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SPIRAL SOCKS



By Jane Lithgow

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Pattern Notes

These socks will fit an average sized woman's foot. The pattern is created using mosaic stitches which form patterns by using one colour at a time and slipping stitches to form the design. The fabric formed will be less stretchy with more rows per inch than stocking stitch.

The patterns used are Tongue and Groove for the cuff and Staircase for the body of the sock from Barbara G Walker's Third and First Treasuries of Knitting patterns respectively.

Materials

75g main and 50g contrast sock weight yarn
Set of 2.25mm double pointed needles (or size to get gauge)
Blunt tapestry/darning needle

Abbreviations

MC – main colour
CC – contrast colour
CO – cast on
St – stitch(es)
K – knit
P – purl
Sl1 – slip 1st from left to right needle
Sl2 – slip 2 st from left to right needle
RS – right (knit) side of work
WS – wrong (purl) side of work
K1tbl – k 1 st through back of loop
K2tog – knit 2 st together
P2tog – purl 2 st together
SSK – slip, slip, knit (slip 2 st from left needle to right needle and knit through both stitches)

Gauge

Approximately 7 st – 1 in (2.5 cm) using stocking stitch

Pattern

With MC CO 60 st very loosely (over 2 needles) and divide evenly onto 3 or 4 needles and start working in the round.

Work 14 rows stocking stitch
P 1 row
K 1 row

Start cuff pattern as follows:

Note: Instructions inside brackets are to be repeated as instructed

Join CC leaving MC at back

Row 1 & 2 (CC) (K5 Sl 1) repeat to end

Row 3 & 4 (MC) (Sl 1 K5) repeat to end

Row 5 & 6 (CC) K3 (Sl1 K5) repeat to last 3 stitches, Sl1 k2

Row 7 & 8 (MC) K4 (Sl1 K5) repeat to last 2 stitches, Sl 1 K1

Row 9 & 10 (CC) K1 (Sl1 K5) repeat to last 5 stitches. Sl1 K4

Row 11 & 12 (MC) K2 (Sl1 K5) repeat to last 4 stitches Sl1 K3

Repeat Rows 1 & 2 once more.

Using MC:

K 1 row

P 1 row

K 1 row

Start leg pattern as follows:

Rows 1 & 2 (CC) (Sl2 K4) repeat to end

Note. Strand yarn loosely across the back of these stitches so that the fabric stays stretchy.

Rows 3 & 4 (MC) (K4 Sl2) repeat to end

Rows 5 & 6 (CC) K2 Sl2 (K4 Sl2) repeat to last 2 stitches K2

Rows 7 & 8 With MC repeat rows 1 & 2

Rows 9 & 10 With CC repeat rows 3 & 4

Rows 11 & 12 With MC repeat rows 5 & 6

These 12 rows form the pattern.

Continue in pattern until work is 7 inches, or desired length ending with a CC round.

Note: This fabric best suits a shorter sock.

Heel Flap

K15 turn work

P30, turn work.

You will be working back and forth on these stitches

Rearrange stitches so that there are 15 stitches on the two 'fallow' needles and 30 on the working needle.

Proceed as follows:

Row 1 (Sl1 K1) Repeat to end

Row 2 Sl1, p to end

Repeat these 2 rows 15 times

Tip: As the fabric of this sock is less stretchy than stocking stitch, if you have a high arch or perish the thought... thick ankles add a couple more repeats to lengthen the flap and pick up an extra stitch when forming the gusset.



the toe shaping which even things up a bit. I did it like this, starting at the beginning of the row at the mid sole position:

Row 1 Needle 1 K15
Needle 2, K to 2 stitches before the end

of the needle, wrap next stitch and turn.
Row 2 Needle 2, p to 2 stitches before the end of the needle, wrap next stitch and turn
Row 3 Needle 2, k to 3 stitches before the end of the needle, wrap next stitch and turn
Row 4 Needle 2 p to 3 stitches before the end of the needle, wrap next stitch and turn
Row 5 Work straight across needles 2 and 3 picking up wraps as you come to them
Row 6, K, picking up remaining wraps as you come to them.

Turn the heel

Starting on RS
Sl1, K17, SSK, k1, turn
Sl1, p5, p2tog, p1, turn
Sl1, k to 1 st before gap, ssk, k1, turn
Sl1, p to 1 st before gap, p2tog p1, turn
Continue working like this until all st are worked and you have 18 st left on this needle.

Gusset (start on RS)

Needle 1 – Transfer half the st from heel flap to new needle, then pick up and k 17 st from one side of heel flap

Needle 2 – work pattern

Needle 3 – Pick up and k 17 st from other side of heel flap, then k remaining st from heel flap.

Knit until last 3 st on needle 1, k2tog, k1.
Knit needle 2 according to instep pattern. K1 st on needle 3, then ssk, and knit the rest of the stitches.

Knit 1 round.
Repeat these two rounds until you have 15 st left on each of needle 1 & 3.

Then continue to work until you reach desired foot length allowing 5 cm/2 1/2 in for toe shaping.

Cunning optional adjustment!

I have also worked out a little optional adjustment that evens up the sole and the instep as I mentioned before that the slipstitch fabric comes up shorter than stocking stitch and gives the finished sock a bit of a 'turned up toe' when off the foot. I put in four short rows on the instep before

Complete sock as follows:

Toe Shaping

Needle 1 – k until last 3 st. k2tog, k1.
Needle 2 – k1, ssk, k until last 3 st, k2tog, k1.
Needle 3 – k1, ssk, k rest of st.

Knit one round.

Repeat these two rounds until you have 16st on needle 2 and 8st on each of needles 1 & 3.

Repeat Row 1 until 4 st remain on needle 2 and 2 st on each of needles 1 and 3.

Graft toe using kitchener stitch & weave in any loose ends. Sew cast on edge to the inside of the lower set of purl bumps to form the folded cuff.

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Follow her knitting and spinning adventures here:

<http://janesprobablyknitting.blogspot.com/>

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