

ZANETE
Knits



Children of Gaza Socks (EN)

This toe-up sock pattern features intricate all-over colourwork inspired by traditional keffiyeh patterns - beautiful motifs that carry deep cultural significance. It's written for four colours, but only two are ever used at a time.

The sock features a sole gusset and classic heel flap construction for a great fit, and you can make these using DPNs or circulars. There's a detailed step-by-step [tutorial](#) on a similar sock with this construction and the techniques used, if you need extra guidance along the way.

As a knitter, I've always found comfort in making things when the world feels heavy. But seeing what's happening as a parent, I can't just stay quiet, so I'm letting my needles do the talking when I don't have the right words. I've used these keffiyeh patterns to show my solidarity with the Palestinian people, and I'm hoping to encourage other knitters to help look after the children who need us most and spread the word stitch by stitch.

This pattern is entirely free, but if it brings you joy, please consider supporting humanitarian organisations that provide relief and pressure to end the suffering in Gaza. We're not helpless, and small actions really do matter. I'm also running my first half-marathon for this cause, so if you'd like to cheer me on, you can see my fundraising page at <https://go.zaneteknits.com/running>. Together, through our compassion, we can make a difference one stitch, one donation, one act of kindness at a time.

Sizes

1 (2, 3, 4)

Finished foot circumference:

- 17.5 (20, 22.5, 25) cm
- 7 (8, 9, 10)"

Gauge

32 sts & 38 rows = 10 cm / 4" in colourwork stockinette in the round, blocked. Block your swatch the same way you plan to block your socks and let it fully dry before measuring the gauge.

Yarn

Fingering or sock weight, allow approximately:

Main colour:

- 205 (250, 290, 340) m
- 225 (270, 320, 370) yds

Contrast colour:

- 135 (165, 195, 230) m
- 150 (180, 215, 250) yds

Accent colour 1: 10 m / 10 yds

Accent colour 2: 10 m / 10 yds

Yarn used in sample (size 2) is Knitting For Olive Merino (100 % non-mulesed merino wool; 250 m [273 yds] / 50 g); 1 ball of Cloud as main colour (MC), 1 ball of Licorice as contrast colour (CC), a few meters of Clover Green as accent colour 1 (AC1) and a few meters of Pomegranate as accent colour 2 (AC2).

Suggested needles

2-2.25 mm (US 0-1), choose the size that achieves the required gauge. These should be circulars or DPNs for small circumference knitting.

Notions

Stitch markers, row counter, tape measure, removable stitch markers or bobby pins, tapestry needle.

Techniques used

Judy's Magic cast-on, Japanese short rows, lifted increases, stranded colourwork, Tubular bind-off.

Difficulty

Intermediate.

Construction notes

These socks start from the toe using Judy's Magic cast-on. We shape the toe with lifted increases. When we reach the instep, the contrast colour is joined and we follow the colourwork chart. Rather than the sides, we place the gusset increases at the bottom of the sole. We shape the bottom of the heel using short rows, then a slip-stitch heel flap is worked back and forth in the main colour. We follow the colourwork chart again for the leg until we reach the preferred length and finish with a 1x1 rib and Tubular bind-off.

Other notes

In stranded knitting, one yarn will appear slightly more dominant than the other, depending on how the strands are carried behind the work. The strand that comes from above travels slightly farther than the one that comes from below; it is slightly tighter, causing it to create smaller stitches, recede, and be less dominant. The yarn travelling the shortest distance is the dominant yarn. Therefore, it is recommended to keep the contrast colour to the left of the main colour and always take it from the bottom to make it stand out more. The most important thing is to be consistent with the position of each strand.

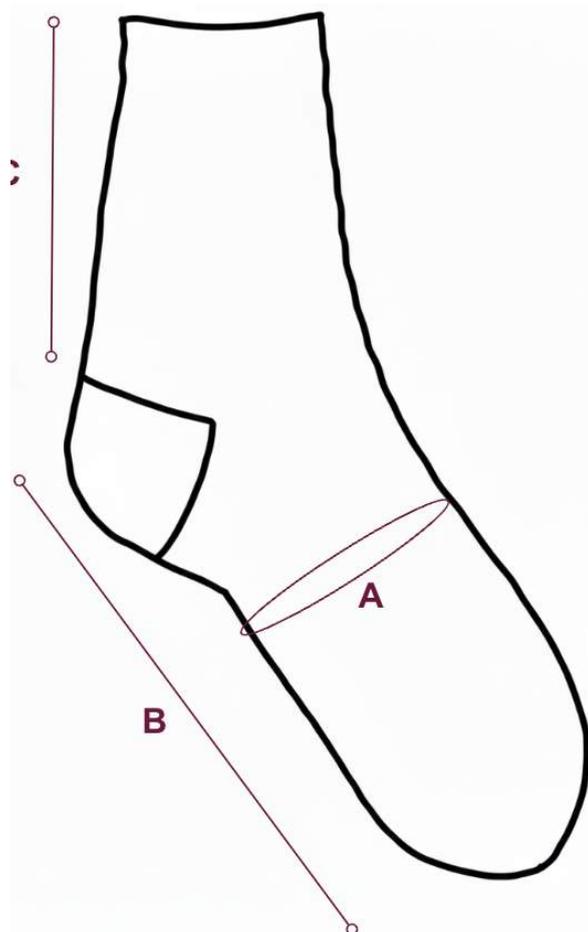
Schematic

Finished measurements

Intended ease: 0 cm / 0"

centimetres	1	2	3	4
A: Foot circumference	17.5	20	22.5	25
B: Foot length	22	24.5	27	29.5
C: Leg length from top of heel	15	15	15	15

inches	1	2	3	4
A: Foot circumference	7	8	9	10
B: Foot length	8¾	9¾	10¾	11¾
C: Leg length from top of heel	6	6	6	6



Techniques

Abbreviations

[]: Encloses instructions to repeat.

BOR: Beginning of round/row

CC: Contrast colour

DPN: Double-pointed needle

k: Knit

k2tog: Knit two sts together (right-leaning decrease, 1 st decreased).

LN: Left-hand needle

m: Marker

MC: Main colour

p: Purl

p2tog: Purl two sts together (left-leaning decrease, 1 st decreased).

RN: Right-hand needle

RS: Right side

sl: Slip. Slip stitches purlwise with the yarn in back unless otherwise stated.

slm: Slip marker.

ssk: Slip slip knit (left-leaning decrease, 1 st decreased). Slip two stitches knitwise, one after the other; slide them back onto LN, and knit together through the back loops.

ssp: Slip slip purl (right-leaning decrease, 1 st decreased). Slip 2 stitches knitwise, one after the other; transfer back to LN and purl together through the back loops.

st(s): Stitch(es)

tbl: Through the back loop

twLLI: Twisted Left lifted increase (1 st increased). Insert LN through the second st below the first st on RN, lift the left leg of this st onto the LN ([twLLI Demo](#)). If that st was:

- a knit st, insert needle from back to front as you pick up the leg to place on LN and then knit through the front loop;
- a purl st, insert needle from front to back as you pick up the leg to place on LN and then knit through the back loop.

twRLI: Twisted Right lifted increase (1 st increased). Insert RN through the st below the first st on LN. Lift the right leg of this st onto LN so that it doesn't slip over the st next to it ([twRLI Demo](#)). If that st was:

- a knit st, insert needle from back to front as you pick up the leg to place on LN and then knit through the back loop;
- a purl st, insert needle from front to back as you pick up the leg to place on LN and then knit through the front loop.

twRLPI: Twisted Right lifted purl increase (1 st increased). Insert RN through the st below the first st on LN. Lift the right leg of this st onto LN so that it doesn't slip over the st next to it ([twRLPI Demo](#)). If that st was:

- a purl st, insert needle from front to back as you pick up the leg to place on LN and then purl through the front loop;
- a knit st, insert needle from back to front as you pick up the leg to place on LN and then purl through the back loop.

WS: Wrong side

wyb: With the yarn at the back of the work

wyf: With the yarn in the front of the work

Japanese short rows

Work as per instructions to where it says “turn work”. Turn work and secure yarn with a locking st marker or bobby pin. This will become a loop in the subsequent row and will be used to close the gap: pull the removable marker or bobby pin slightly and place the loop onto LN creating an extra st. ([Turning work](#))

To close gap on RS:

- If approaching a turn that was made on the RS, work the loop created and st after it together as **k2tog**. ([Closing gap with k2tog](#))
- If approaching a turn that was made on WS, work the last st before turn and the loop created together as **ssk**. ([Closing gap with ssk on RS](#)). To avoid a hole forming, make sure you pull the working yarn tight around the RN after working the ssk.

To close gap on WS:

- Work the loop created and st after it together as **ssp**. ([Closing gap with ssp](#))



Optionally, you can slip the first stitch on the next row after a turn to get a smoother step and reduce the amount of yarn for a tidier appearance.

Judy's Magic cast-on

Step 1: Leave a tail approximately 15 cm / 6” long, make a slip knot and place around one of the needles. The loop will count as the first stitch.

Step 2: With right hand, hold the two needles together, the needle with the slip knot should be at the top.

Step 3: With left hand, hold the yarn so that the tail goes over your index finger and the working yarn goes over your thumb. (Opposite of Long-tail cast-on)

Step 4: Bring the tip of the bottom needle over the yarn on your index finger; around and under the yarn and back up, making a loop around the bottom needle; pull the loop around the needle. 1 st cast on the bottom needle.

Step 5: Bring the tip of the top needle over the yarn tail on your thumb, around and under the yarn and back up, making a loop around the top needle. Pull the loop around the needle. 1 st cast on the top needle.

Repeat steps 4 and 5 until you have cast on all necessary sts. The top yarn wraps around the bottom needle and the bottom yarn wraps around the top needle. (See [Judy's magic cast-on demo](#)).

Tubular bind-off for 1x1 rib

Setup round 1: [K1 tbl, sl1 wyf] to BOR.

Setup round 2: [Sl1 wyb, p1] to BOR.

Bind-off setup: Measure out a tail about 4 times longer than the length to be bound off, break yarn, and thread through a tapestry needle. Working from right to left, insert the tapestry

needle purlwise into the first (knit) stitch and pull through. Holding the tapestry needle behind the first stitch, insert it knitwise into the next (purl) stitch and pull through.

Step 1: Return the tapestry needle to the front and insert knitwise into the first (knit) stitch, slip this stitch off the knitting needle. Skip the first (purl) stitch on the knitting needle, insert the tapestry needle purlwise into the next (knit) stitch, and pull yarn through.

Step 2: Insert the tapestry needle purlwise into the first (purl) stitch and pull through, slip this stitch off the knitting needle. Holding the tapestry needle behind the first (knit) stitch, insert it knitwise into the next (purl) stitch and pull yarn through.

Repeat steps 1 and 2 until all stitches are bound off. (See [Tubular bind-off demo](#))

Instructions

Toe

Using MC and your preferred closed cast-on, cast on 24 sts, 12 sts on each needle. Sample uses Judy's Magic Cast-on (See [Techniques](#)).

Knit one round. If using Judy's Magic Cast-on, knit tbl when on the second needle.

The rest of the instructions for the Toe assume working using circular needles with 12 sts on Needle 1 (top of the foot) and 12 sts on Needle 2 (bottom of the foot).



It's helpful to place a locking st m at the side of the sock to mark the start of Needle 1 as that will become the BOR.

You can substitute with any increase method as long as you maintain the corresponding lean direction.

Round 1: (Needle 1) K1, twRLI, knit to 1 st before end of the needle, twLLI, k1. Repeat for Needle 2. *4 sts increased.*

Round 2: Knit all sts.

Repeat Rounds 1-2 a further 7 (9, 11, 13) times. *56 (64, 72, 80) sts: 28 (32, 36, 40) sts on each needle.*

Move BOR round: Remove BOR, k42 (48, 54, 60), replace BOR.

Instep

From here on you will continue working in the round using circular needles and Magic Loop technique or using 5 DPNs, transferring 14 (16, 18, 20) sts on each needle.

Join CC.

Next round: With CC knit one round.

Next round: With CC: k1, starting with the 10th (6th, 2nd, 10th) stitch of the chart for the first repeat, follow Chart A to 1 st before BOR, with CC: k1.



For all sizes, the chart's starting stitch of that first repeat is offset to ensure that the last stitch aligns with the centre of the top of the foot. This also means the last pattern repeat will not be complete.

The first and last st of the round are outside the charted area and always knit with CC.

Previous round sets the pattern. Continue in pattern, working through the Chart rows and restarting from Row 1 until the foot is 11 (12, 12.5, 13.5) cm / 4¼ (4¾, 5, 5¼)" long from the cast-on or 11 (12.5, 14.5, 16) cm / 4½ (5, 5¾, 6½)" shorter than desired foot length.



If your row gauge differs, add or remove rounds as described in this blog post:
<https://zanetknits.com/en/blog/where-to-start-gusset-for-toe-up-sock/>

Gusset

From here on, the established pattern refers to following the next row of Chart A, starting with the 10th (6th, 2nd, 10th) stitch of the chart repeat.

Round 1: With CC: k1, twRLI, place gusset m-A (marker A), work in established pattern to 1 st before BOR, place gusset m-B, with CC: twLLI, k1. *2 sts increased.*

Round 2: With CC: k2, slm, work in established pattern to m-B, slm, with CC: k2.

Round 3: With CC: k1, with MC: twRLI, with CC: k1, slm, work in established pattern to m-B, slm, with CC: k1, with MC: twLLI, with CC: k1. *2 sts increased.*

Round 4: With CC: k3, slm, work in established pattern to m-B, slm, with CC: k3.

Round 5: [With CC: k1, with MC: k1] to 1 st before m-A, with CC: twRLI, k1, slm, work in established pattern to m-B, slm, with CC: k1, twLLI, [with MC: k1, with CC: k1] to BOR. *2 sts increased.*

Round 6: With CC: k2, [with MC: k1, with CC: k1] to m-A, slm, work in established pattern to m-B, slm, [with CC: k1, with MC: k1], to 2 sts before BOR, with CC: k2.

Round 7: [With CC: k1, with MC: k1] to 2 sts before m-A, with CC: k1, with MC: twRLI, with CC: k1, slm, work in established pattern to m-B, slm, with CC: k1, with MC: twLLI, with CC: k1, [with MC: k1, with CC: k1] to BOR. *2 sts increased.*

Round 8: With CC: k2, [with MC: k1, with CC: k1] to 1 st before m-A, with CC: k1, slm, work in established pattern to m-B, slm, with CC: k2, [with MC: k1, with CC: k1] to 1 st before BOR, with CC: k1.

Repeat Rounds 5-8 a further 4 (5, 6, 7) times. *80 (92, 104, 116) sts; 26 (30, 34, 38) sts between m-A and m-B.*

You will turn and shape the heel with short rows by working back and forth. You can use your preferred short row method. The sample uses Japanese short rows (see *Techniques*).

Short row 1 (RS): With CC: knit to 6 sts before gusset m-A, carrying MC to the other side of the gusset by trapping it every few stitches, twRLI, k1, turn work and work a short row (secure yarn on the WS with a locking st marker if using Japanese short rows). *1 st increased.*

Leave MC hanging and continue with CC.

Short row 2 (WS): Sl1 wyf, purl to 6 sts before gusset m-B, twRLPI, p1, turn work and work a short row. *1 st increased.*

Short row 3: Sl1, knit to 4 sts before previous turn, twRLI, k1, turn work and work a short row. *1 st increased.*

Short row 4: Sl1 wyf, purl to 4 sts before previous turn, twRLPI, p1, turn work and work a short row. *1 st increased.*

Repeat Short rows 3-4 a further two **times**. *88 (100, 112, 124) sts; 34 (38, 42, 46) sts between m-A and m-B.*

Heel flap

Last short row (RS): Sl1, knit to 2 sts before gusset m-A closing all short row gaps, place new m-A, trap MC, k2, remove m, pick up MC and with both colours work in established pattern to gusset m-B, remove m, cut MC and continue with CC: k2, place new m-B, knit to BOR, closing all short row gaps.

Row 1 (RS): Knit to m-A, slm, ssk, turn work (no need to work short rows after turns from here). *1 st decreased; 30 (34, 38, 42) sts between m-A and m-B.*

Row 2 (WS): Sl1 wyf, slm, [p1, sl1 wyf] to m-B, slm, p2tog, turn work. *1 st decreased.*

Row 3: Sl1, slm, knit to m-A, slm, ssk, turn work. *1 st decreased.*

Row 4: Sl1 wyf, slm, [p1, sl1 wyf] to m-B, slm, p2tog, turn work. *1 st decreased.*

Repeat Rows 3-4 a further 11 (13, 15, 17) **times**. *62 (70, 78, 86) sts; 30 (34, 38, 42) sts between m-A and m-B.*

Next row (RS): Sl1, slm, knit to BOR.

Leg

From here on you will return to working in the round. Join MC.



Note that there are 4 additional sts in the leg compared to the instep to make it easier to get the sock over the heel. That's why the chart's starting st shifts back a couple of sts.

Next round: With CC: k1, starting with the 8th (4th, 12th, 8th) stitch of the chart repeat, follow Chart A to m-A, remove m, with the colour indicated in the chart, ssk, continue following the chart to 2 sts before m-B, with the colour indicated in the chart k2tog, remove m, continue following the chart to 1 st before BOR, with CC: k1. *2 sts decreased; 60 (68, 76, 84) sts.*

Next round: With CC: k1, starting with the 8th (4th, 12th, 8th) stitch of the chart repeat, follow Chart A to 1 st before BOR, with CC: k1.

Previous round sets the pattern. Continue in pattern working through the Chart rows until leg measures 5 cm / 2" from the top of the heel or is 10 cm / 4" short of your desired length.

Next round: With CC: k1, starting with the 8th (4th, 12th, 8th) stitch of the chart repeat, follow **Chart B** to 1 st before BOR, with CC: k1.

Previous round sets the pattern. Continue in pattern until all rows of Chart B are completed.

Cuff

Cut CC and continue with MC.

Knit one round.

Next round: [K1 tbl, p1] to BOR.

Repeat the previous round until the cuff measures 3 cm / 2¼" or your desired length. Bind off all sts using Tubular bind-off for 1x1 rib (see *Techniques*).

Finishing

Weave in the ends and block.

I can't wait to see your finished object, and if you share on social media, tag with **#childrenofgazasocks** and **@zaneteknits**.

Keeping in Touch

Pattern Support: If you have any questions about the pattern or how to adjust the dimensions, you can reach us at zanete@zaneteknits.com.

Newsletter: Join our mailing list and be the first to know about new pattern releases, exclusive discounts, events and other news: <https://go.zaneteknits.com/news>

YouTube: Subscribe to **@zaneteknits** [YouTube](#) channel and find instructional videos for this and other patterns.

Instagram: If you share the photos of your project, make sure you use hashtag **#childrenofgazasocks** and tag [@zaneteknits](#)!

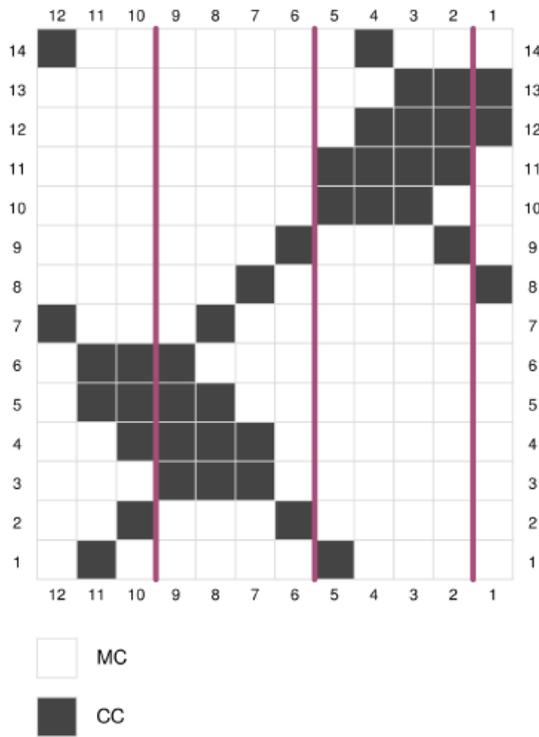
TikTok: Follow [@zaneteknits](#) to get a look at the production process - an exclusive behind-the-scenes action and raw footage of designs the making!

Website: Check out zaneteknits.com for updates and the latest patterns.



Charts

Chart A



*Lines indicate starting positions for the different sizes in instep

Chart B

