

SANDOK

NO. 024 03

KNITTED SOCKS
SIZE 35-42



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A message from Tuva

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Contributors

Editor and designer:

Tuva Sandok

Graphic design:

Tuva Sandok and Nicoline Solberg

Pattern proofreading:

May Britt Bjella Zamori

Photography:

Tuva Sandok



A message from Tuva

Socks!!! I love a good pair of wool socks knitted with love. These socks are in a classic ribbed pattern, yet still interesting because they are technically beautiful (my favorite combination).

I would especially like to thank my testers for their help with test knitting (because this pattern was so challenging to design), as well as friends and family who provided valuable advice and inspiration throughout the process. Special thanks to Nicoline Solberg for help with graphic design, May Britt Bjella Zamori for proofreading the pattern, and to my family and friends who always help out with the photos. Without you, this pattern would not have taken shape. Thank you so much.

If you have trouble understanding anything in the pattern, I have videos on Instagram and TikTok that might explain what you're wondering about (@tuvasandokk)!

Best regards,
Tuva Sandok





Tips and tricks

Choose the right yarn

Choose a yarn that suits your project and that you enjoy working with. The thickness of the yarn and the size of the needles you use will affect the size and texture of the finished product.

Always make a swatch

It's always a good idea to make a swatch before starting the actual project, especially if you're working with a new pattern or yarn. If your gauge doesn't match, the finished item may look different from the pattern.

Weave in ends as you go

Weave in ends as you knit to avoid a large amount of weaving in at the end of the project.

Read the entire pattern first

Take the time to read the entire pattern before you begin. It's a good idea to read the pattern more than once to get a good overview. This will help you understand the pattern and ensure you have everything you need before you begin.

Adjust the size

If you want to adjust the size of your project, you can easily add or remove rows/rounds and stitches as needed. Trial and error is the best way to find the perfect fit.

Be patient

Knitting takes time and requires patience. Don't get frustrated if things don't go as planned at first. You can always unravel and try again—practice makes perfect!

Read the care instructions

First and foremost, read the care instructions on the yarn label. It will give you specific instructions for washing and caring for your finished item.

Machine wash or hand wash

Wool usually withstands machine washing (wool cycle). However, hand washing can be gentler and help preserve the garment's lifespan. I recommend hand washing the socks to keep them looking nicer longer.

Use a gentle detergent

Choose a mild detergent (wool detergent) without bleach or harsh chemicals. This will help preserve the wool's color and texture.

Wash with similar colors

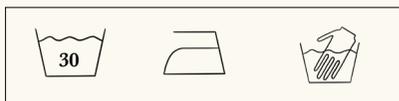
Avoid washing wool with other garments that may bleed color, especially the first few times you wash it. This will prevent color transfer onto your handmade item.

Avoid the dryer

A dryer can shrink wool yarn and cause it to lose its shape. It's recommended to air dry the socks by laying them flat on a towel or drying rack.

Press, don't rub

When drying the socks, gently press them to remove excess water. Avoid rubbing or wringing, as this can alter the shape of the socks.



Techniques

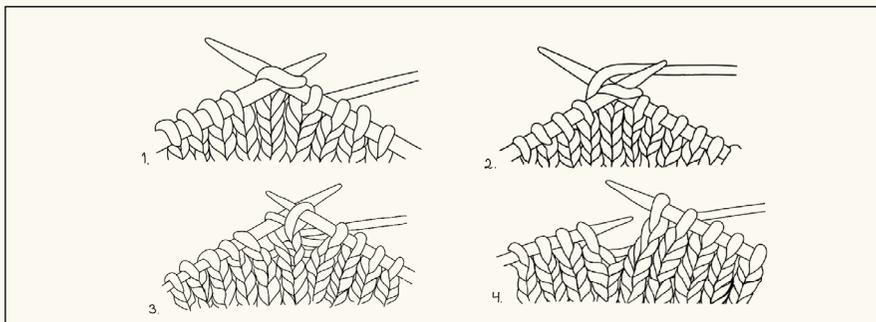
Abbreviations used in the pattern:

n =needle

st =stitch

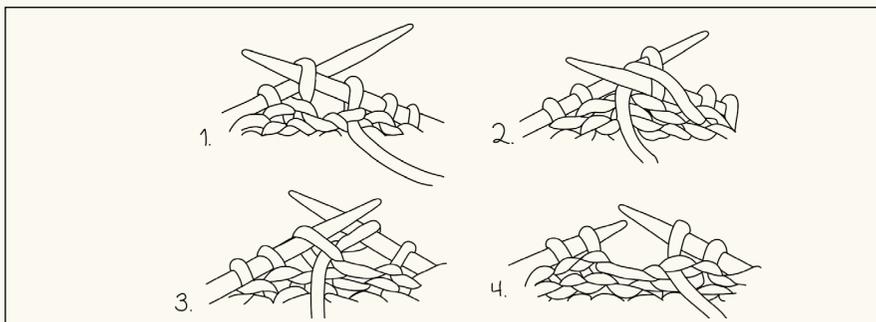
rnd =round

Knit (k)



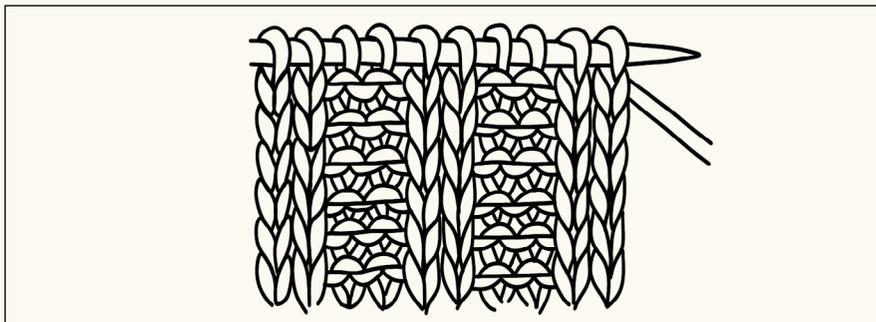
Insert the right needle into the front loop of the stitch on the left needle. Wrap the yarn around the right needle. Pull the yarn back through the stitch. Slip the stitch off the left needle.

Purl (p)



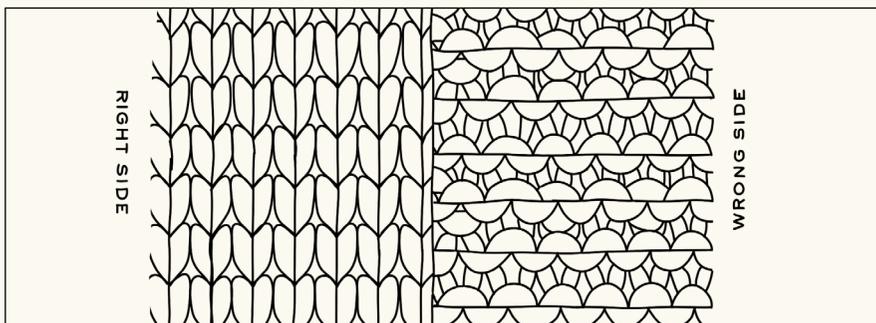
Bring the yarn to the front of the work. Insert the right needle from behind into the front loop of the stitch on the left needle. Grab the yarn with the right needle and pull it through the stitch. Slip the stitch off the left needle.

Knit in pattern



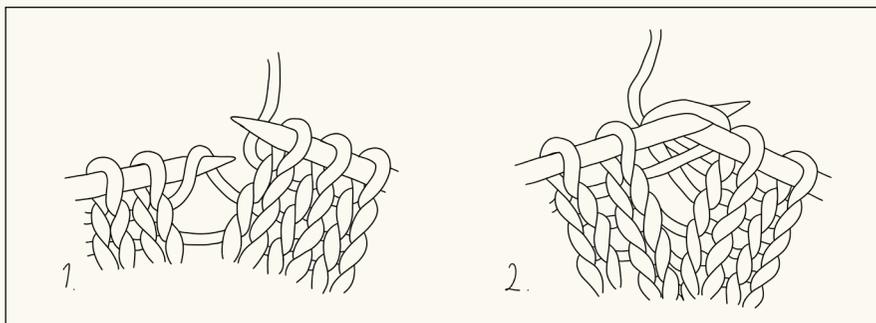
Knit knit stitches over knit stitches, and purl over purl.

Stockinette



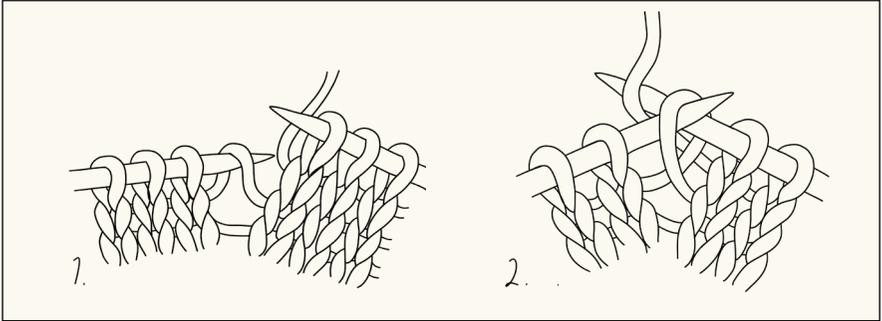
Knit across all stitches in the round.

Make one right (M1R)



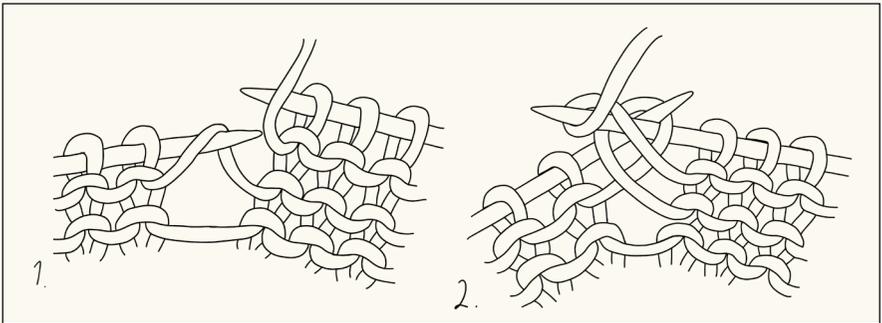
With the left needle, pick up the strand between the stitch on the right and left needles from the back, knit the stitch.

Make one left (M1L)



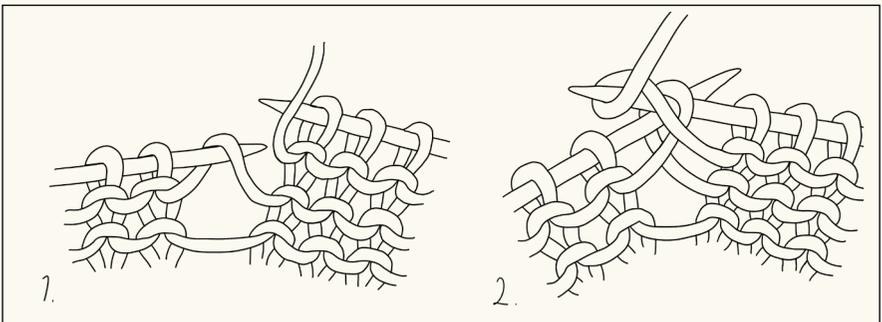
With the left needle, pick up the strand between the stitch on the right and left needles from the front, knit the stitch through the back loop.

Make one purl right (M1PR)



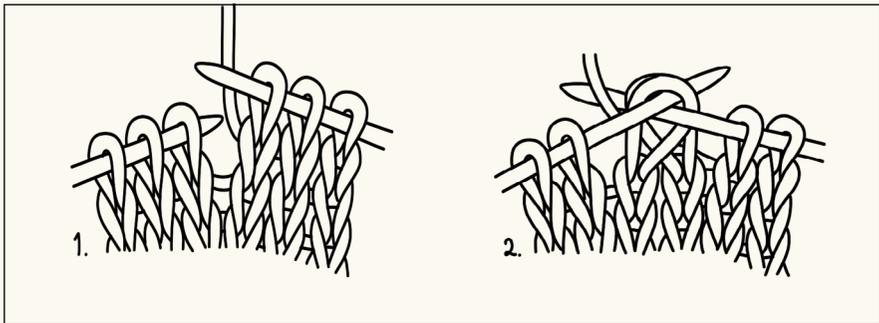
With the left needle, pick up the strand between the stitch on the right and left needles from the back, purl the stitch through the back loop.

Make one purl left (M1PL)



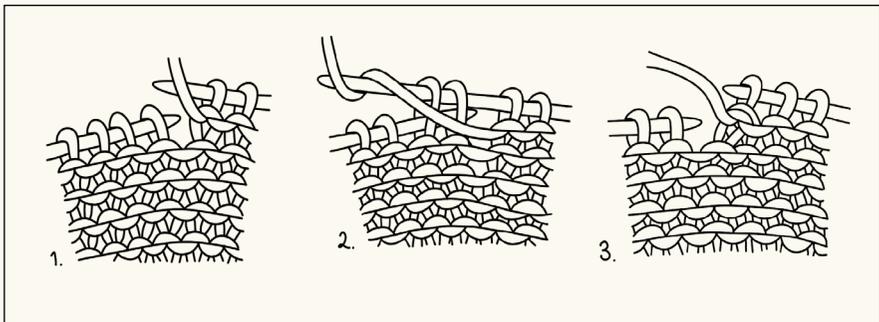
With the left needle, pick up the strand between the stitch on the right and left needles from the front, purl the stitch.

Knit 2 together (k2tog)



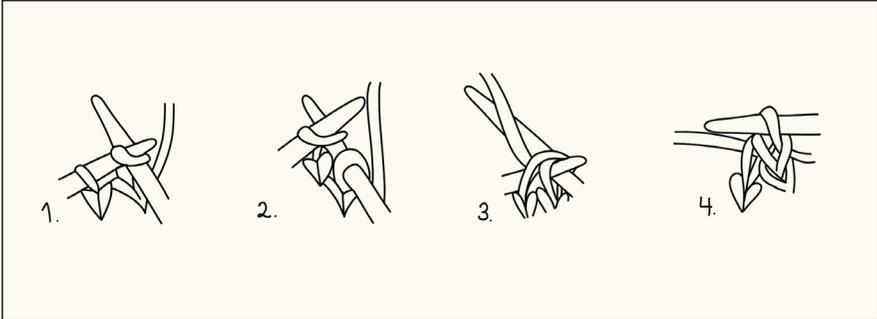
Insert the right needle into the loop of the second stitch on the left needle, and pass it through both the second and first stitch on the needle. Grab the yarn and pull it through both stitches before slipping them off the needle = 1 stitch decreased.

Purl 2 together (p2tog)



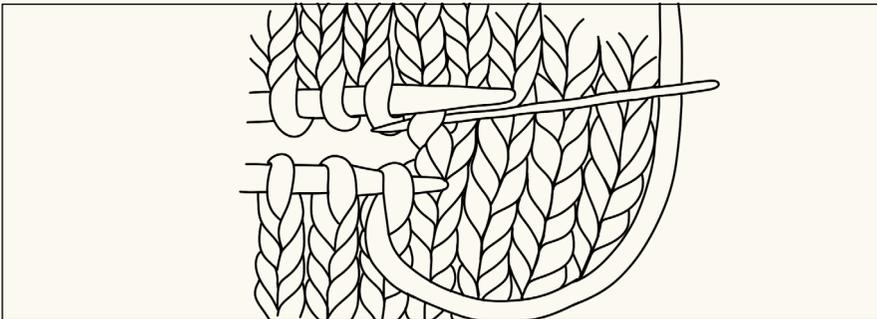
Insert the right needle into the loop of the second stitch on the left needle as if to purl, and pass it through both the second and first stitch on the needle. Grab the yarn and pull it through both stitches before slipping them off the needle = 1 stitch decreased.

Slip slip knit (ssk)



Slip 2 stitches knitwise, one at a time, then place both stitches back onto the left needle and knit them together through the back loops.

Kitchener stitch



Start: Insert the needle and yarn through the stitch on the front needle as if to purl, then insert the needle through the first stitch on the back needle as if to knit. Tighten the yarn, and you're ready to begin.

Repeat the following 4 steps:

1. Insert the needle and yarn through the stitch on the front needle as if to knit, slip the stitch off the needle.
2. Insert the needle through the next stitch on the front needle as if to purl. Pull the yarn all the way through (leave the stitch on the needle).
3. Insert the needle through the stitch on the back needle as if to purl, slip the stitch off the needle.
4. Insert the needle through the next stitch on the back needle as if to knit. Pull the yarn all the way through (leave the stitch on the needle).

What you need

Wool Yarn

You can use a variety of yarns for this sock pattern. The socks will be more durable if the yarn includes a reinforcing thread or contains some nylon or polyester

Suggested yarns suitable for the sock pattern (various suggestions combined with your knitting gauge may require you to adjust needle size to achieve the correct gauge):

Sandnes garn:

Kos (150 meters / 50 grams)

SISU (175 meters / 50 grams)/Mini Alpaka(150 meters / 50 grams)/ Tynn Merinoull (175 meters / 50 grams) + Tynn Silk Mohair (212 meters / 25 grams)

Solberg Spinderi:

Vilja (175 meters / 50 grams) + Alva (210 meters / 25 grams)

Rauma garn:

PT5 (128 meters / 50 grams)/ Tumi (130 meters / 50 grams)

Finull (175 meters / 50 grams)/ 2-tråds Gammelserie (160 meters / 50 grams)/ Inca (175 meters / 50 grams)/ Alpakka Lin (175 meters / 50 grams)+ Plum (250 meters / 25 grams)/ Alpakka Silk (200 meters / 25 grams)

Merinor:

Stay (105 meters / 50 grams)

TIP: Want to use other yarns than those listed above? Choose another skein with a similar meterage per yarn/strand to one of the options above to achieve a suitable gauge

Estimated yarn amount: 100 g

Gauge:

28 stitches in double rib on 3 mm needles = 10 cm

Knitting needles 2.5 and 3 mm (circular needles for magic loop technique or double-pointed needles)

The needle size is a only a suggestion. If you have too many stitches per 10 cm, switch to a bigger needle. If you have too few stitches per 10 cm, switch to a smaller needle. The needle size you need may vary with different yarns, so it's a good idea to test beforehand

Other necessities

- Darning needle for weaving in ends
- Stitch markers

Sizes and measurments

Shoe size (EU): 35-38 (39-42)

Circumference on shaft around calf: 22 (26) cm

Foot length up to toe decrease (= 5 cm): 16 (18) cm, or desired length







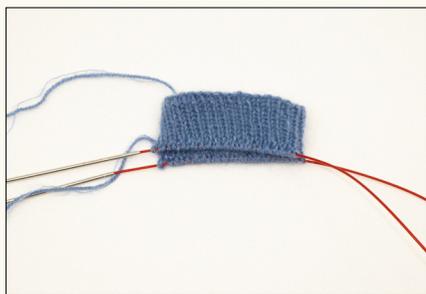
RIB SOCKS

Information about the socks:

The socks are knitted in the round top down, with a simple ribbed edge at the top (1 knit, 1 purl) and then continued with a double ribbing pattern (2 knit, 2 purl). Stitches are increased in the pattern to shape the heel, then stitches are decreased to turn the heel (the heel flap is knitted back and forth). After that, the sock is knitted in the round and the toe decrease is sewn together with kitchener stitch at the end.

The height of the socks from the cast-on edge to the bottom of the heel is approximately 24–26 cm, but this can be adjusted to your preference. If you want shorter socks, knit fewer rounds, and if you want longer socks, knit more rounds. This also applies to foot length/shoe size. The yarn amount may change accordingly. Note; The pictures below are meant for illustration only, not as a reference.

Shaft:



Cast on 56 (64) stitches on 2.5 mm needles, or equivalent to achieve the correct gauge. Distribute the stitches evenly on the needles: For magic loop (two needles): 28 (32) stitches on each needle, for double-pointed needles (four needles): 14 (16) stitches per needle.

Begin knitting in the round, be careful not to twist your work when knitting the first few rounds. Place a stitch marker to mark the beginning of the round. Start knitting single rib, *1 knit, 1 purl*. Repeat from * to * until the work measures 4 cm, or your desired length for the single rib edge at the top of the sock.

Switch to 3 mm needles, continuing to knit in the round and **decreasing** stitches at the same time. Knit 1,* 2 purl, 2 knit*, repeat from * to * until there is 1 stitch left on the round, knit that stitch. **At the same time**, decrease 8 stitches evenly by knitting 2 stitches together every 6th and 7th (7th and 8th) stitch across the round. You should now have a total of 48 (56) stitches on the needles after decreasing. **Note;** the round begins and ends with 1 knit stitch.

Continue knitting in this double rib pattern until the work measures 16 cm, or your desired length. Place a stitchmarker after the 15th stitch of the round (make sure you have 2 purl stitches to the right of the marker and 2 knit stitches to the left).

Increase for heel:



1st rnd: Knit 5 (9) stitches in rib pattern, make one left, knit pattern until the stitchmarker, make one right, move the stitchmarker to the right needle, knit the rest of the rnd in rib pattern.

2nd rnd: Knit the entire rnd in rib pattern.

3rd rnd: Knit as in 1st rnd.

4th rnd: Knit the entire rnd in rib pattern.

5th rnd: Knit 5 (9) stitches in rib pattern, make one purl left, knit pattern until the stitchmarker, make one purl right, move the stitchmarker to the right needle, knit the rest of the round in rib pattern.

6th rnd: Knit the entire rnd in rib pattern.

7th rnd: Knit as in 5th rnd.

8th rnd: Knit the entire rnd in rib pattern.

Repeat **1st- 8th round** two times more. Remove the stitchmarker.

Stitch count after increases for the heel:

Magic loop (two needles): 1st needle: 48 (52) stitches, 2nd needle: 24 (28) stitches.

Double-pointed needles (four needles): 1st and 2nd needles: 24 (26) stitches on each, 3rd and 4th needles: 12 (14) stitches on each.

You should now have a total of 72 (80) stitches on the needles.

Heelflap (knitted back and forth)



1st row (right side): Knit 24 (28) stitches in rib pattern, ssk, turn the work.

2nd row (wrong side): Slip 1 stitch purlwise with the yarn in front of the work, knit 4 (8) stitches in rib pattern, purl 2 together, turn the work.

3rd row (right side): Slip 1 stitch purlwise with the yarn behind the work, knit 4 (8) stitches in rib pattern, ssk, turn the work.

4th row (wrong side): Slip 1 stitch purlwise with the yarn in front of the work, knit 4 (8) stitches in rib pattern, purl 2 together, turn the work.

Repeat **3rd-4th row** nine times more. Now, we return to knitting in the round: Slip 1 stitch purlwise, knit 4 (8) stitches in rib pattern, ssk, knit the rest of the round in rib pattern.

Next round: Knit 7 stitches in rib pattern, knit 2 together, knit the rest of the round in rib pattern.

You should now have a total of 48 (56) stitches on the needles and have established a double rib pattern again, *2 knit, 2 purl* across the entire round. **Note;** the round begins and ends with 1 knit stitch.

Knit in double rib until the work from the top of the foot measures 5 cm shorter than the desired length (see measurements at beginning).

Toe decrease



From now on, knit in stockinette stitch.

Establishing rnd: Move 2 stitches from the end of the *1st needle* to the *2nd needle*, move 2 stitches from the end of the *2nd needle* to the *1st needle*. Now the heel is centered. Knit 2 (2) stitches, place stitchmarker (M1), knit 20 (24) stitches, place stitchmarker (M2), knit 4 (4) stitches, place stitchmarker (M3), knit 20 (24) stitches, place stitchmarker (M4), knit 2 (2) stitches.

1st rnd: Knit in stockinette stitch, decrease with ssk after M1, knit 2 together before M2, ssk after M3, and knit 2 together before M4.

2nd rnd: Knit all stitches in the round.

Repeat **1st-2nd round** until there are 20 (24) stitches remaining on the needles (= 10 (12) stitches for the bottom and 10 (12) stitches for the top).

Knit **1st round** one more time and 16 (20) stitches remain on the needles.

Cut the yarn, leaving about 30 cm to sew the toe together.

Use a darning needle and sew the 8 (10) stitches from the top of the sock together with the 8 (10) stitches from the bottom of the sock using the kitchener stitch.

Weave in the ends and block the socks.

