

Double-knitted socks tutorial

Required knowledge (there are videos on the internet for all these things):

- **Knitting socks**
- **Boomerang heel or shadow wrap heel**
- **Double-knitting in general**

Example: Inner colour = black; outer colour = green

Size chart (I use normal 4-ply wool and a 2.5 mm needle.)

Size	37/38	38/39	39/40	40/41	41/42	42/43	43/44
Stitches (one colour)	44	46	48	50	52	54	56
Stitches per needle (one colour)	11	11/12	12	12/13	13	13/14	14
Stitches (total)	88	92	96	100	104	108	112
Stitches per Needle (both colours)	22	22/24	24	24/26	26	26/28	28
Heel (Boomerang or Shadow-wrap)	7/8/7	7/8/7	8/8/8	8/8/8	8/9/8	8/9/8	9/9/9

Basics:

- a) Knitted stitches (normal Double-knit technique):
 1. Both threads behind the work → Knit one stitch in the outer colour
 2. Both threads in front of the work → Purl stitch in the inner colour
(Both threads must always be in front of or behind the needles!)
- b) Purl stitches (Double-knit technique):
 1. Put the thread of the outer colour in front of the work and the thread of the inner colour behind the work → Purl stitch in the outer colour
 2. Put the thread of the inner colour in front of the work and the thread of the outer colour behind the work → *knit one stitch in the inner colour*
(The thread of the outer colour must always be in front of the needles and the thread of the inner colour behind the needles!).

Cast on:

- Create the starting stitch in the inner colour (black) and place on the needle.
- Pull the outer colour (green) thread through the stitch (= end thread) long enough to cast on the desired number of stitches.
- Cast on stitches with the end thread and always alternate between the outer colour and the inner colour (ATTENTION: the starting stitch [black] is not counted!). To do this, place the end thread over the thumb and the two working threads (outer and inner colour) over the index finger.
- Undo the starting stitch (black)
- Close the round

Cuffs (example 2 knit, 2 purl):

- Work 2 knit stitches (normal double-knit technique) -> i.e. green knit, black purl, green knit, black purl.
- Work 2 purl stitches (double-knit purl) -> i.e. green purl, black knit, green purl, black knit.

Cuffs (example 2 knit, 1 purl):

- Work 2 knit stitches (normal double-knit technique) -> i.e. green knit, black purl, green knit, black purl.
- Work purl stitch (double-knit purl) -> i.e. green purl, black knit.

Leg:

- For the leg, continue knitting in the normal double-knit technique until the desired length is reached.

Colour change:

- For the colour change, work a knit stitch in the inside colour (black) onto a knit stitch in the outside colour (green). Similarly, a purl stitch in the outer colour (green) must be worked on the following purl stitch in the inner colour (black).

Heel:

a) Boomerang:

- Needle 4 and 1 are knitted normally in double-knit technique.
- Where a double stitch is normally worked, 2 (!) double stitches are now worked. To do this, first knit the stitch in the inner colour (black) and work a double stitch. The thread of the outer colour is still behind the needle.
- Now bring both threads in front of the needles and turn the work.
- Then work a double stitch in the outer colour (green).
- All other stitches in the heel are then knitted back as in the normal boomerang heel. All stitches in the inner colour (black) are knitted and all stitches in the outer colour (green) are purled.
- This technique is continued as with the normal boomerang heel (always work 2 double crochets at the end). Continue in this way until you have the desired number of double stitches.
- Then work 2 intermediate rounds. The double stitches of the outer colour (green) are knitted and those of the inner colour (black) are purled.
- Work back using the same principle (always 2 double stitches instead of one)
- Note: The wool balls twist very easily with this technique.

b) Shadow-wrap Heel

- Needle 4 and 1 are knitted as usual for the shadow-wrap heel.
- Where a shadow-wrap stitch is normally worked, 2(!) shadow-wrap stitches are worked. To do this, first work a right-hand shadow-wrap stitch in the outer colour (green). Both threads are behind the needles. Then a purl shadow-wrap stitch is worked. Both threads are in front of the needles. Then the work is turned.
- Now put the purl shadow-wrap stitch onto the other needle. Then both threads are brought to the front BETWEEN the two shadow-wrap stitches. Then put the right-hand shadow-wrap stitch on the other needle.
- Then all other stitches of the heel are knitted back as with the normal shadow-wrap heel. All stitches in the inner colour (black) are knitted and all stitches in the outer colour (green) are purled. Continue in this way until you have the desired number of shadow-wrap stitches.
- Go back using the same principle (always two shadow-wrap stitches instead of one).

Foot:

- The foot is knitted as normal using the double-knit technique. The same number of rounds are knitted as for normal single-knit socks. For example: For shoe size 38/39, 40 rounds are knitted. For shoe size 41/42, 45 rounds are knitted. However, these figures are for guidance only.

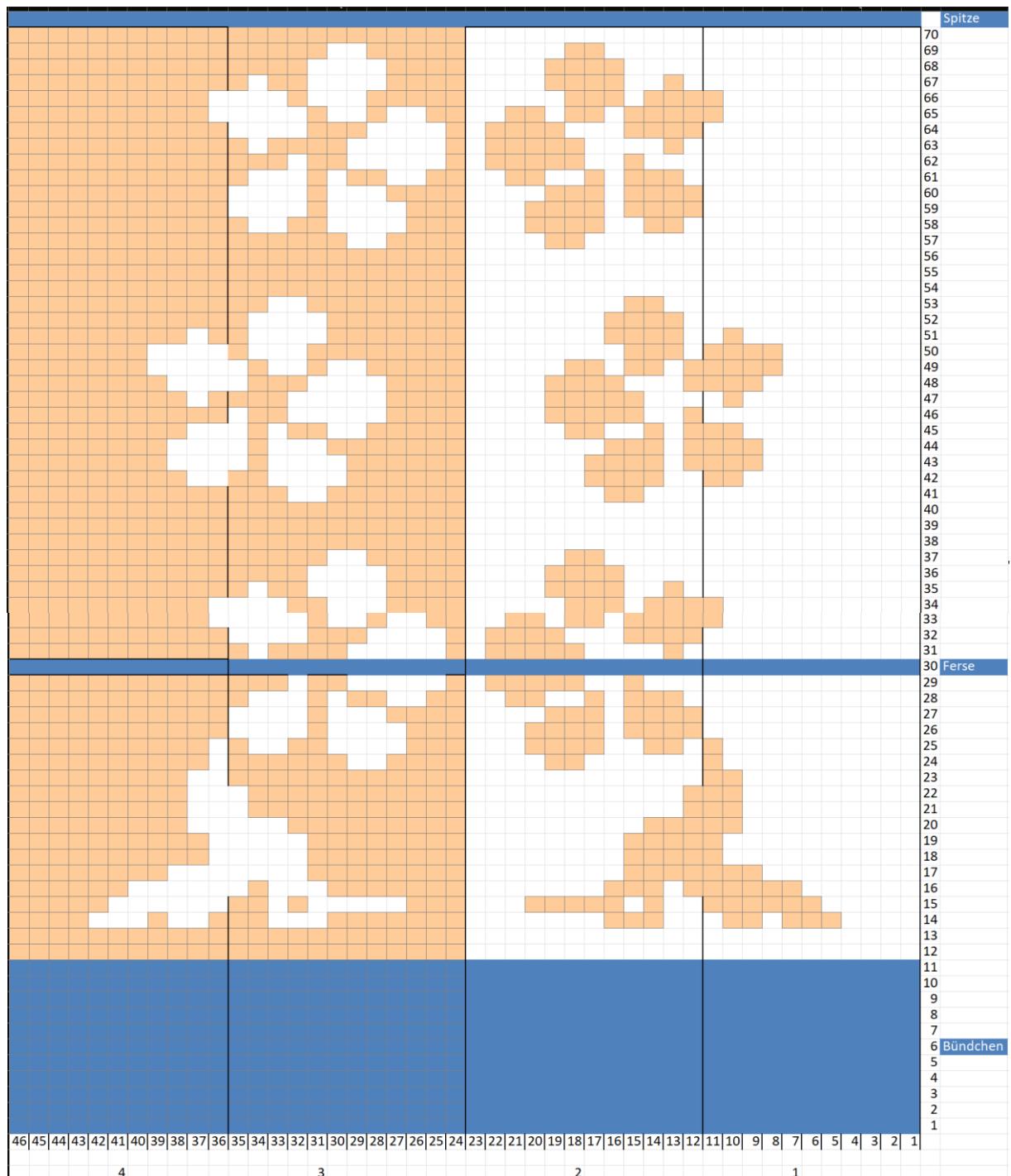
Toe (double face lace):

- Step 1: For the toe, distribute the first 4 stitches (2 green and 2 black) on each needle so that 2 green knit stitches and 2 black purl stitches are next to each other. These are knitted together. The green stitches are knitted and the black stitches purled. All other stitches are knitted and purled as usual.
- Step 2: Then knit 2 intermediate rounds.
- Step 3: Then distribute the middle 4 stitches of each needle (depending on the number of stitches, it may or may not work out exactly) so that two green and two black stitches are next to each other. These are knitted together. The green stitches are knitted and the black stitches purled. All other stitches are knitted and purled as usual.
- Step 4: Then knit 2 intermediate rounds.
- These first 4 steps are repeated until there are only 7 green and 7 black stitches on each needle.
- Then step 1 is worked, followed by an intermediate round. Step 3 is then worked, followed by an intermediate round.
- Then decrease twice per needle in one round. In other words, step 1 and step 3 are combined. The remaining 12 stitches are distributed over 2 needles. Now repeat steps 1 and 3 again. Then cut the threads and pull them through the remaining stitches. The loose ends are then sewn together.

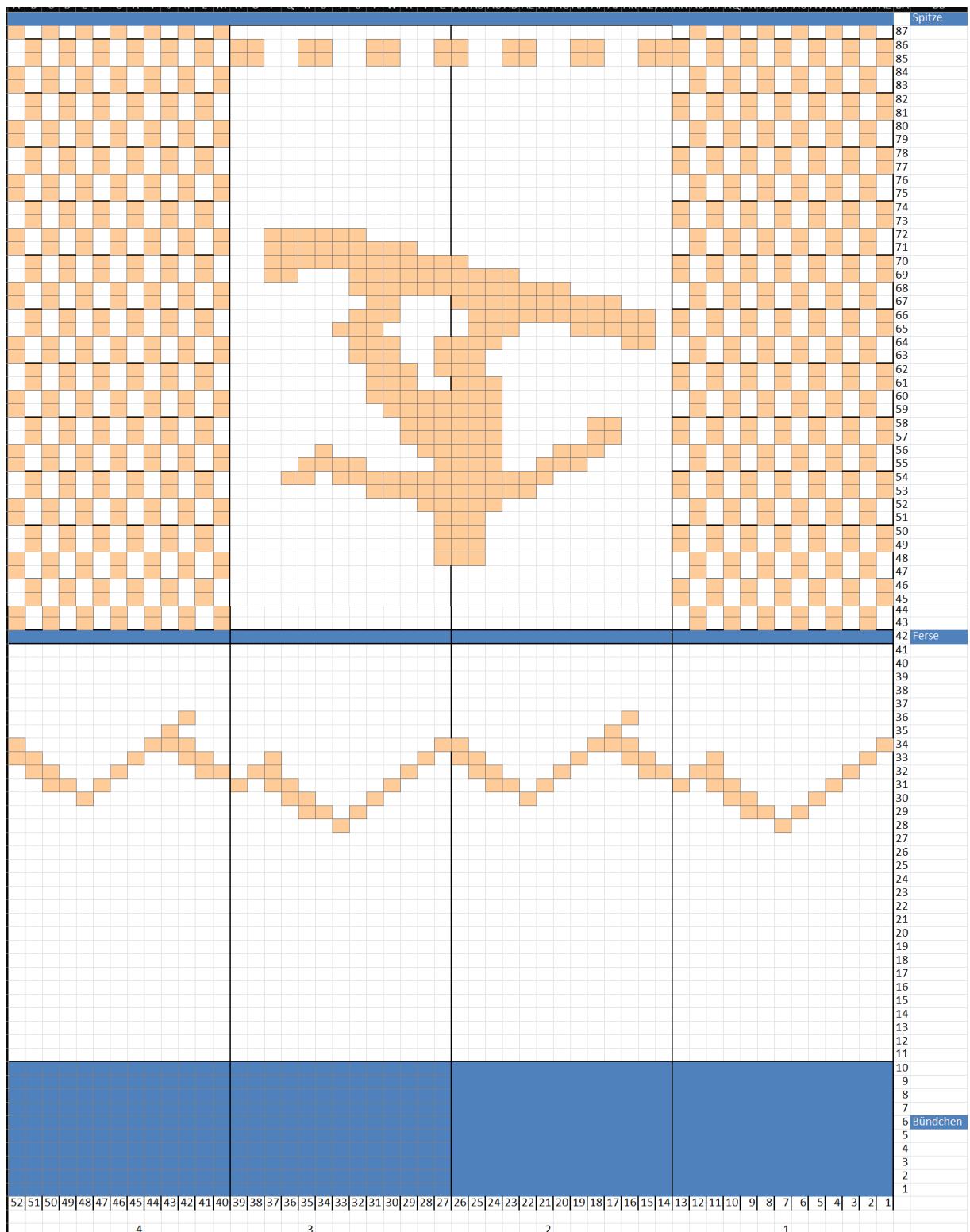
Have fun knitting;)

Here are a few more ideas for colour knitting motifs with charts:

1. Flowers and birds (size 38/39):



2. Snowboarder (size 41/42):



3. Skier (size 43/44):

