

GUIDE TO KNITTING SOCKS

in association with **Schachenmayr**
SINCE 1822

Handknit socks are a pleasure to make and to wear; they also make amazing gifts for friends and family!

If you're new to sock knitting or unsure how to work the heel and toe of a sock, don't worry, we've teamed up with our friends at **Regia** to create this handy guide. Simply follow the detailed instructions and you'll be a well-heeled sock knitter in no time.

Visit www.deramores.com and discover the huge range of 4-Ply sock yarn, patterns and accessories available, from many of your favourite brands; including **Regia**, a world leading and trusted sockwool brand that has been offering expertise in colour and yarn innovation for socks since 1949.

Abbreviations

K	Knit.	st(s)	Stitch(es).
P	Purl.	cm	Centimeter
RS	Right side.	st-st	Stocking stitch.
WS	Wrong side.		

Approximate **size table** for socks using 4-ply yarn. **Gauge:** 30 sts and 42 rows st-st, each to 10cm [4"].

Size	22/23	24/25	26/27	28/29	30/31	32/33	34/35	36/37	38/39	40/41	42/43	44/45	46/47
Stitch cast-on / Sts per heel	44/11	48/12	48/12	52/13	52/13	56/14	59/14	60/15	60/15	64/16	64/16	68/17	68/17
Total sts for heel	22	24	24	26	26	28	28	30	30	32	32	34	36
Stitches for round heel	7/8/7	8/8/8	8/8/8	8/10/8	8/10/8	9/10/9	9/10/9	10/10/10	10/10/10	10/12/10	10/12/10	11/12/11	11/12/11
Length of foot to start of toes	11.5	12.5	14	14	15.5	17	18	18.5	20	21	22	22.5	24
Decreases for toe shaping after first decrease round													
On fourth round	-	-	-	-	-	-	-	1x	1x	1x	1x	1x	1x
On every third round	1x	1x	1x	2x	2x	2x	2x	2x	2x	2x	2x	2x	2x
On every second round	3x	3x	3x	3x	3x	3x	3x	3x	3x	3x	3x	4x	4x
On every round	4x	5x	5x	5x	5x	6x	6x	6x	6x	7x	7x	7x	8x
Total length of foot (cm)	14.5	15.5	17	18	19.5	21	22	23.5	25	26.5	27.5	28.5	30

Casting On

Cast on the number of stitches required evenly across four double-pointed needles, or as given in the method.

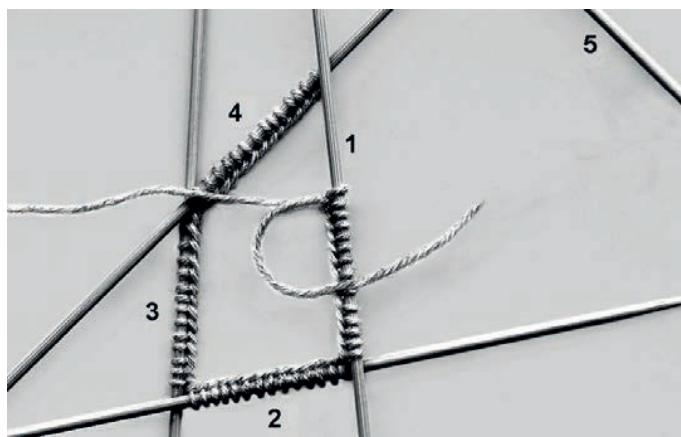
The round change is at center back, thus between needles **four** and **one**.

This position is automatically marked by the initial thread.

Now work the leg in rounds.

Work a short distance in rib pattern for welt (e.g. alt K1, P1, or alt K2, P2). The alternation of knit and purl stitches gives the welt some stretch.

The leg can also be worked entirely in rib pattern, in st-st or with pattern. Some patterns require more stitches than given in the table. After the leg, work the foot.



Round Heel

Work this heel using st-st in open rows over the stitches on needles **one** and **four**. For relief patterns, work to about 1-2cm before end of leg in st-st over stitches on needles **one** and **four**. Continue in leg pattern over stitches on needles **two** and **three**. At the same time, decrease any excess stitches on needles **one** and **four** on first round.

Arrange the heel stitches on three needles, see table "Stitches for Round Heel".

Work short rows with wrap sts as follows: The number of wrap sts worked on needle **one** are before the first slash, the number of wrap sts worked on needle **four** are after the second slash. The number of sts of center piece is between the slashes.

Do not work wrap sts over these sts.

On first half of heel on needle **one**, work first wrap st together with last st before needle **two**.

On needle **four**, work first wrap st together with first st after needle **three**. On all following rows, work 1 st less at the end each of every RS row and of every WS row. After turning, work wrap sts until just sts of center panel remain.

After 2 rounds, over all stitches, work second half of heel with short rows and wrap sts in the opposite direction. Thus, on needle **one**, work first wrap st with first st after center panel and last wrap stitch with last stitch on needle **one**.

On needle **four**, on a RS row, work first wrap stitch with first stitch after center panel and last wrap st with first stitch on needle **four**.



First Half of Heel

Row 1 (RS row): K all sts on needle **one**. Turn.

Row 2 (WS row): Work wrap sts as follows: Hold yarn at front of work, insert needle into first st knit-wise. Slip st and yarn together, then take yarn firmly to back of work. This brings the st over the needle, forming a wrap st. If the yarn is not pulled back firmly enough, this will result in a hole.

Bring the yarn to the front and P over remaining sts on needle **one** and all sts on needle **four**. Turn.

Row 3: Work 1 wrap st, then K all remaining sts on needles **four** and **one** to wrap st at end of row. Leave wrap st un-worked. Turn.

Row 4: Work 1 wrap st, then P again to the wrap st. Turn. Rep rows 3 and 4 until just the sts of center panel remain. Now work 2 rounds over all sts, K over sts of heel and work in leg pattern over sts on needles **two** and **three**. At the same time, on first round pick up both parts of the wrap st and K as for first. Then work second half of heel.



Second Half of Heel

Row 1 (RS row): K sts of center panel and the next st. Turn.

Row 2 (WS row): Work a wrap st, P remaining sts of center panel and the next st. Turn.

Row 3: Work a wrap st. Now K to the wrap st, K this as given and K following st then turn.

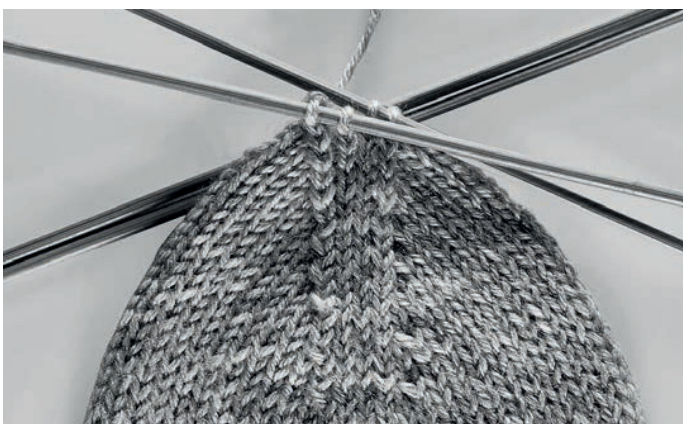
Row 4: Work a wrap st. Now P to the wrap st, P this as given and P following st then turn. Repeat rows 3-4 until wrap sts have been worked over the outer heel sts too.

After the last WS row, turn and work 1 wrap st. K remaining sts on needle **four** then continue in rounds. On first round, K wrap sts as given then work foot and toes as given.



Working the Toes

Work to 3 from end of needles **one** and **three** then K2 together, K last st. On needles **two** and **four**, K first st, then work a slip decrease knit-wise over the following 2 sts. Repeat these decreases as given in the table until just 8 sts remain. Pull up these sts firmly with the double yarn or graft the sts of toe shaping together.





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