



A BEE IN THE BONNET



## SEAWARD FLOW SOCKS

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## Introduction

Seaward flow is one of the factors that contributes to the mixing of fresh and salt water in tidal estuaries. We're lucky enough to have two estuaries here in Ventura, one at the mouth of the Ventura River and one at the mouth of the Santa Clara River. They're ecologically sensitive habitats, but if you follow the posted signage and stay on marked pathways, you can visit and watch all sorts of wildlife. We're big fans of the egrets and herons.

The tiny overlapping cables on these socks remind me of the way the water in the

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estuaries ripples as the wind blows across its surface. They're also meant to mimic the mixing of water in the estuaries, where heavier salt water flows into the river mouth below the fresh water flowing out from the river. The German short-row heel is not one I use often, but it felt right for this project. I hope you enjoy it.

I try my very best to make sure that all my patterns are error-free and easy to follow. If you have any trouble with this pattern, please let me know! You can reach me by email at [abeeinthebonnet@gmail.com](mailto:abeeinthebonnet@gmail.com), on Ravelry at [abeeinthebonnet](#), on Instagram at

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@abeeinthebonnet, and on Facebook at <https://www.facebook.com/abeeinthebonnet>.

And of course, if you share photos of your project on social media, I'd love to see them! Please tag your photos with #SeawardFlowSocks and #ABITBKnits to share with others.

## Pattern Specs

Sizes: S, M, L. Finished sock dimensions: 7.5" (19 cm), 8.75" (22 cm), 10" (25.5 cm) circumference (Note: most people like their socks snug, so choose a finished sock size that is slightly smaller than your actual foot).

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Materials: Fingering weight yarn, 300-380 yds (274-348 m). Sample shown knit in Louise Robert Designs Super Sock, 75% superwash merino, 25% nylon, 437 yds (400 m) per 3.5 oz (100 g).

Gauge: 4" (10 cm) square = 32 stitches x 40 rows in stockinette

Needles: One set of needles for your preferred style of small-circumference knitting in a size to match gauge listed above.

Suggested needle size: US 1.5 (2.5 mm).

Tools: One stitch marker for beginning of round; optional additional markers between

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pattern repeats. Tapestry needle for weaving in ends.

Skill level: Intermediate. Techniques: decreases, knitting in the round, cabling, stockinette stitch grafting.

### Abbreviations

- k = knit
- k2tog = knit two stitches together
- 1/1 LC = slip one
- p = purl
- ssk = slip two stitches individually knitwise, then knit them together through the back loop
- sl wyib = slip stitch

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stitch to cable  
needle and hold  
in front of work.  
Knit one stitch.  
Place slipped  
stitch back onto  
left hand needle  
and knit.

purlwise with yarn held  
in back

- MDS = make double stitch. Bring yarn to front of work. Slip stitch purlwise from left needle to right needle. Pull tightly on working yarn until both legs from slipped stitch are visible. The two-legged stitch is the double stitch.

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## Pattern Instructions

Using your preferred cast-on method, cast on 60 (70, 80) stitches. Join for knitting in the round and take care not to twist. Place a marker at the join to mark the end of the round.

Work 12 rounds of ribbing in the following pattern:

\*P1, k1, p1, k1, p2, k1, p1, k1, p1;  
repeat from \* to end of round.

### Leg Instructions:

Work the following 4-round repeat or see Chart A. Work this repeat until the leg of your sock measures 6" (15 cm), ending on row 4. You can

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make this part of your sock longer or shorter, if you'd like, but know that changes to the length of the leg will affect how much yarn you use.

Round 1: \*P1, sl wyib, p1, 1/1 LC, k2, p1, sl wyib, p1; repeat from \* to end of round.

Round 2: \*P1, k1, p1, k4, p1, k1, p1;

repeat from \* to end of round.

Round 3: \*P1, sl wyib, p1, k2, 1/1 LC, p1, sl wyib, p1; repeat from \* to end of round.

Round 4: Repeat round 2.

Chart A

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- previous row. Do not knit the double stitch. Turn and MDS.
4. Purl to the double stitch you made in the previous row. Do not purl the double stitch. Turn and MDS.
5. Repeat steps 3 and 4 until you have 10 (12, 13) double stitches
- on each side of your heel.
6. Work one round across all the stitches in the sock, working the instep stitches in pattern and knitting the heel stitches. As you come to the double stitches, knit both loops of the double stitch



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- together through the back loop.
7. Work one round across all the stitches in the sock, working the instep stitches in pattern and knitting the heel stitches. Again, as you come to the double stitches, knit both loops of the double stitch together through the back loop.
8. Now you're working across just the heel stitches again. With RS facing you, k 21 (23, 28). Turn and MDS.
9. Purl 11 (11, 15). Turn and MDS.
10. Knit to the double stitch you made in the



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previous row.

Knit the double stitch together through the back loop, k1, turn, and MDS.

11. Purl to the double stitch you made in the previous row. Purl the double stitch together, p1, turn, and MDS.

12. Repeat steps 10 and 11 until

you have used up all the stitches in your heel.

13. Work one round across all the stitches in the sock, working the instep stitches in pattern and knitting the heel stitches. When you reach the double stitch again, knit it



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together through the back loop.

### Foot:

Continue working in pattern across instep and knitting across sole until foot measures 2" (5 cm) shorter than your desired length, ending on either row 8 or 16. To determine the length of your sock's foot,

measure from the outside of your heel to the tip of your toes. Compare that to the length of your sock from the deepest part of the heel to the working edge.

### Toe:

When you've finished knitting the body of your sock, you'll need to close the toe.

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1. Instep stitches (first 30 [35, 40] stitches of the round): K1, ssk, k24 (29, 34), k2tog, k1. Repeat for sole stitches (second 30 [35, 40] stitches of the round).
2. Knit all stitches in the round.
3. Repeat steps 1 and 2 until you have 24 (26, 28)

stitches total. Note that for each repeat, you will have two fewer stitches between your ssk and your k2tog than you did on the previous repeat.

4. Move your stitches onto two needles, 12 (13, 14) per needle, with the sole stitches on one needle and the



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instep stitches on  
the other.

5. Graft your toe  
together using  
Kitchener stitch.

Break yarn, weave in  
ends securely, and  
block.

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