

# Bernie`s socks

Pattern by Charlotte Stone, Stoneknits



This sock pattern is inspired by the colourwork mitts that Bernie Sanders wore at the 2021 US presidential inauguration, which led to the iconic meme pics that went viral and spread joy across the world. Bernie has since explained 'he was just trying to keep warm and concentrate on what was happening' which typifies Bernie and his honest, down to earth attitude to life. A man who has dedicated his life raising awareness on poverty, fighting for equal rights and conserving the environment in the US, he is an inspiration globally.

The original mitts that these socks are based on, were sewn by Vermont teacher Jen Ellis, out of recycled old sweaters. Embracing Sanders' passion for education and the environment, this pattern is free but keeping in Bernie's spirit I would like to suggest if you are able to, to donate what you would normally pay for a pattern to a charity that is focusing on poverty, education, equal rights or the environment local to you. Here in Switzerland, I would recommend 'Swiss Solidarity', an organization that is trying to help families and individuals left in desperate need by the coronavirus pandemic.

These socks are knit from the cuff down with a 2 x 2 ribbed cuff, an easy colourwork pattern on the leg and foot and a heel-flap and gusset. This pattern uses the magic loop circular needle method (but can be knit with dpns).

## Yarn required:

In keeping with Bernie's non extravagance and passion for recycling and protecting the environment these socks were designed with leftover sock yarn scraps from my stash. If you are able to find leftovers or support one of the many indie dyers in the knitting community this would be great too.

Any fingering weight 4 ply sock yarn can be used, approximately 350 m (382 yds) in total. Sample shown is knit in size 2 for foot length Europe 39, US 8, UK 6 using:

- **Main Colour:** Medium Brown - Ficolana Arwetta classic in Red squirrel 40g, 160m / 175 yds
- **CC1:** Dark Brown – Rauma finull, 4064 – 20g, 76m / 83 yds
- **CC2:** White – Lang Yarns sock wool, white 10g, 40m / 43 yds
- **CC3:** Beige - Regia Premium yak – Puder meliert 10g 40m / 43 yds
- **CC4:** Dark Grey - Regia sock yarn 4ply in Anthrazit – 10g 40m / 43 yds

## Sizes

**S, (M, L)** Size is based on **circumference** of the foot. Length can be adjusted by knitting more or less for the foot.

**Size 1** – Foot circumference 19 – 20.5cm / 7.5" (approx.)

**Size 2** – Foot circumference 20.5 – 23 cm / 8.5" (approx.)

**Size 3** – Foot circumference 23 – 24.5 cm / 9.5" (approx.)

**By going up or down a needle size you can create further size adjustments**

**Gauge for Colourwork section:** 34 sts x 40 rnds

**Gauge for stockinette section:** 40 sts x 50 rnds

**Needles required** (for knitting in the round):

Size 2.25mm / US size 1 (for ribbing stockinette sections)

Size 2.5mm / US size 1.5 (for colourwork sections)

## Colourwork tips

When knitting stranded colourwork, be consistent with how you hold the yarns. The yarn used to knit the contrast pattern should always cross below the yarn knit for the background colour at the back of your work. Be sure to knit your floats loosely. There is no need to twist your floats with this pattern as there are no more than 4 sts between colour changes. Stitches are increased for the colourwork sections to take into account the inelastic nature of the colourwork fabric which will make the sock tighter compared to the stockinette sections. If you prefer not to increase the sts, this will work for this pattern. But I recommend using a needle size bigger to knit the colourwork sections.

## Colourwork charts

Are read from left to right and from the bottom to the top.

## Abbreviations

K= Knit

Ktbl = Knit through the back loop

P= Purl

st(s)= Stitch(es)

rnd = Round

Sl1 = Slip one stitch purlwise from the left hand needle to the right hand needle.

SSK= Slip one stitch knitwise, slip next stitch knitwise, knit slipped stitches together.

P2tog = Purl 2 stitches together

K2tog = Knit 2 stitches together

M1l= Make 1 left. Pick up the bar between the stitch you knit and the one you are about to knit, bringing the needle from the front to the back. Then knit into the back of the stitch making a new stitch.

RS= Right Side

WS = Wrong Side

BOR= Beginning of the round

MC = Main Colour

CC = Contrast Colour

## Instructions

### Cuff

Cast on 56, (64, 72) sts with CC1 with 2.25mm / US 1 circular needle . Divide sts evenly 28, (32, 36) sts over the two needles and place a marker at the beginning of the round. Be careful when joining in the round not to twist your stitches. Knit ribbing K2, P2 for a total of 12 rows (approx. 2.5cms or almost 1 inch).

### Leg

with CC1 transferring sts to 2.5mm / US 1.5 needles

**Size 1 only:** \*K6, M1I\* repeat 8 times, K2. 8 sts increased. 64 sts total

**Size 2 only :** \*K8, M1I\* repeat 8 times until the end of the rnd. 8sts increased. 72 sts total.

**Size 3 only:** \*K9, M1I\* repeat 8 times until the end of the rnd. 8 sts increased. Now 80 sts total  
Cut CC1

- Start knitting the colourwork chart A (on page 5) joining MC, CC2, CC3 & CC4 where shown. The chart is worked from right to left, bottom to top. The chart is knit 16, 18, 20 times per rnd.
- Work chart until rnd 32. Cut CC2, CC3 and CC4.

with MC transferring sts to 2.25mm / US 1 needles

**Size 1 only:** \*K5, K2tog\* repeat 8 times, K2. 8 sts decreased. 56 sts in total

**Size 2 only :** \*K7, K2tog\* repeat 8 times until the end of the rnd. 8 sts decreased. 64 sts total.

**Size 3 only:** \*K8, K2tog\* repeat 8 times until the end of the rnd. 8 sts decreased. 72 sts total.

Knit stockinette with MC for a further 4cm / 1.5" or however long you would like the leg section to be. Please note, more length will require more yarn.  
Cut MC.

### Heel Flap and Gusset

The heel is worked **flat and knit back and forth** using the 28, (32, 36) sts on needle 2 with CC1. Needle 1 is holding the 28, (32, 36) sts for the instep. You can remove the marker if you placed one at the beginning.

- **Set up row:** (WS) P all sts
  - **Row 2:** (RS) Sl1 st purlwise, K until the end of the row. Turn.
  - **Row 3:** (WS) Sl1 st purlwise, P until the end of the row. Turn.
- Repeat these rows 2 and 3 ending on a purl row after a total of 28, (32, 36) rows, 14,(16,18) edge sts for you to pick up after the heel turn.

### Heel Turn:

Continuing to use CC1 you will now use short rows to turn your heel.

**Row 1: (RS)** Sl1, K15, (K18, K20), SSK, K1, turn

**Row 2: (WS)** Sl1, P5, (P7, P7), P2tog, P1, turn

**Row 3: (RS)** Sl1, K6, (K8, K8) SSK, K1, turn

**Row 4: (WS)** Sl1, P7 (P9, P9), P2tog, P1, turn

Continue in this pattern - S1, K or P to one stitch before the gap created by turning in the previous row, SSK or P2tog to close the gap, K1 or P1, turn. Continue until all stitches have been worked ending with a purl row on the WS. Turn to the right side, you will now have 16, (20, 22,) sts left on needle 2.

### Gusset

You will be picking up stitches along both sides of your heel flap using MC.

Knit across the heel stitches placing a BOR stitch marker after 8,(10,11) stitches (the halfway point). Pick up and Ktbl 14, 16, 18 sts along the edge of the heel flap. Pick up and knit one more stitch at the corner between heel flap and instep (to help prevent a hole in the corner). (You can place a stitch marker here to help show you when to decrease in the next round or adjust the loop and needles so the heel/gusset sts and instep sts are separated there.)



Knit the 28, (32, 36) sts on the instep being held on needle 1.

Again you can place a stitch marker after these instep stitches to help show you when to decrease here in the next round and adjust the loop so there are three groupings on the circular needles. Pick up one stitch in the corner and Ktbl 14, (16, 18) along the edge of the heel flap. You now have a total of 46, (54, 58,) heel/gusset sts, 28, (32, 36) instep sts and are working all stitches again in the round.

### Gusset decreases

Round 1: Knit up to 3 sts before the first stitch marker indicating where to decrease (where the picked up stitches meet the instep stitches), and K2tog, K1, Knit all instep stitches to the second marker showing where to decrease (right after the instep sts) and K1, ssk. Knit to the BOR stitch marker.

Round 2: Knit all stitches.

Repeat Rounds 1 and 2 until you have decreased to 28, (32, 36,) heel/gusset sts. 28, (32, 36) instep sts remain on needle 2. There are now 56, (64, 72) sts in total

### Foot

Continue knitting with MC until the sock measures 6.5cm / 2.55" away from the start of your big toe (also leaving a **further** 5cm / 2" for knitting the toe).

With MC transferring sts to 2.5mm / US 1.5 needles

**Size 1 only:** \*K6, M1l\* repeat 8 times, K2. 8 sts increased. 64 sts total

**Size 2 only :** \*K8, M1l\* repeat 8 times until the end of the rnd. 8sts increased. 72 sts total.

**Size 3 only:** \*K9, M1l\* repeat 8 times until the end of the rnd. 8 sts increased. 80 sts total

Start knitting chart B joining CC2, CC3 and CC4 where shown. The chart is knit 16, 18, 20 times per rnd.

Work until rnd 32 and cut MC, CC2, CC3 and CC4 yarns.

with CC1, transferring sts to 2.25mm / US 1 needles.

**Size 1 only:** \*K5, K2tog\* repeat 8 times, K2. 8 sts decreased. 56 sts in total

**Size 2 only :** \*K7, K2tog\* repeat 8 times until the end of the rnd. 8 sts decreased. 64 sts total.

**Size 3 only:** \*K8, K2tog\* repeat 8 times until the end of the rnd. 8 sts decreased. 72 sts total.

### Toe

Using CC1, with the 28, (32, 36) sts placed equally on each of needles 1 and 2. Move the BOR stitch marker to the middle at the bottom of your foot. Needle 2 holds the stitches at the top of your foot. Needle 1 holds the stitches at the bottom of your foot.

For all sizes. Starting from the BOR stitch marker:

#### Round 1: (decrease round)

Needle 1: Knit until 3 sts remain, K2tog, K1

Needle 2: K1, SSK, knit until 3 sts remain, K2tog, K1

Needle 1: K1, SSK, knit to the BOR stitch marker

**Round 2:** Knit all sts

Repeat rounds 1 and 2 until there are 20sts remaining on both needles (40sts in total).

Now continue working round 1 (decreasing every round) until there are 10sts remaining on both needles (20sts total).

Remove BOR stitch marker then knit 5 stitches to reach the side of the sock. With 10sts on each needle, kitchener stitch the remaining sts together. Cut CC1.

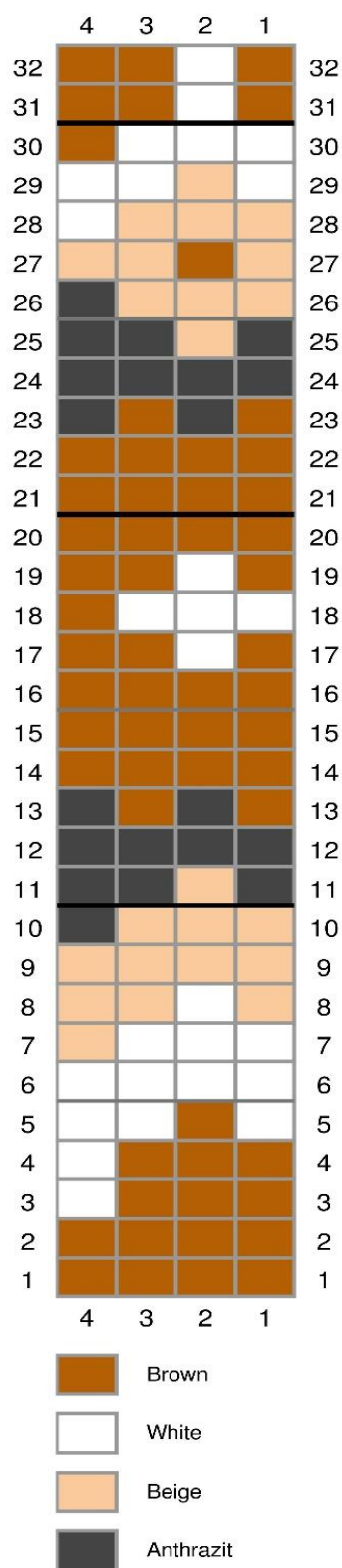
Weave in all ends. Knit your second sock. Hand wash gently in cool water, dry flat and enjoy!

## Colourwork Chart A for leg:

	4	3	2	1	
32					32
31					31
30					30
29					29
28					28
27					27
26					26
25					25
24					24
23					23
22					22
21					21
20					20
19					19
18					18
17					17
16					16
15					15
14					14
13					13
12					12
11					11
10					10
9					9
8					8
7					7
6					6
5					5
4					4
3					3
2					2
1					1
	4	3	2	1	

	Brown
	White
	Beige
	Anthrazit

## Colouwork Chart B for foot:



(Please feel free to share your work and finished socks using the tags #berniessocks or #stoneknits on Instagram or on Ravelry.)