



NURTURING FIBRES

This is an original design by Carle Dehning

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VANILLA SOCKS

TOE UP WITH AN AFTERTHOUGHT HEEL

MATERIALS

Needles

2.5mm / US 1.5 circular needle at least 80cm / 32" long

Yarn

Nurturing Fibres Super Twist Sock Wool (100g; 330m / 360yds)

Waste yarn (approximately 1 metre)

Tapestry / darning needle

Gauge

32 stitches 10cm / 4" in stocking stitch worked in the round

Size

Circumference 19cm / 7.5" unstretched



PATTERN NOTES

The width of the sock can be adjusted by increasing or decreasing the total number of stitches worked. For example you could work your sock over 64 stitches for a slightly wider sock or, 56 stitches for a narrower sock.

This pattern is written for magic loop knitting but you could adapt it for DPNs if you prefer.

This pattern uses an afterthought heel.

ABBREVIATIONS

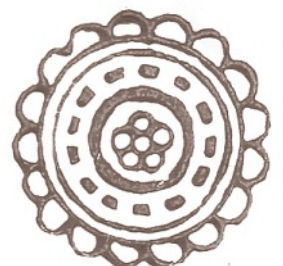
k: knit

ktbl: knit through the back loop

kfb: knit into the front and back of the same stitch

k2tog: knit two stitches together

skp: slip one stitch,
knit one stitch, pass slipped
stitch over the knit stitch





SET UP

Using the 'figure eight cast on method' cast on 24 stitches, 12 per needle.

Knit all 12 loops on the 1st needle; ktbl all 12 loops on the 2nd needle (24 stitches).

FIGURE-EIGHT CAST ON

Make a slip-knot and position it on the bottom needle. Holding the needles together, wrap the working yarn around the needles in a figure-eight. The stitches on the 2nd (bottom) needle are twisted. You must knit these through the back loop to untwist them.

If you need more information on this cast on method a great tutorial can be found on Knitty. www.knitty.com/ISSUEwinter02/FEATtiptoptoes.html

TOE

Round 1: kfb into the first and last stitch on both needles (28 stitches).

Round 2: knit all stitches on both needles.

Repeat these 2 rounds until you have 60 stitches.

FOOT

Knit for length of the foot, making sure you leave the length of the heel plus 1".

Remember: the heel is the same length as the toe, so measure the toe to calculate the length of the heel.

Once the foot is the correct length, kfb into the first stitch and the last stitch on both needles (64 stitches).

Knit for 1 ".

Then knit all 32 stitches on needle 1 with waste yarn. Slip these 32 stitches back onto your left hand needle and knit them again with the main yarn.

Knit for 1".

Next round: *skp, knit to last two stitches, k2tog; repeat from * to end of round.

LEG

Knit until you reach the desired length.

CUFF

Knit in ribbing of your choice until you reach the desired length.

Cast off with a bigger needle, I use a 3.75 mm.

You could also use stretchy cast off methods such as Jenny's Surprisingly Stretchy Bind-off or Elizabeth Zimmerman's Sewn Bind-off.

HEEL (PHOTO TUTORIAL ON PAGE 3)

With needle 1: pick up 32 stitches on one side of the waste yarn.

With needle 2: pick up 32 stitches on other side of the waste yarn.

Cut and remove waste yarn.

Knit one round, picking up and knitting 1 stitch at the end of each needle (66 stitches).

Round 1: knit (66 stitches)

Round 2: *skp, knit to last two stitches, k2tog; repeat from * to end of round (62 stitches)

Repeat these 2 rounds until 26 stitches remain (13 on each needle), then break thread with long tail (60cm).

Use Kitchener stitch to graft the heel stitches.

Thread a darning needle with the yarn tail and begin set up.

Set up: purl front, knit back.

Then "knit front slip off, purl front; purl back slip off, knit back" until no stitches remain.

Weave in ends and block lightly.





THE HEEL

The pictures below show the heel set up in more detail.



The waste yarn inserted into the sock at the point where you will knit the heel.

Picking up stitches on either side of the waste yarn



Removing the waste yarn and revealing the heel stitches.

The legal stuff. Yes, this pattern is protected by copyright law.

But I have some of my own thoughts:

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- 3) Be happy. Knit as many as your fingers and soul can.
- 4) Have success. You may sell items hand knitted from this pattern, but...
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Knit with a happy heart!

