

Ruusujuuri

(*Rhodiola kirilowii*)

Design and photos: Tiina Kuu

Ruusujuuri (roseroot) grows from the cushy Eye of Partridge toe through the reversed strong heel towards the cuff to bloom with shiny beads.

Yarn and yardage

Main color (MC): iKKe BFL Sock (75 % wool, 25 % nylon; 425 m / 100 g), 40-50 grams in green

Contrast color 1 (CC1): DROPS Fabel (75 % wool, 25 % nylon; 420 m / 100 g), 40-50 grams in off-white

Contrast color 2 (CC2): Kraft Hand-Dyed BFL Sock (75 % wool, 25 % nylon; 400 m / 100 g), 2-3 grams in brick red

Any other fingering weight sock yarn can be used instead but solid or semisolid colors with distinct contrast are recommended in order to the stranded colorwork show. The exact yardage depends on the size worked.



Gauge

36 sts and 36 rows in stranded colorwork with bigger needles = 10 cm / 4"

36 sts and 48 rows in stockinette with smaller needles = 10 cm / 4"

Needles

80 cm / 32" long circular needle 2 mm / US0 (or suitable to obtain gauge)

80 cm / 32" long circular needle 2.5 mm / US1½ (or suitable to obtain gauge)

Socks can be knitted with dpns, too, but the instructions have been written for magic looping.

Other supplies

60 seed beads in size 6/0

a small crochet hook, superfloss or any other device preferred for beading
two stitch markers

Size

There is only one stitch count available so the width can be adjusted only by changing the gauge. The length of the foot and leg, however, can be freely adjusted.

Before you start

Please read the instructions carefully. The instep and front of the leg are worked on needle 1 (= the beginning of the round) and the sole and the back of the leg are worked on needle 2 (= the end of the round). The beginning of the round is shifted a couple of times but no more than a couple of stitches.

Please note that in these instructions left leaning increases (LLinc) are worked immediately underneath the stitch worked last on the right hand needle (i.e. do NOT knit or purl another stitch when LLinc is instructed).

There are a few links to video tutorials in the Technical tips chapter.

Should you prefer not to use beads at all you can use third contrast color instead. In that case omit chart A row 12 and replace stitches marked x with CC3.

Instructions

Toe and foot

With MC and smaller needles CO 24 sts (= 12 sts on both needles) with Turkish cast on or any toe up cast on technique preferred.

Round 1: Knit.

Round 2: On needle 1 kfb, *k1, sl1* until 3 sts remain, k1, kfb, k1. Repeat on needle 2.

Repeat rounds 1 and 2 until there are altogether 72 sts (= 36 sts on both needles).

Next round: Knit.

Next round: On needle 1 k2, *sl1, k1* until the end of the needle. Repeat on needle 2.

Next round: Knit.

Next round: On needle 1 *k1, sl1* until 2 sts remain, k2. Repeat on needle 2.

Next round: Knit sts on needle 1. On needle 2 knit until 2 sts remain. Slip the unworked sts on needle 2 onto needle 1. This is the new beginning of the round for the foot. Slip the last 2 sts on needle 1 onto needle 2 (= 36 sts on both needles). *The shift is made to avoid a visible jog in the stranded colorwork between the end and the beginning of the round.*

Switch to larger needles and attach CC1. Work sts on needle 1 as follows: Work chart A row 1 once and then repeat rows 2-7. Work sts on needle 2 according to chart B, repeating rows 1-6. Work as instructed until foot measures approximately 5 cm / 2" less than the desired final length.

Høel turn

Before you start heel turn: Please note that in these instructions left leaning increases (LLinc) are worked immediately underneath the stitch worked last on the right hand needle (i.e. do NOT knit or purl another stitch when LLinc is instructed).

Work the first two stitches on needle 1 according to the appropriate row of chart A. Slip the two stitches onto needle 2. Slip the first stitch on needle 2 onto needle 1. (= 35 sts on needle 1 and 37 sts on needle 2; both the instep and sole patterns are now centered.)

Heel turn is worked back and forth over the sts on needle 2 with smaller needles and MC. The 35 instep stitches are kept on hold on the larger needles. Turn work and start working the heel turn on the WS on needle 2 as follows:

row 1 (WS): p37, turn

row 2 (RS): sl1, k2, *sl1, k1* until 4 sts remain, k2, LLinc, k1, w&t

row 3 (WS): purl until 2 sts remain, LLinc purlwise, p1, w&t

row 4 (RS): k4, *sl1, k1* until 5 sts remain before the previous RS wrapped stitch, k2, LLinc, k1, w&t

row 5 (WS): purl until 3 sts remain before the previous WS wrapped stitch, LLinc purlwise, p1, w&t

Repeat rows 4 and 5 until you have worked 14 wrap-and-turns on both sides of the heel turn. Then on the RS k2 and cut MC.

Slip the sts on the right hand needle onto left hand needle and re-attach MC. Knit all 65 heel turn stitches on needle 2, working the wraps together with the wrapped stitches if preferred. You are now at the beginning of the round where CC was left on hold before starting the heel turn. *Please note that there will inevitably be a hole between the end of needle 1 and the beginning of needle 2 but you can use the MC yarn tail to close the hole when weaving in the ends.*

Set up for høel back shaping

Switch to larger needles. Slip the last stitch on needle 1 onto needle 2 and work the 34 st on needle 1 according to sts 3-36 of chart A on appropriate row (*remember to repeat rows 2-7 only*). Work the first 19 sts on needle 2 according to sts 1-19 of chart A on the same row as on needle 1. Place marker 1. Work row 1 of chart C and place marker 2. Work the next 16 sts according to sts 21-36 of chart A on the same row as in the beginning of the needle. Slip the last 2 unworked sts on needle 2 onto needle 1. This is a new beginning of the round.

The shift is made to avoid a visible jog in the stranded colorwork at the end and the beginning of the round. There are now 36 sts on needle 1 and 64 sts on needle 2.



Heel back shaping

Work sts on needle 1 according to sts 1-36 of chart A, repeating rows 2-7.

Work sts on needle 2 as follows: Work chart A sts 1-19 (repeating rows 2-7), slip marker 1, work chart C, slip marker 2, work chart A sts 21-36 (repeating rows 2-7). Work as described until you've finished chart C. Remove markers on the last row of chart C.

Leg and cuff

Work sts on both needles according to chart A, repeating rows 2-7, until you have at least 4 full repeats of rows 2-7 (or the number of repeats preferred). End with chart A row 7. Cut MC and attach CC2. Work chart A rows 8-11 on both needles. Cut CC2 and switch to smaller needles. Work chart A rows 12-14 on both needles and then work at least 4 rounds of stockinette. Finally work k1tbl, p1 ribbing for 12 rounds or as long as cuff is of desired length. Bind off using any elastic bind off technique preferred; the sample socks have been bound off by sewn bind off method (*see Technical tips for video tutorial*).

Finishing

Soak the socks in luke warm water gently stretching the colorwork. Remove excess water by rolling the socks in a towel. Let dry flat or on sock blockers. Weave in ends.

Technical tips

LLinc: <https://www.youtube.com/watch?v=fFcJG7MEzh0>

LLinc purlwise: <https://www.youtube.com/watch?v=grbyxKc3pvc>

Beading with a crochet hook or superfloss: <https://www.youtube.com/watch?v=Okpiwvu8svo>

Sewn bind off: <https://www.youtube.com/watch?v=3V-Sqpz8rNk>

Abbreviations

CO – cast on

MC – main color

CC – contrast color

RS – right side

WS – wrong side

k – knit

p – purl

sl – slip

w&t – wrap and turn

s(ts) – stitch(es)

kfb – knit front and back loop (1 st increased)

k2tog – knit 2 sts together (1 st decreased)

ssk – slip, slip, knit (1 st decreased)

sk2psso – slip 1 as if to knit, k2tog, pass the slipped stitch over (2 sts decreased)

LLinc – left leaning increase on the RS (*see Technical tips for video tutorial*)

LLinc purlwise – left leaning increase on the WS (*see Technical tips for video tutorial*)

Charts

Chart A

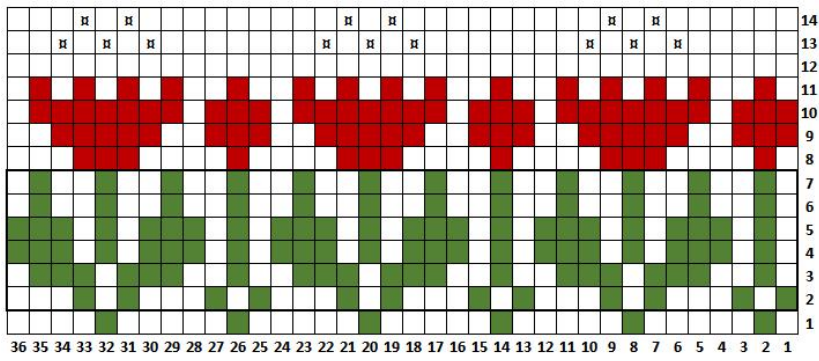


Chart B

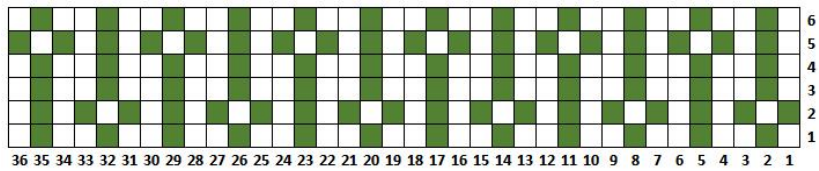


Chart C

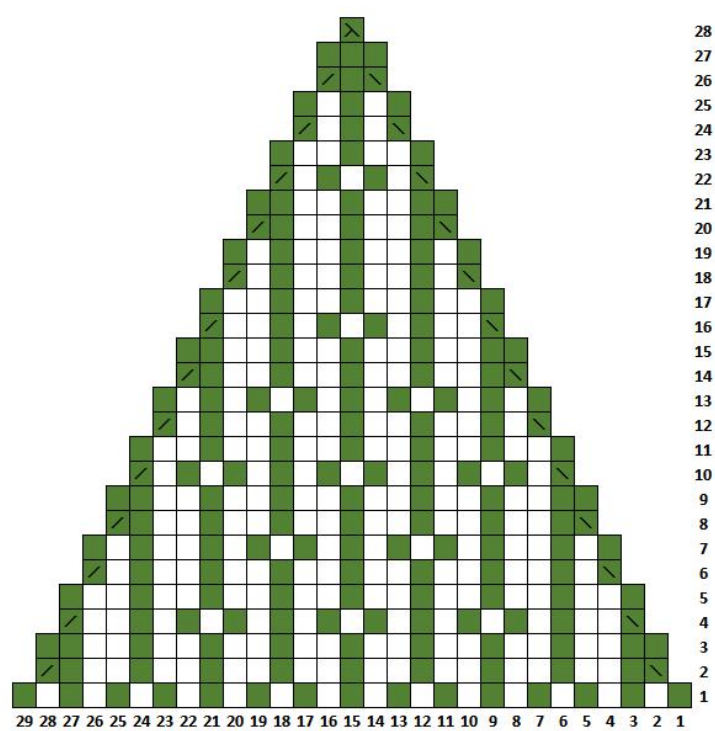


Chart key

-  knit in MC
-  knit in CC1
-  knit in CC1
-  first place bead, then knit in CC1
-  k2tog in MC
-  ssk in MC
-  sk2psso in MC