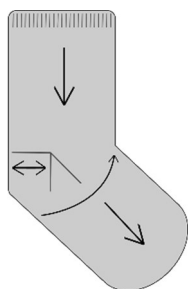




These socks are knit from the top down with a heel-flap construction. The toe is grafted together.

This pattern will fit most adult foot sizes as the foot section can be knit to desired length.



Yarn: Sandnesgarn Sisu (80% superwash wool, 20% nylon; 191yds per 50g). Shown in 1032 Light Grey Heather (A) and 8063 Dark Green (B)

Needles: 2.25mm/US1 (adult small) – 2.75mm/US2 (adult large) set of DPNs or long circular for Magic Loop.

Gauge: 30sts (adult small) - 28 sts (adult large) = 4"/10cm in stockinette

Other tools: darning needle, stitch markers

CUFF AND ANKLE

Cast on 64 sts with Colour A. Join in the round, being careful not to twist.

[K1, P1] around for 9 rounds.

K 1 round.

****Work A/B Transition:** [1 round B, 1 round A] three times. *Break Colour A.*

Continuing with B: K 10 rounds.

Work **B/A Transition**: [1 round A, 1 round B] three times. *Break Colour B.*

Continuing with A: K 10 rounds.

Repeat from ** once more.

Work **A/B Transition** once more. *Break Colour A.*

Continuing with Colour B: K 1 round.

Right Foot: Proceed to Heel Flap.

Left Foot: K 32 sts. Stop here and proceed to Heel Flap.

HEEL FLAP

This section is worked flat (back and forth) across 32 sts. The other 32sts are held on spare needles or the magic loop cord.

Row 1 (RS): *Sl1, K1, repeat from * sixteen times (to end of heel flap sts)

Row 2 (WS): Sl1, P to end of row (start of heel flap sts).

Repeat Rows 1 and 2 fifteen more times (for a total of 16 repeats). Repeat Row 1 one more time.

TURNING HEEL

Setup A (WS): Sl1, P17, P2tog, P1, turn.

Setup B (RS): Sl1, K5, SSK, K1, turn.

Row 1 (WS): Sl1, P to 1 st before gap made by previous turn, P2tog, P1, turn.

Row 2 (RS): Sl1, K to 1 st before gap made by previous turn, SSK, K1, turn.

Repeat rows 1 and 2 until all heel flap sts are included in the turn. (18st remaining from heel flap).

GUSSET

Pick up and knit 16 sts along the left side of the heel flap. PM, or note this as Left Side Point (LSP) in some manner.

Knit across the 32 instep stitches.

PM, or note this as Right Side Point (RSP) in some manner.

Pick up and knit 16 sts along the right side of the heel flap, then knit 9 sts from heel.

The beginning-of-round now occurs at this point, in the middle of the bottom of the heel. PM, or note this as Beginning of Round (BOR) in some manner.

Decreasing Round 1: K to 3 sts before LSP, K2tog, K1, work 32sts in established pattern, K1, SSK, K to end of round. (2 sts decreased)

Decreasing Round 2: K to LSP, work 32sts in established pattern, K to end of round.

Repeat Decreasing Rounds 1 and 2 eight more times (64sts remain), remembering to change yarn colours

(with a B/A Transition) when 10 rounds of Colour B have been completed on the top of the foot.

Remember to line up your point of colour change with where it was established in the ankle section. This will ensure that the colour change 'seam' will be on the insides of the feet and therefore less visible.

FOOT AND TOE

Continue as established, knitting all sts and transitioning between colours after 10 rows of solid colour, until the sock measures 2"/5cm shorter than the total desired length.

Decreasing Round A: K to 3 sts before LSP, K2tog, K1, K1, SSK, K to 3 sts before RSP, K2tog, K1, K1, SSK, K to end of round. (4 sts decreased)

Decreasing Round B: K

Repeat Decreasing Rounds A and B seven more times (32 sts remain)

K to LSP, then distribute sts evenly between 2 needles (16 sts on each, LSP and RSP being at the ends).

Break yarn with 18" tail and thread onto a darning needle (DN). Hold the two needles parallel in the left hand, begin at

the right-most stitches:

1. Insert DN into 1st st on front needle purlwise and pull yarn through, leaving st on needle.
2. Insert DN into 1st st on rear needle knitwise and pull yarn through, leaving st on needle.
3. Insert DN into 1st st on front needle knitwise, letting st fall off needle, then insert DN into next st on front needle purlwise, leaving st on needle, pull yarn through.
4. Insert DN into 1st st on rear needle purlwise, letting st fall off needle, then insert DN into next st on rear needle knitwise, leaving st on needle, pull yarn through.

Repeat Steps 3 and 4 until all sts are grafted together. Weave in all ends.

Abbreviations:

K – knit

P – purl

pm – place marker

SSK – slip 2 sts knitwise,

move both to left

needle and K 2 together

through back of loop

K2tog – knit 2 together

P2tog – purl 2 together

Sl1 – slip stitch

RS/WS – right side/wrong

side

St(s) – stitch(es)

LSP/RSP – left side

point/right side point

BOR – Beginning of round

DN – darning needle