



Juliet Bernard
Basalt

"MY RECENT trip to the Faroe Islands seems to have had a lasting effect on my knitting and designing - not just on the Fair Isle motifs I am choosing, but also on my colour combinations," says Juliet Bernard. "This sock design uses two solid shades of Regia's popular 4 Ply sock yarn - a dark grey and a vivid aquamarine. It incorporates what is known as a 'Strong Heel', which is easy to work."

SOCKS

CUFF

Using 2.5mm DPNs and yarn A, cast on 68 sts.

Pm and join to work in the round being careful not to twist the sts.

Rnd 1: *K2, P2; rep from * to end of round. Repeat this round another 11 times.

Change to yarn B.
Knit 1 round, inc by 1 st. 69 sts.

LEG

Work rows 1-43 of Chart A.

HEEL

Work Chart B over the next 35 sts for the heel, pm, work Chart C over rem 34 sts for the ankle.

Cont to work Charts B and C as set, inc as indicated on Chart B until all 24 rows of Chart B are complete. 93 sts, 59 sts in heel.

HEEL TURN

Using yarn B and work back and forth over the 59 sts heel sts as follows:

Row 1: S1, K2, K2togtbl, K1, turn.

Row 2: S1, P10, P2tog, P1, turn.

Row 3: S1, knit to 1 st before turn, K2togtbl, K1.

SIZE

Actual foot circumference: 21½cm (8½in)
Foot length is adjustable

YARN

Regia 4 ply (4ply weight; 75% wool, 25% polyamide, 420m/459yds per 100g ball)

A Anthracite (0522); 1 x 100g ball

B Aqua Fresh (6614); 1 x 100g ball

NEEDLES & ACCESSORIES

1 set 2.5mm (UK 13-12/US 1-2) double-pointed needles (DPNs)

TENSION

32 sts and 40 rows to 10cm over pattern
2.5mm needles

YARN STOCKISTS

Regia c/o MELZ Crafts UK

01484 950630

www.melzcrafts.co.uk

For general abbreviations, see p95



Foot length is easily adjustable within the pattern

Row 4: S1, purl to 1 st before turn, P2tog, P1.

Continue working rows 2 and 4 until all the sts have been worked and 35 sts rem in the heel, ending on a purl row.

Continue working in the round.
Work Chart A until foot is 5cm shorter than required length.
Change to yarn A and knit 1 round, decreasing by 1 st. 68 sts.

TOE

Rnd 1: *SSK, K20, K2tog; rep from * to end. 64 sts.

Rnd 2 and all alt rows up to Rnd 12: Knit.

Rnd 3: *SSK, K28, K2tog; rep from * to end. 60 sts.

Rnd 5: *SSK, K26, K2tog; rep from * to end. 56 sts.

Rnd 7: *SSK, K24, K2tog; rep from * to end. 52 sts.

Rnd 9: *SSK, K22, K2tog; rep from * to end. 48 sts.

Rnd 11: *SSK, K20, K2tog; rep from * to end. 44 sts.

Rnd 13: *SSK, K18, K2tog; rep from * to end. 40 sts.

Rnd 14: *SSK, K16, K2tog; rep from * to end. 36 sts.

Rnd 15: *SSK, K14, K2tog; rep from * to end. 32 sts.

Rnd 16: *SSK, K12, K2tog; rep from * to end. 28 sts.

Rnd 17: *SSK, K10, K2tog; rep from * to end. 24 sts.

Rnd 18: *SSK, K8, K2tog; rep from * to end. 20 sts.

Divide stitches evenly over two needles and graft together using Kitchener stitch. Weave in ends and block carefully, following any yarn care instructions on the ball band. ☺

CHARTS

Chart A

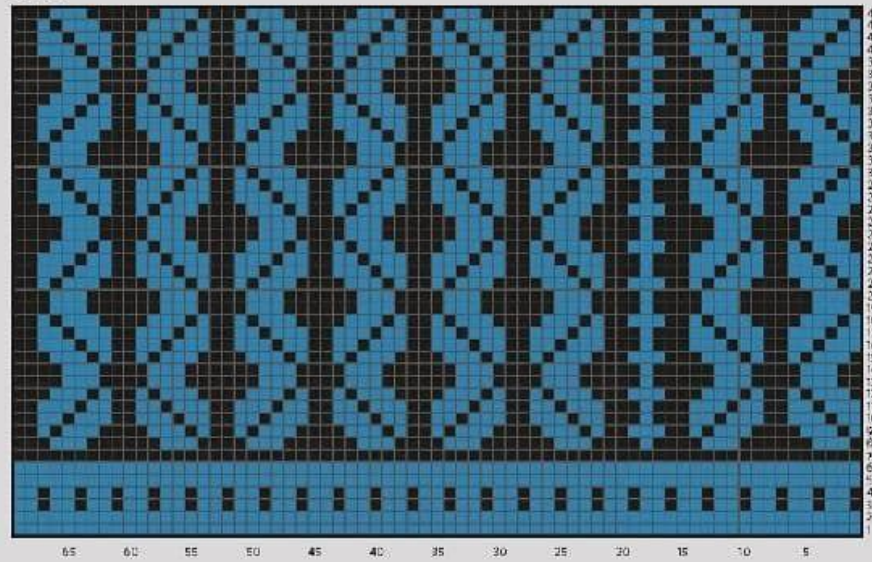
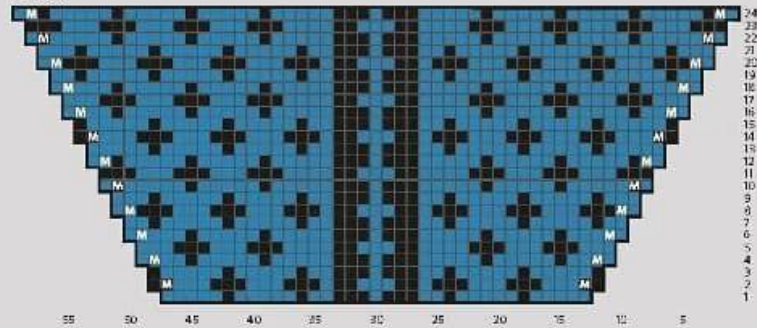


Chart B



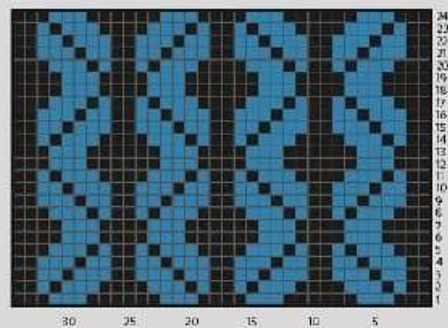
KEY

■ Yarn A

■ Yarn B

M = M M1 in yarn indicated

Chart C



The design uses a heel type known as a 'Strong Heel'



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These handsome socks feature smart two-tone
colourwork and an unusual heel