

Chiana

by Michelle L. Martin

Chiana is a cuff-down sock with a fleegle/strong heel, inspired by my favourite character from the sci-fi show *Farscape*. Like its namesake, Chiana is challenging, full of twists, turns, and angles. There are traveling stitches on every round, and all the charted knit stitches are twisted (knit through the back loop). There is only one size charted (74 sts), however, stitches can be added or subtracted from chart edges to make different sizes, down to a 68 st sock. (Please note that heel turn numbers will need to be adjusted with added or subtracted stitches.) The cables and twisted stitches pull in quite a bit but the ribbing is also flexible. Circumference adjustments can also be made by changing the size of your needles for a larger or smaller gauge. Foot width is customizable at the gusset.

Materials & Tools:

- 100g/420m/460yds light fingering weight sock yarn. (Sample used Deborah Norville Serenity Sock Solids in Charcoal)
- 2.5mm/US1.5 needles for your preferred method of knitting in the round
- darning needle for grafting
- cable needle of appropriate size (optional – cables can be worked without)
- sock blockers (optional)

Gauge: 34sts/47rows =10cm/4” in unblocked stockinette



Instructions:

Cast on 74sts, and divide evenly over two needles (or 4 if you are using DPNs). Join in round.

Chart A is worked twice per round, once on the front and once on the back.

Cuff:

Repeat row 1 of Chart A for 12 rounds or to desired length.

Leg:

Work Chart A & B rows 2-57.

Gusset/Heel increases:

Before working Charts C and D, move the 38th stitch from the beginning of Needle 2 to the end of Needle 1 (this will not be necessary if you are making a 68 st sock that removes Chart columns 1, 2, 37 and 38).

Work Chart C on Needle 1 and Chart D on Needle 2.

Turn Heel:

Turn work so WS is facing.

Sl1, p37, p2tog, p1, turn

Sl1, k9, ssk, k1, turn

Sl1, p to 1 st before gap, p2tog, p1, turn

Sl1, k to 1 st before gap, ssk, k1, turn

Repeat last two rows until all sole sts have been worked.
Do not turn on last row.

To avoid corner holes: pick up 2 sts in corner between sole and instep, then pass 1 of those stitches over the other. Work Chart E row 90 on instep stitches. Pick up 2 sts in corner between instep and sole, then pass 1 of those stitches over the other. Knit to end of sole sts.

Small Gusset:

Round 1:

Needle 1: Work Chart E as established .

Needle 2: k1, ssk, k to 3 sts before end, k2tog, k1.

Round 2: Work even as established.

Repeat these 2 rounds until 72 or desired number of stitches remain.

Instep:

Work Chart E as established on instep and knit sole stitches. Continue onto Chart F, until foot from back of heel is about 5cm or 2 inches shorter than total foot length. Toe decreases can be started at any point after Chart F row 137, and rows 148-153 can be repeated if you need more length.

Toe Decreases:

Arrange stitches so there are an equal number on instep (Needle 1) and sole (Needle 2).

Round 1:

Needle 1: k1, ssk, work Chart F as established to last 3 sts,

k2tog, k1

Needle 2: k1, ssk, knit to last 3 sts, k2tog, k1

Round 2:


Needle 1: k2, work Chart F as established to last 2 sts, k2


Needle 2: knit


Repeat these two rounds until 32 or desired total number of stitches remain. Graft top and bottom stitches together using kitchener stitch. Weave in ends. Block if desired (recommended).


Stitch Key


 k tbl - Knit through back loop.


 p - Purl.


 Grey - No Stitch.


 1/1 RT - Bring 1 st to back, k1 tbl, then k1 tbl from cable needle.


 1/1 LT - Bring 1 st to front, k1 tbl, then k1 tbl from cable needle.

 1/1 RPT - Bring 1 st to back, k1 tbl, then p1 from cable needle.

 1/1 LPT - Bring 1 st to front, p1, then k1 tbl from cable needle.


 RLI - Take right leg of stitch below stitch on left needle, place on left needle and knit into back.

 LLI - Take left leg of stitch 2 sts below stitch on right needle, place on left needle & knit into front.

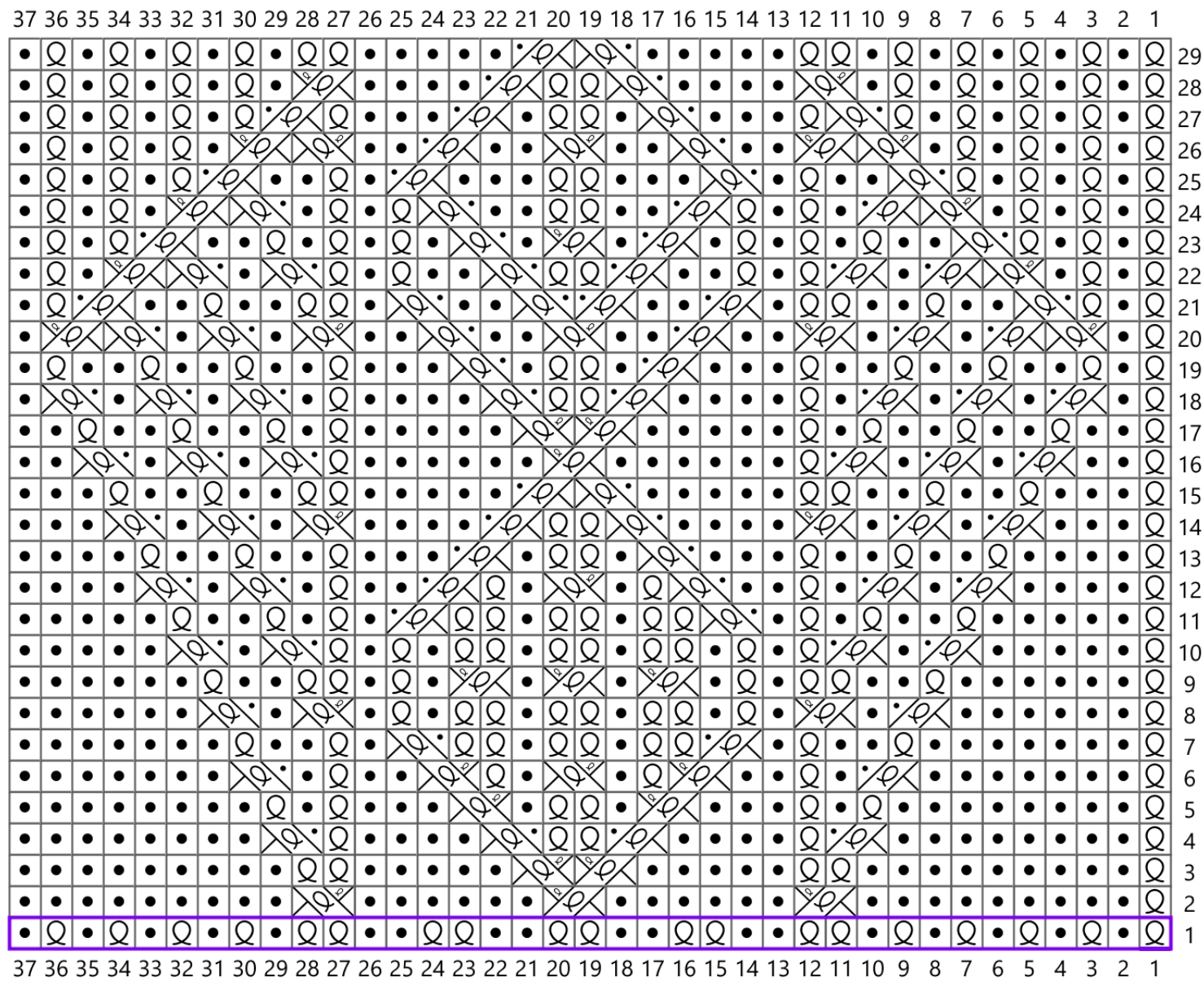
 RLPI - Take right leg of stitch below stitch on left needle, place on left needle & purl into back.

 LLPI - Take left leg of stitch 2 sts below st on right needle, place on left needle & purl into front.

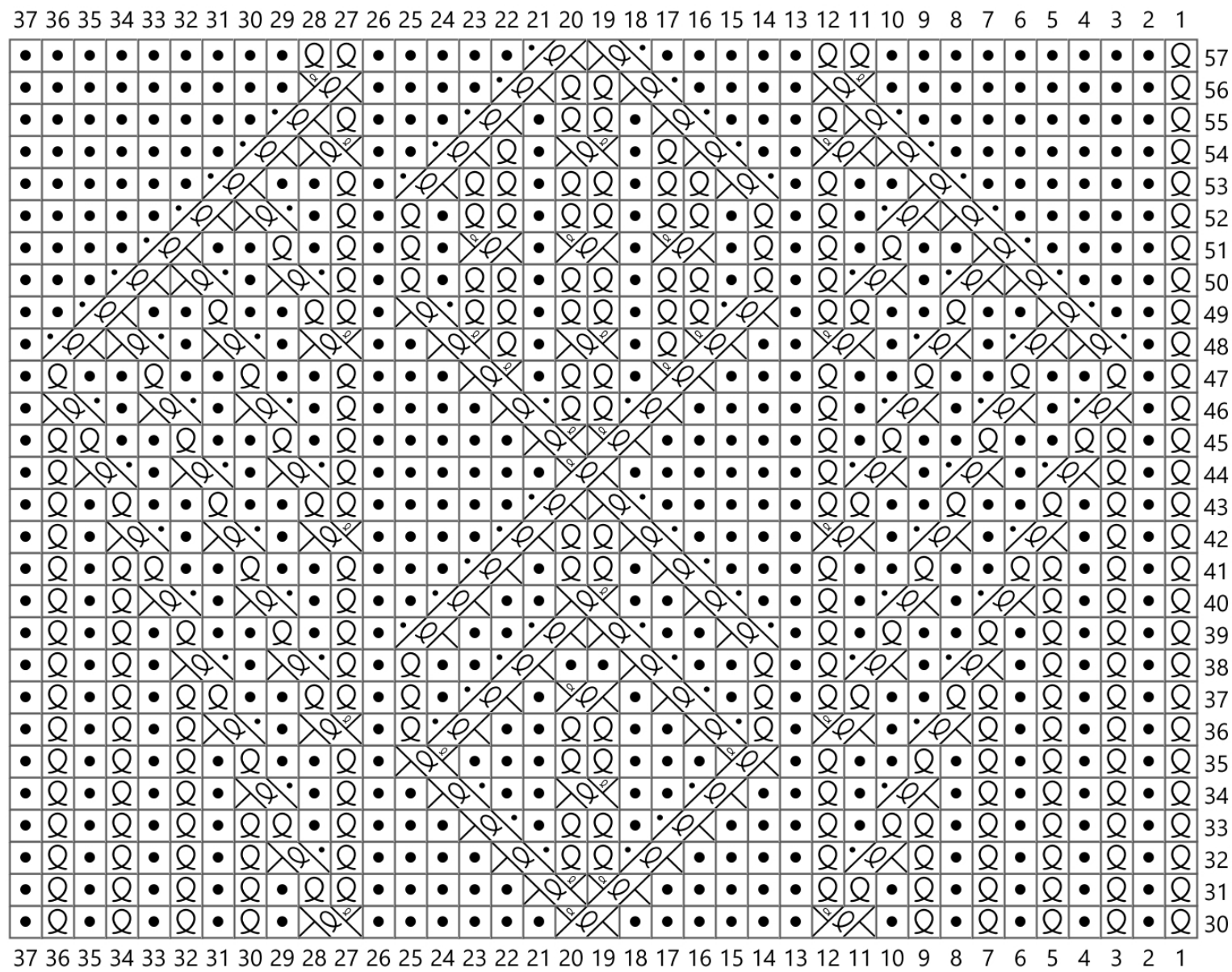
 Cuff repeat

 Repeat for length

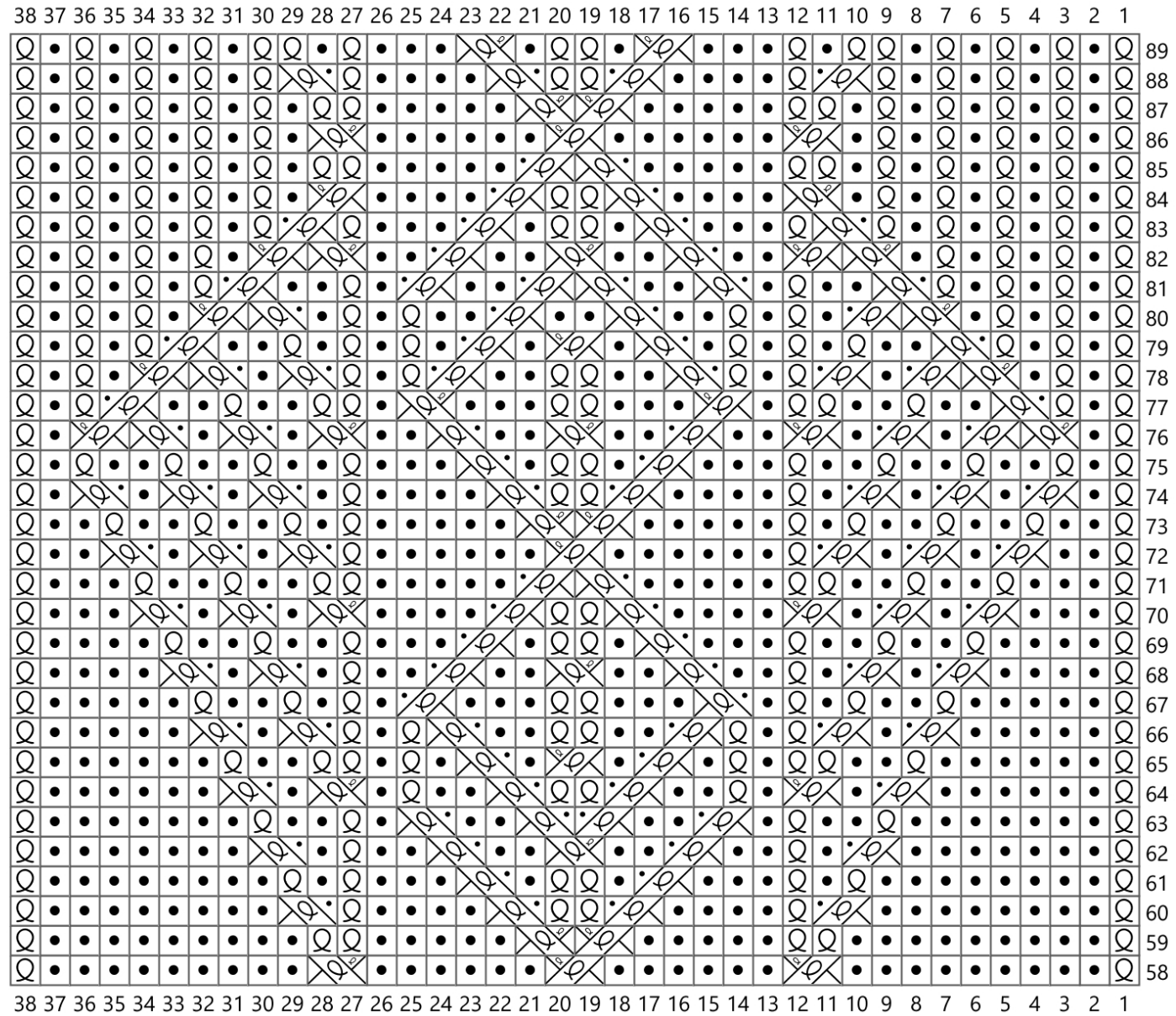
Chiana Chart A



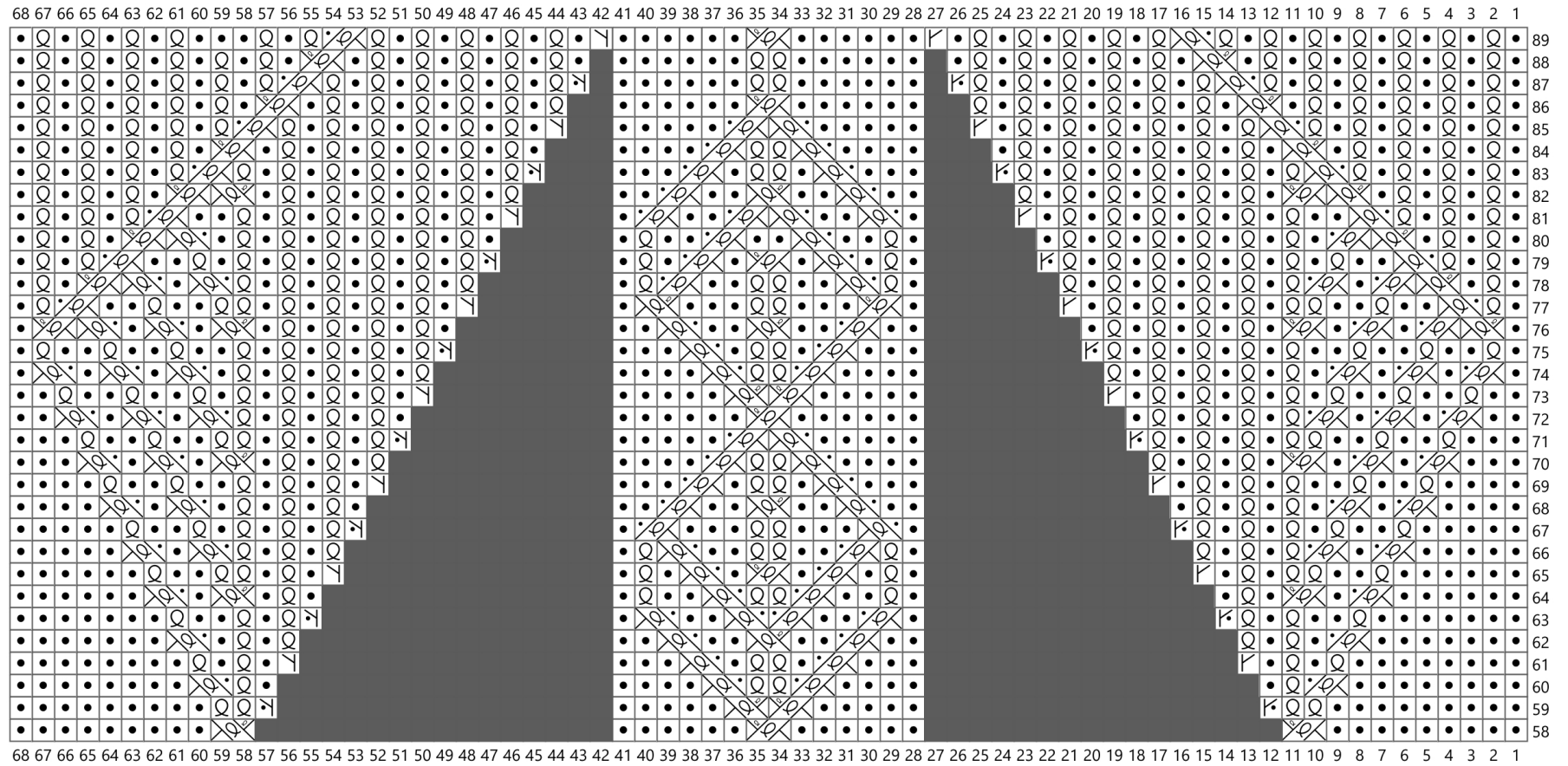
Chiana Chart B



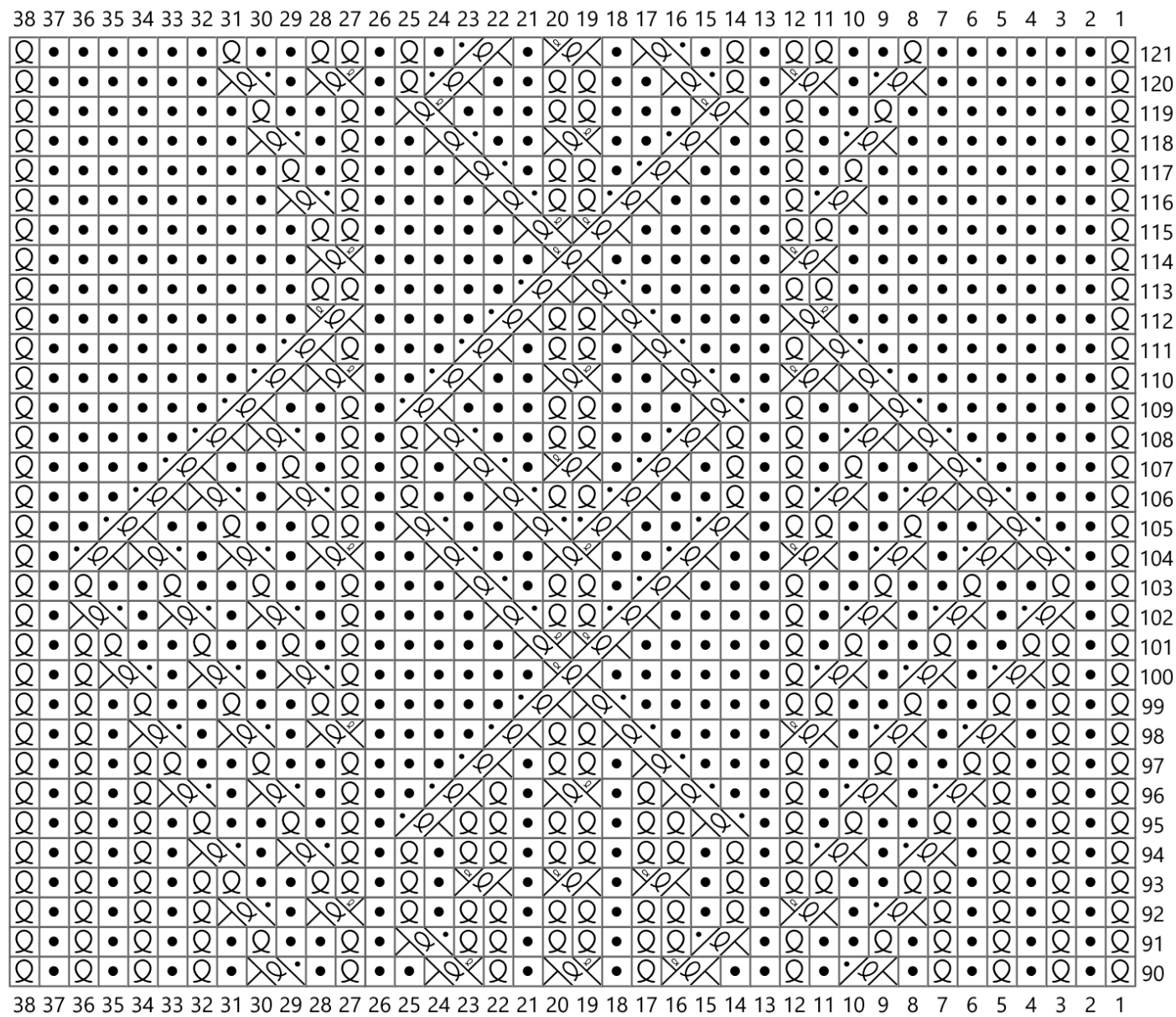
Chiana Chart C



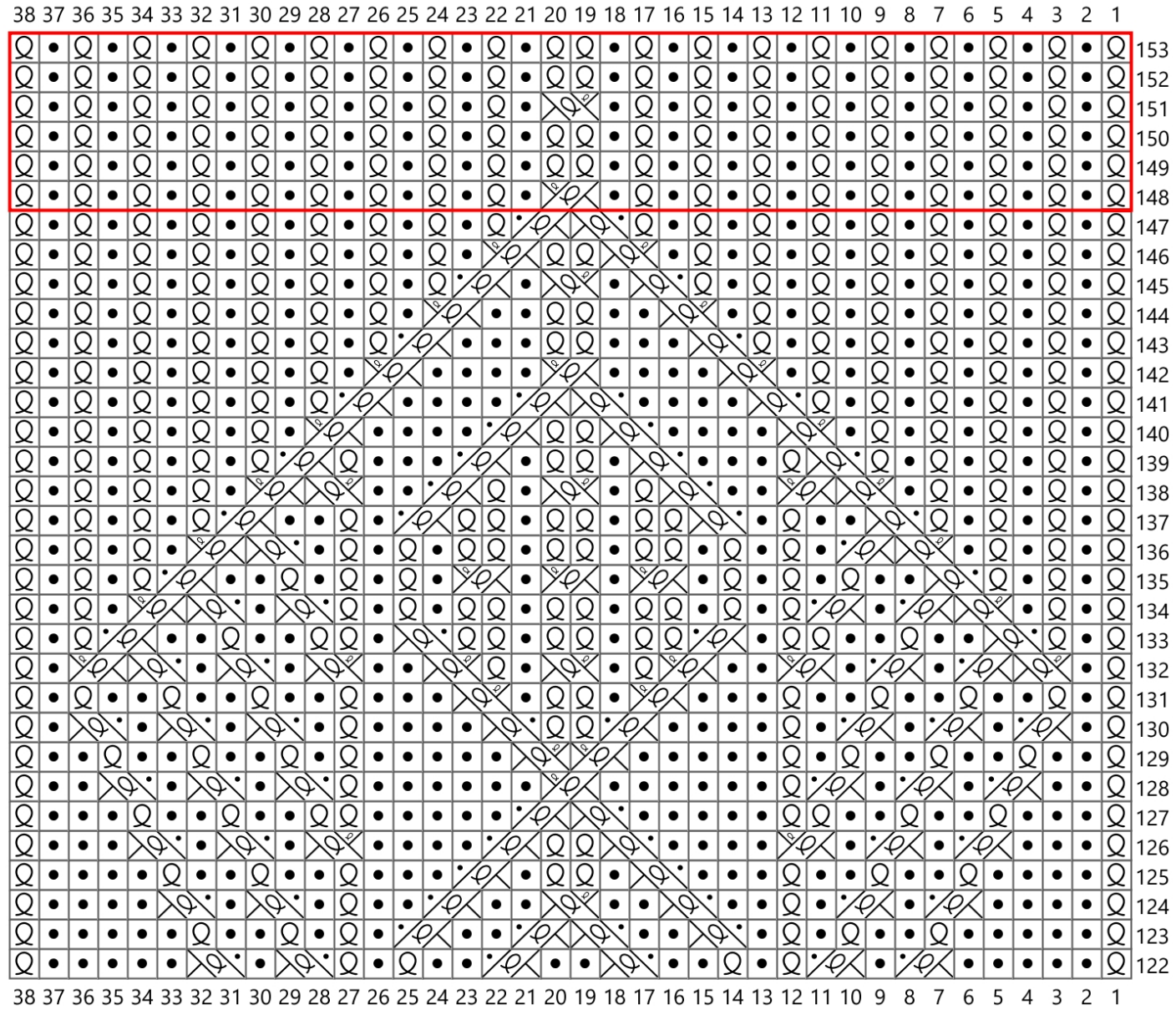
Chiana Chart D



Chiana Chart E



Chiana Chart F



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