

FinEst Socks

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The FinEst design is a nod to the traditional Estonian stranded colourwork mitten patterns published in *Suur Kindaraamat* by Reet Piiri. The socks are worked cuff-down in stranded colourwork. The name FinEst stands for Finland-Estonia.

This is a revised and extended version of the pattern published in 2017.



YARN AND YARDAGE

Main colour (MC): Nettilanka.fi Lumoava Sukka (75 % wool, 25 % nylon; 420 m / 100 g), 40-50 grams of grey (Hopeanharmaa colourway)

Contrast colour (CC): iKKe Glitter Sock (75 % sw merino, 20 % nylon, 5 % stellina; 400 m / 100 g), approx. 50 grams of pale grey (Mithril colourway)

Any fingering weight sock yarn can be used.

GAUGE

36 sts and 36 rows in stranded colourwork = 10 cm / 4 inches

NEEDLES

Size 2.5 mm / US1.5 (or suitable to obtain gauge) circular needles, at least 80 cm / 32 inches long.

Socks can be knitted with dpns or two shorter circular, but the instructions have been written for magic loop.

SIZE

There are instructions for sizes small (64 sts), medium (72 sts) and large (80 sts), which are referred to in the instructions as S (M, L). If only one stitch count is given, it applies to all sizes. With the gauge given, sizes S (M, L) fit foot circumference of approximately 19 (21, 23) cm / 7½ (8¼, 9) inches with some negative ease.

BEFORE YOU START

Please read the instructions carefully. The BOR shifts from the centre back of the leg to the right side of the heel flap in the sole and then a few stitches to the right prior to the toe decreases.

No specific instructions are given for two-coloured cast-on – please check the Internet for different techniques or develop one of your own. *I used a long tail cast-on with one colour on my thumb and the other on my index finger, alternating the placement of the yarns after every stitch.*

Please note that there are rounds when only CC is used. In those rounds MC sts are slipped with CC yarn held in back wherever pinstripe pattern is to be maintained.

The charts are worked from right to left on the RS and from left to right on the WS.

INSTRUCTIONS

Cuff and leg

With the two-coloured cast-on method of your choice and both colours, cast on 64 (72, 80) sts, alternating MC and CC stitches and starting with a **CC** stitch. *You can also cast on stitches with one colour only. In that case CC is recommended.*

Distribute stitches evenly across needle 1 and needle 2. *There are 32 (36, 40) sts on each needle.* Join to begin working in the round, being careful not to twist.

Work corrugated ribbing as follows: *k1 with CC, p1 with MC*, repeat * - * to the end of the rnd. Work the ribbing for 12 (14, 16) rnds or to desired ribbing length.

Knit one round with CC.

Work according to chart A, rows 1-8. Chart A is repeated 8 (9, 10) times in each round. Repeat rows 1-8 a total of 5 (6, 6) times.

size S and L only: Work chart A, rows 1-4 once.

There is no need to work additional rnds for size M.

Chart A

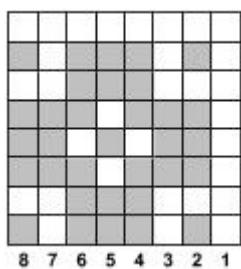


Chart key

	MC
	CC



Heel extension

The heel extension is worked as a pinstriped gussets on each side of the BOR. *The BOR is at the centre of the heel extension. Please note that the heel extension replaces the first stitch of the round.*

rnd 1: Work according to chart B1S (B1M, B1L), row 1, and place m1. Work the established stranded colourwork pattern to the end of the rnd according to chart A, row 5 (1, 5), starting at stitch 2 for the first repeat. Place m2 and work according to chart B2S (B2M, B2L), row 1.

rnd 2: Work according to the next row of chart B1S (B1M, B1L), sm. Work according to the next row of chart A to m2, starting at stitch 2 for the first repeat. Sm and work according to the next row of chart B2S (B2M, B2L).

Repeat rnd2 until you have finished chart B1 and B2, row 20 (24, 28).

Heel turn

Please take care to wrap MC and CC yarns carefully at every turn to avoid holes.

Redistribute stitches as follows: the first 26 (30, 34) sts of the rnd onto the LHN, the last 26 (30, 34) sts of the rnd on to the RHN and the remaining 32 (36, 40) sts onto the cable.

Work the heel turn back and forth, starting at the BOR as follows:

row 1 (RS): Work the established pinstripe pattern knitwise until 1 st remains before m1, make a RS shadow wrap with **CC**, turn.

row 2 (WS): Work the established pinstripe pattern purlwise until 1 st remains before m2, make a WS shadow wrap with **CC**, turn.

row 3 (RS): Work the established pinstripe pattern knitwise until 1 st remain before the previous RS shadow wrap, make a RS shadow wrap with **MC**, turn.

row 4 (WS): Work the established pinstripe pattern purlwise until 1 st remain before the previous WS shadow wrap, make a WS shadow wrap with **MC**, turn.

row 5 (RS): Work the established pinstripe pattern knitwise until 1 st remain before the previous RS shadow wrap, make a RS shadow wrap with **CC**, turn.

row 6 (WS): Work the established pinstripe pattern purlwise until 1 st remain before the previous WS shadow wrap, make a WS shadow wrap with **CC**, turn.

Repeat rows 3-6 until there are 5 (6, 7) shadow wrap stitch pairs on each side of the heel turn and 11 (13, 15) single sts in the centre, finishing with a WS row. *Should you prefer a pointier heel turn, you can work more short rows.*

Continue to work back and forth, starting on the RS as follows: Work the established pinstripe pattern knitwise to m1, knitting each shadow wrap stitch pair as one stitch. Remove m1 and turn. Slip 1 st purlwise and work the established pinstripe pattern purlwise on the WS to m2, purling each shadow wrap stitch pair as one stitch. Remove m2 and turn.

Heel flap

Please take care to wrap and tighten MC and CC yarns extra carefully at every turn to minimize undesirable holes. Please note that the charts are to be read from right to left on the RS and from left to right on the WS.

Continue to work back and forth, starting on the RS row as follows:

row 1 (RS): Sl1, work according to chart C1S (C1M, C1L), row1, for the first sock or chart C2S (C2M, C2L), row 1, for the second sock. Ssk with CC, turn.

row 2 (WS): Sl1, work according to chart C1S (C1M, C1L), row 2, for the first sock or chart C2S (C2M, C2L), row 2, for the second sock. P2tog with CC, turn.

row 3 (RS): Sl1, work according to the next row of chart C1S (C1M, C1L) for the first sock or chart C2S (C2M, C2L) for the second sock. Ssk with CC, turn.

row 4 (WS): Sl1, work according to the next row of chart C1S (C1M, C1L) for the first sock or chart C2S (C2M, C2L) for the second sock. P2tog with CC, turn.

Repeat rows 3-4 until you have finished chart C1S (C1M, C1L) or C2S (C2M, C2L), row 18 (22, 26).

Foot

Continue to work in the round on the RS as follows:

rnd 1: Work according to chart D1S (D1M, D1L), row 1 for the first sock or chart D2S (D2M, D2L), row 1 for the second sock, place m1. Across the next 37 (45, 49) sts, continue the established stranded colourwork pattern according to chart A, starting at stitch 7 (7, 1). Place m2 to indicate a **temporary BOR**, now located between stitches 3 and 4 (5 and 6, 5 and 6) of the sole.

rnd 2: Starting at the temporary BOR, work the next row of chart D1S (D1M, D1L) for the first sock or chart D2S (D2M, D2L) for the second sock, slip m1. Continue the established stranded colourwork pattern according to chart A to m2, sm.

Repeat rnd 2 as described until you've finished chart D, row 8, and then, repeat rows 9-24 until foot measures a **minimum** of 4.5 (5.5, 6) cm / 1 $\frac{1}{8}$ (2 $\frac{1}{8}$, 2 $\frac{3}{8}$) inches less than the desired length, finishing with chart D, row **16 or 24**, knitting to the temporary BOR marker.

Remove the temporary BOR marker. Next, work a set-up rnd.

If you finished chart **D1** with row **16** or chart **D2** with row **24**, work a **set-up rnd** as follows: k1 with MC, *k1 with CC, k1 with MC*, repeat * - * a total of 2 (2, 3) times, place m1. Work chart E, row 1, and work *k1 with CC, k1 with MC* pinstripe pattern across the next 48 (54, 60) sts (i.e., to the end of the instep). **This is the new BOR, now located at the beginning of needle 1.** Place a BOR marker if desired.

If you finished chart **D1** with row **24** or chart **D2** with row **16**, work a set-up rnd as follows: k1 with MC, *k1 with CC, k1 with MC*, repeat * - * a total of 6 (6, 7) times, place m1. Work chart E, row 1, and work *k1 with CC, k1 with MC* pinstripe pattern across the next 40 (46, 52) sts (i.e., to the end of the instep). **This is the new BOR, now located at the beginning of needle 1.** Place a BOR marker if desired.

next rnd: Work in the established pinstripe pattern to m1, sm. Work the next row of chart E and then, work in the established pinstripe pattern to the end of the rnd. *Work chart E, rows 1-8 once and then, repeat only row 9.*

Work as described above until foot measures approximately 4 (5, 5.5) cm / 1 $\frac{1}{8}$ (2, 2 $\frac{1}{8}$) inches less than the desired final length.



Chart E

										9
										8
										7
										6
										5
										4
										3
										2
										1
8	7	6	5	4	3	2	1			

Chart key

MC
CC

Toe

Please note that the toe decreases lean towards the sides rather than the centre.

After finishing chart E, row 8, repeat only row 9.

Work the toe decreases as follows:

rnd 1: On needle 1 (*i.e., the sole*), k1 with CC, k2tog with CC and continue in the established pinstripe pattern to m1, sm. Work the next row of chart E and then, work *k1 with CC, k1 with MC* pinstripe pattern until 2 sts remain on needle 1. Finally, ssk with CC. **On needle 2** (*i.e., the instep*), k1 with CC, k2tog with CC and continue in the established pinstripe pattern until 2 sts remain on needle 2. Finally, ssk with CC.

rnd 2: First, work sts as they appear to m1, sm. Work the next row of chart E and then, work sts as they appear to the end of the rnd.

rnd 3: On needle 1 (*i.e., the sole*), k1 with CC, k2tog with MC and continue in the established pinstripe pattern to m1, sm. Work the next row of chart E and then, work *k1 with CC, k1 with MC* pinstripe pattern until 2 sts remain on needle 1. Finally, ssk with MC.

On needle 2 (*i.e., the instep*), k1 with CC, k2tog with MC and continue in the established pinstripe pattern until 2 sts remain on needle 2. Finally, ssk with MC.

rnd 4: First, work sts as they appear to m1, sm. Work the next row of chart E and then, work sts as they appear to the end of the rnd.

Repeat rnds 1-4 until 22 (24, 26) sts remain on each needle. Then, repeat only rnds 1 and 3 until 12 (12, 14) sts remain on each needle. Cut the yarns, leaving a longer CC end. Use the CC to graft the toe.

Soak the socks in lukewarm water. Remove excess water by rolling the socks in a towel. Let dry flat or on sock blockers. Weave in ends.

ABBREVIATIONS

BOR – beginning of round
CC – contrast colour
k – knit
k2tog – knit 2 sts together
LHN – left hand needle
MC – main colour
m1 (2) – stitch marker 1 (2)
M1L – make 1 st leaning left
M1R – make 1 st leaning right
p – purl
p2tog – purl 2 sts together
RHN – right hand needle
RS – right side
sl – slip
sm – slip marker
ssk – slip, slip, knit
st(s) – stitch(es)
WS – wrong side
wyib – with yarn in back

FINISHING

CHARTS FOR SIZE S (both socks)

Chart A

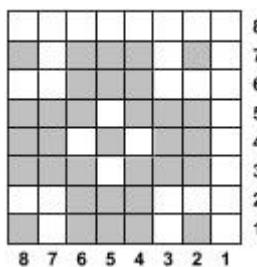


Chart B2S (gusset on needle 2)

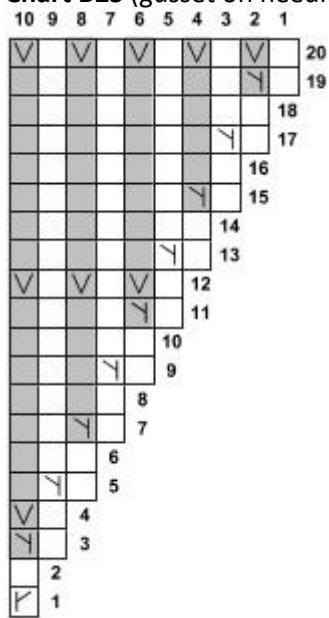


Chart B1S (gusset on needle 1)

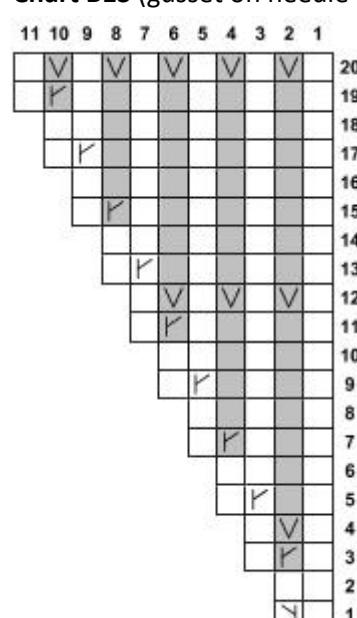
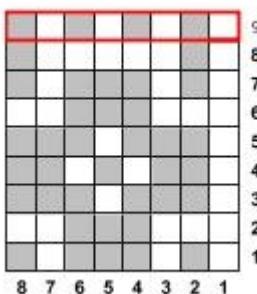


Chart key

- RS: k / WS: p
- MC
- CC
- sl wyib
- M1L
- M1R
- ssk
- k2tog
- pattern repeat

Chart E



CHARTS FOR SIZE S (first sock)

Chart C1S (heel flap)

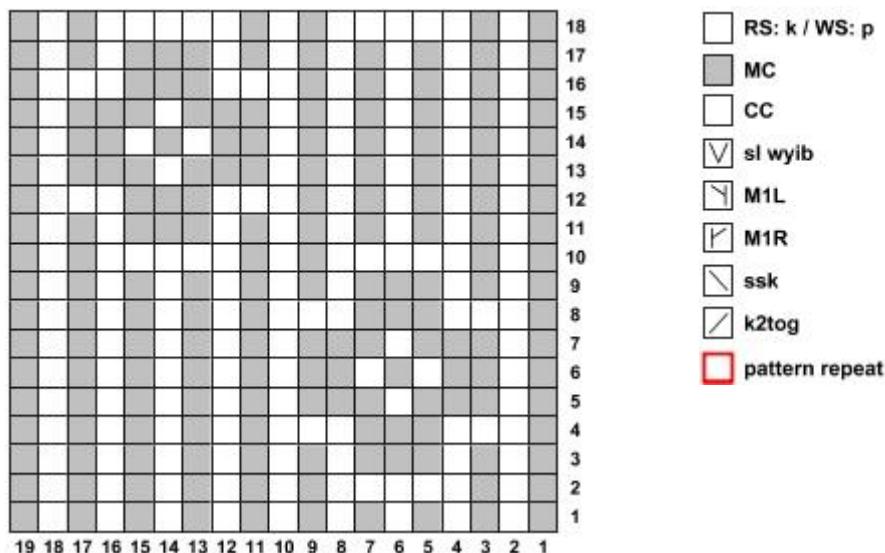
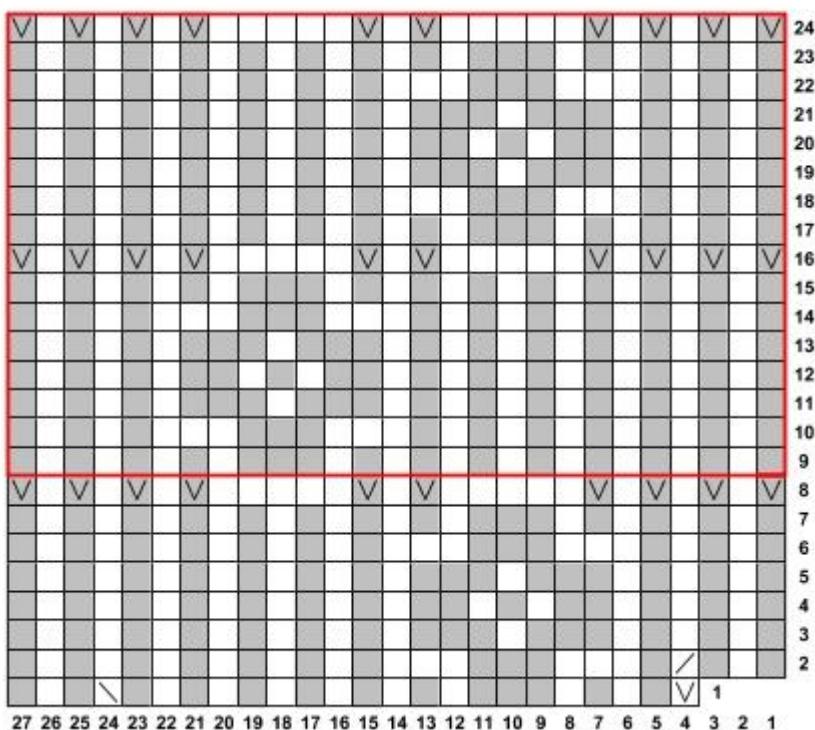


Chart D1S (sole)



CHARTS FOR SIZE S (second sock)

Chart C2S (heel flap)

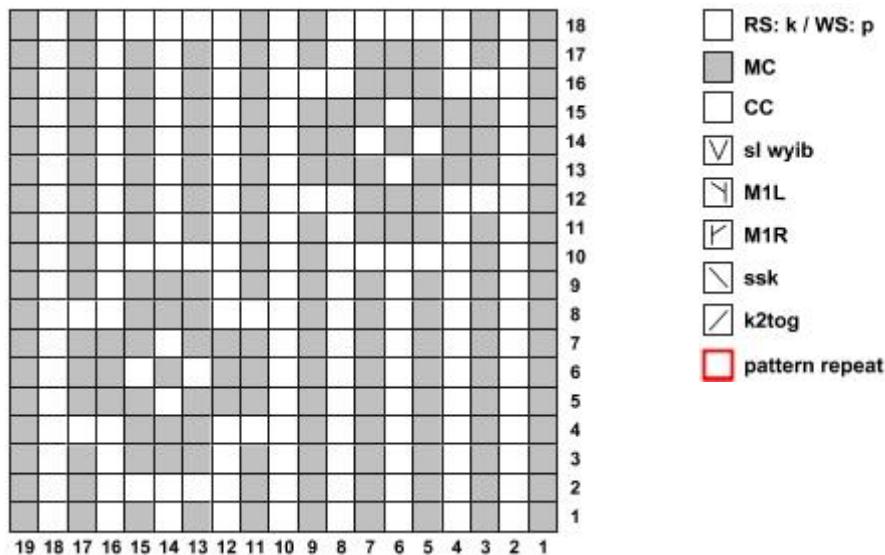
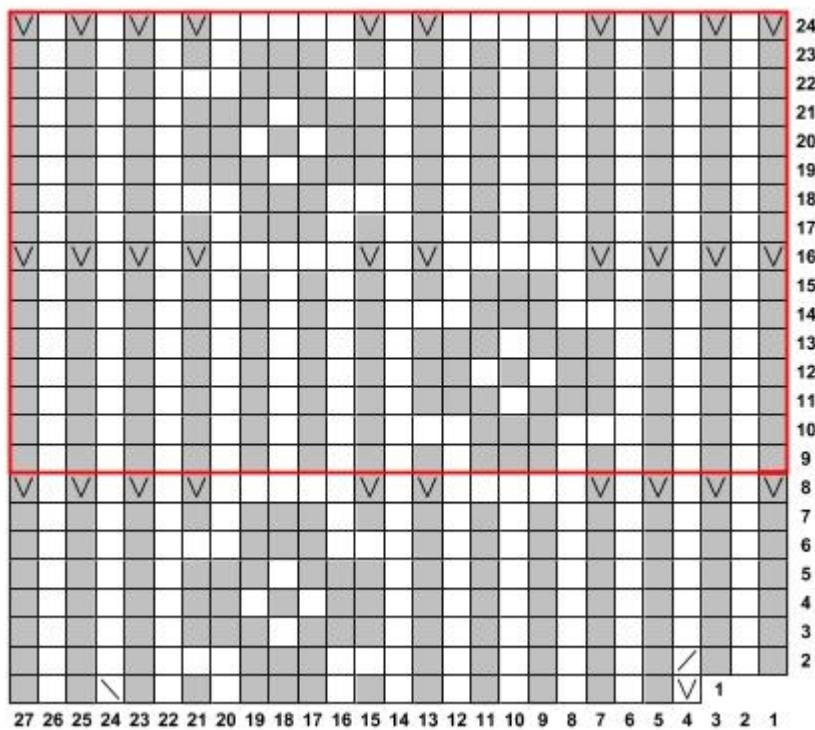


Chart D2S (sole)



CHARTS FOR SIZE M (both socks)

Chart A

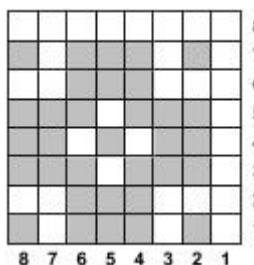


Chart B2M (gusset on needle 2)

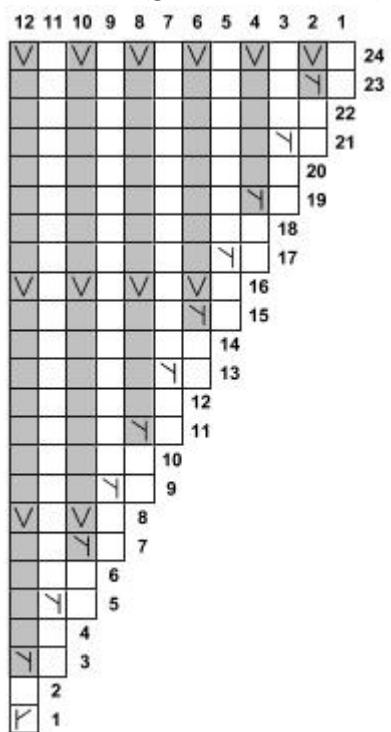


Chart B1M (gusset on needle 1)

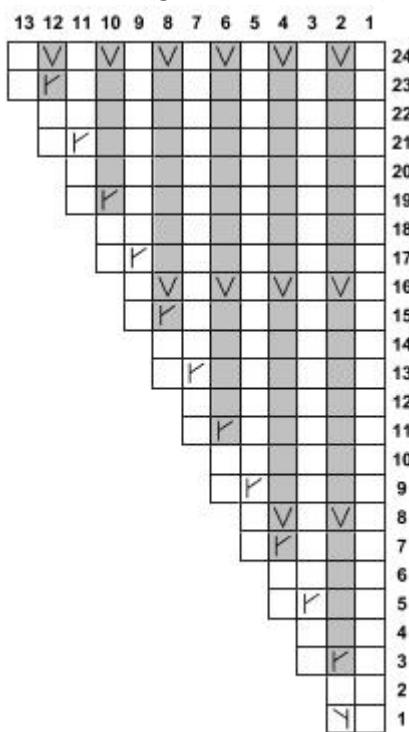
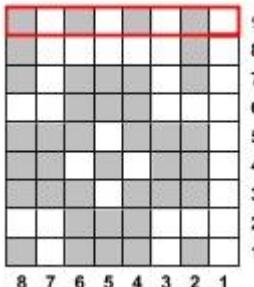


Chart key

- RS: k / WS: p
- MC
- CC
- ▽ sl wylb
- ↗ M1L
- ↖ M1R
- ↖ ssk
- ↖ k2tog
- pattern repeat

Chart E



CHARTS FOR SIZE M (first sock)

Chart C1M (heel flap)

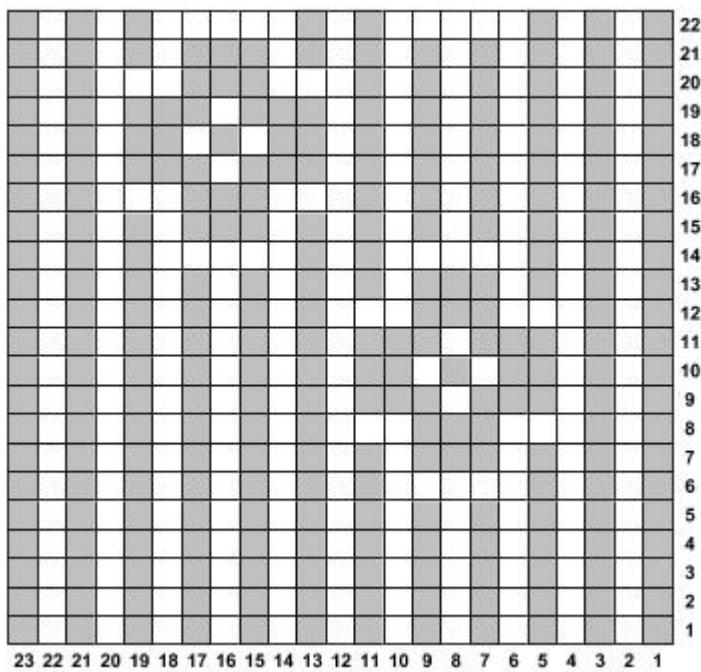
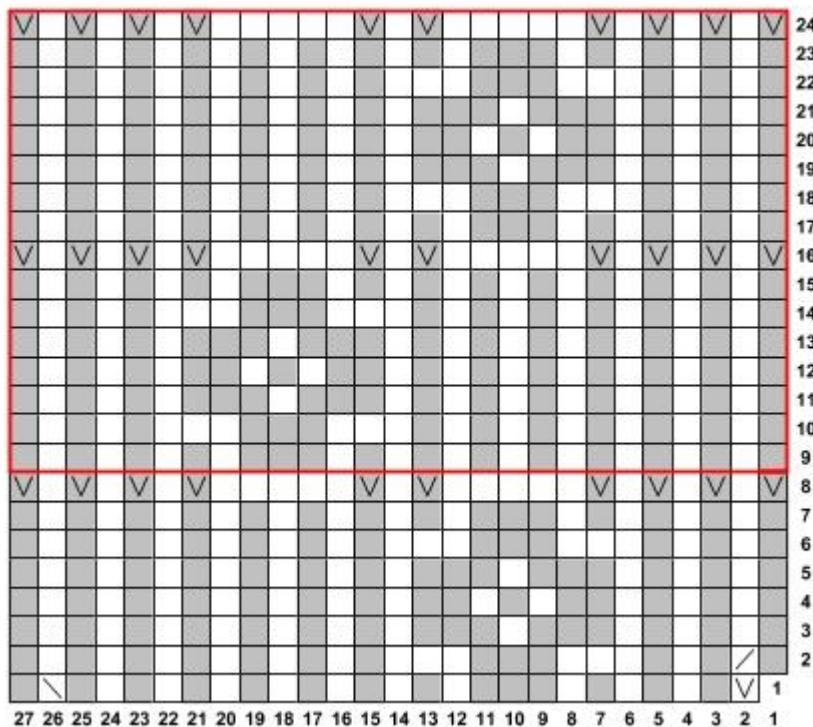


Chart key

- RS: k / WS: p
- MC
- CC
- sl wyib
- M1L
- M1R
- ssk
- k2tog
- pattern repeat

Chart D1M (sole)



CHARTS FOR SIZE M (second sock)

Chart C2M (heel flap)

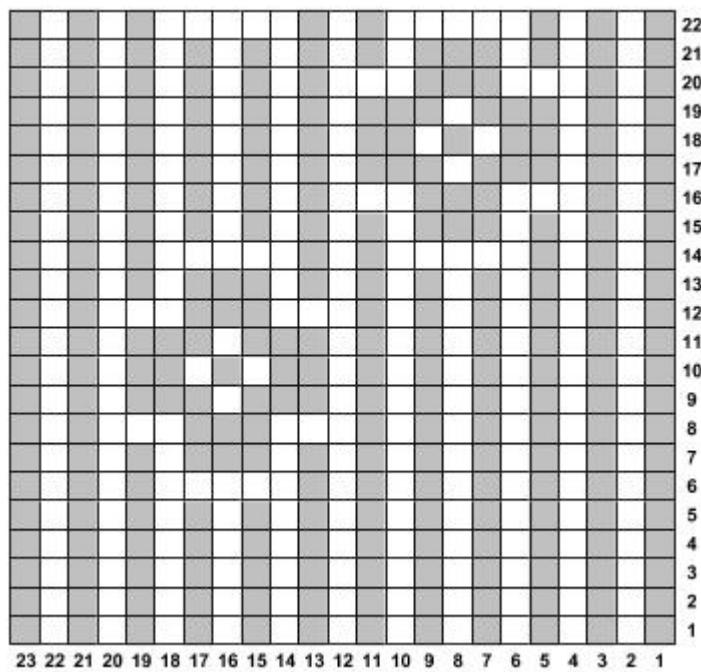
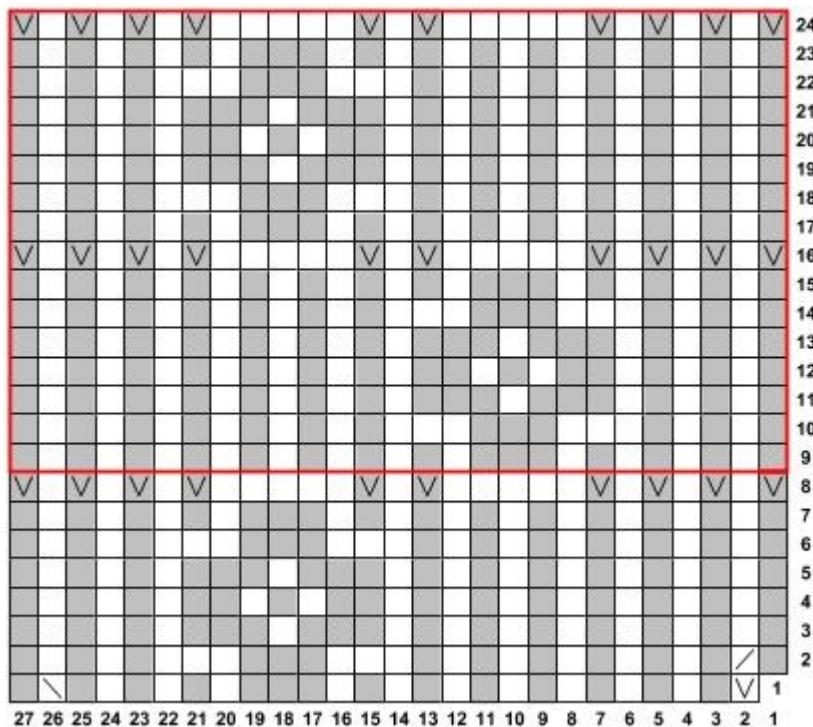


Chart key

- RS: k / WS: p
- MC
- CC
- sl wyib
- M1L
- M1R
- ssk
- k2tog
- pattern repeat

Chart D2M (sole)



CHARTS FOR SIZE L (both socks)

Chart A

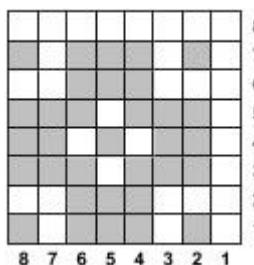


Chart B2L (gusset on needle 2)

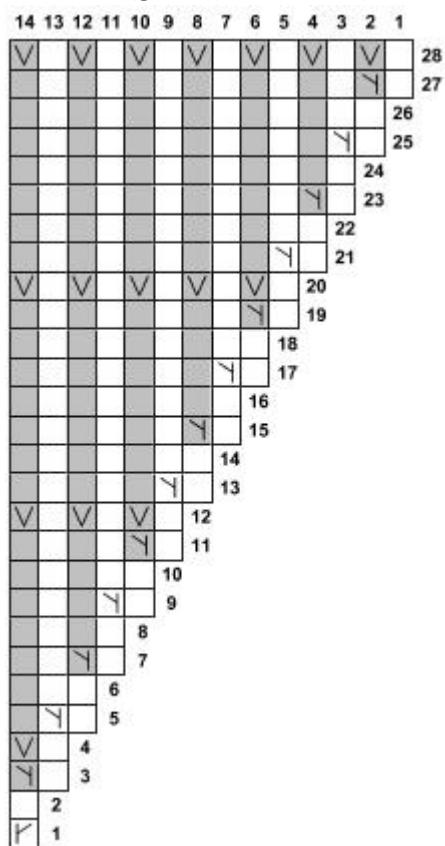


Chart B1L (gusset on needle 1)

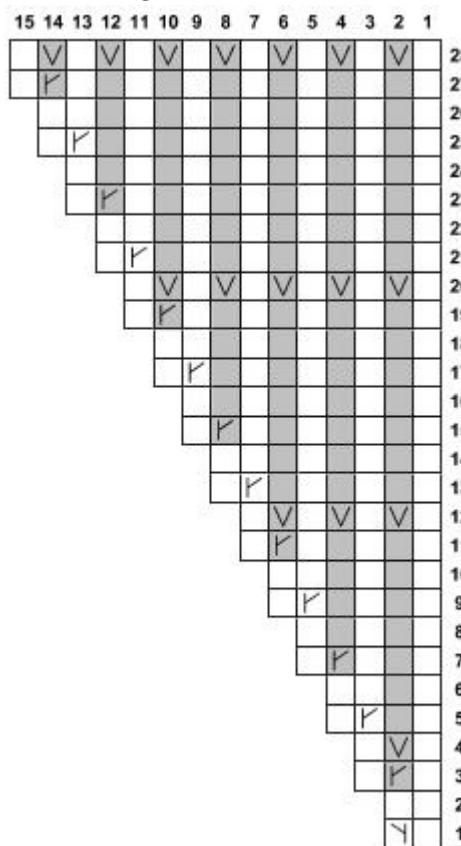
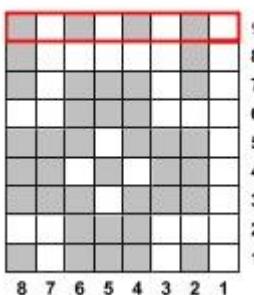


Chart key

	RS: k / WS: p
	MC
	CC
	sl wyib
	M1L
	M1R
	ssk
	k2tog
	pattern repeat

Chart E



CHARTS FOR SIZE L (first sock)

Chart C1L (heel flap)

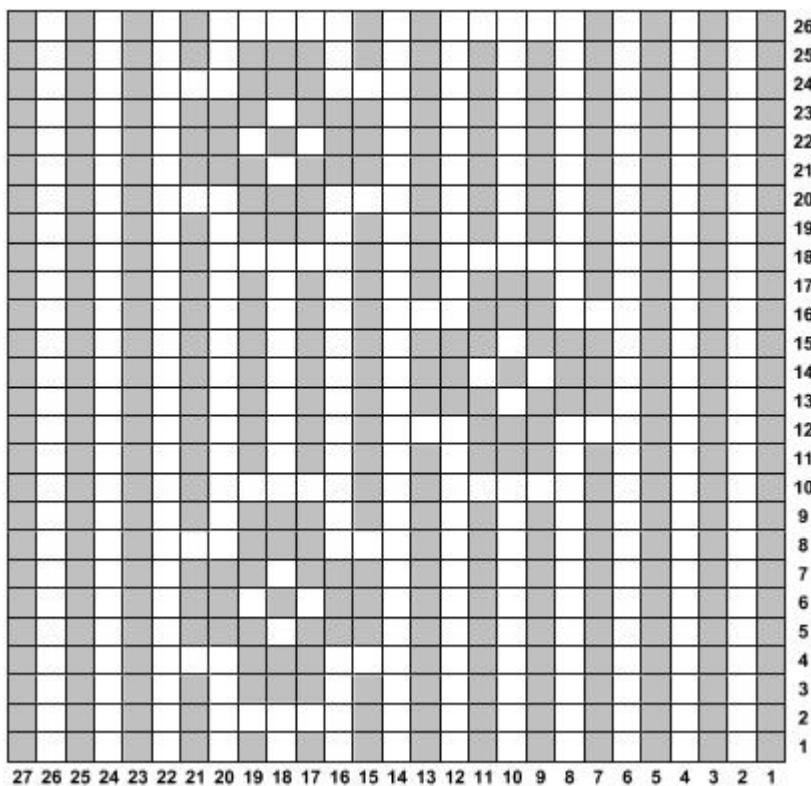
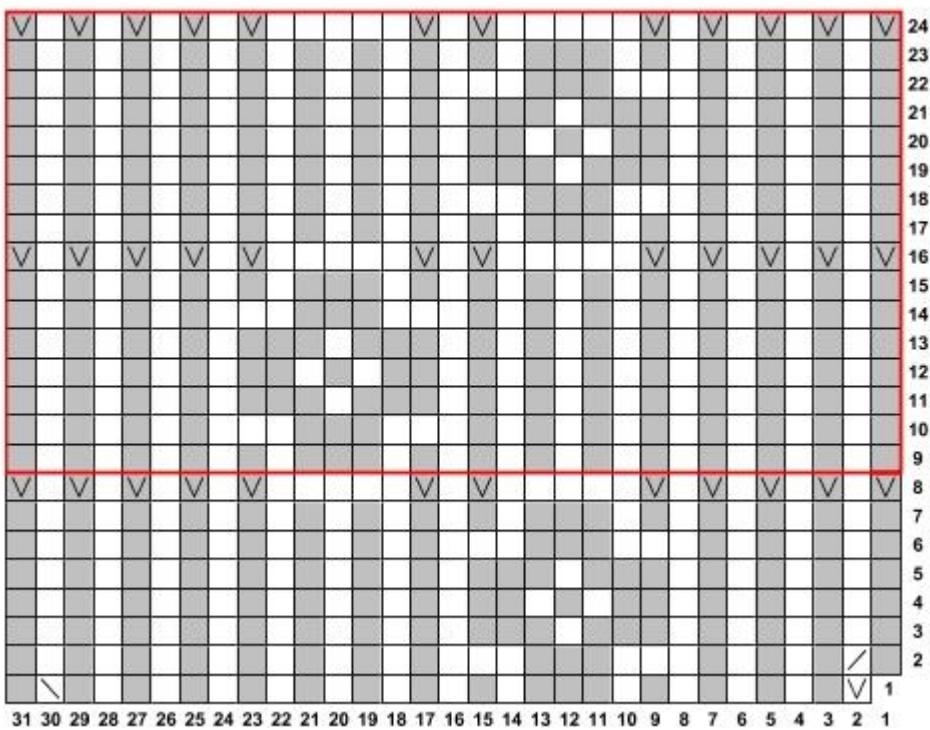


Chart key

□	RS: k / WS: p
■	MC
□	CC
▽	sl wyib
☒	M1L
☒	M1R
☒	ssk
☒	k2tog
□	pattern repeat

Chart D1L (sole)



CHARTS FOR SIZE L (second sock)

Chart C2L (heel flap)

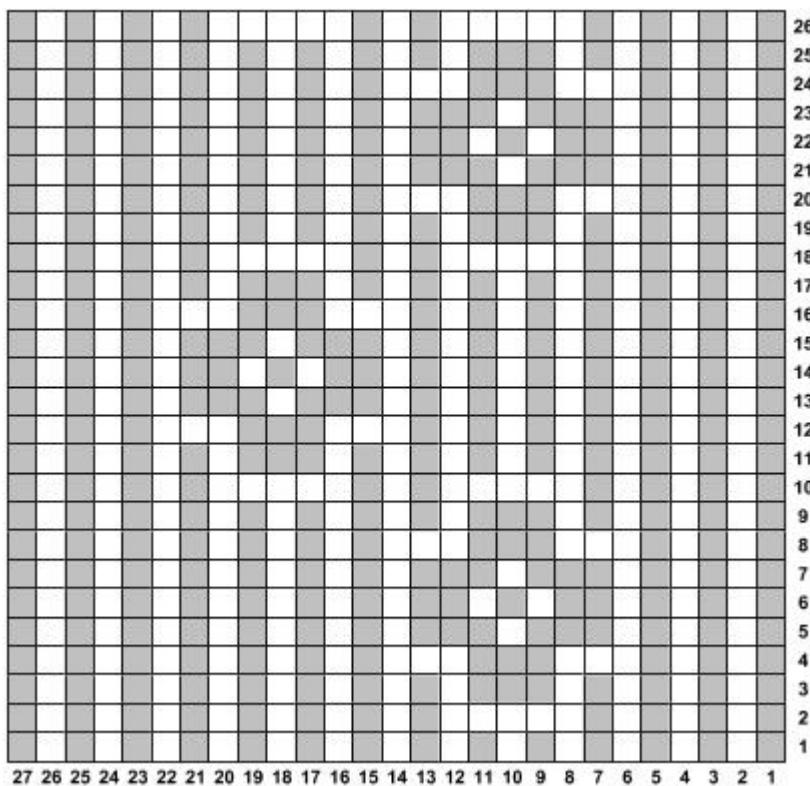


Chart key

- RS: k / WS: p
- MC
- CC
- ✓ sl wyib
- ↗ M1L
- ↖ M1R
- ↖ ssk
- ✓ k2tog
- pattern repeat

Chart D2L (sole)

