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, p27 [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, p15 [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 3sts 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 4cm [4.5cm, 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!



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