

# Kanteletar

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Kanteletar is a collection of Finnish folk poetry. It's considered to be the sister collection to the Finnish national epic Kalevala. The Kanteletar sock pattern is the closing sequel to my trilogy of traditional, Karelia-inspired sock patterns including also Echoes from Karelia and Sydämeni Laulu (Song of My Heart).

This is a revised version of the original pattern first published as the Tour-de-Sock 2017, stage 2 pattern.



## YARNS AND YARDAGE

Kraft Hand-Dyed BFL Sock (75 % wool, 25 % polyamide; 400 m / 100 g)

**Main colour (MC):** 50-60 grams of green (OOAK colourway)

**Contrast colour 1 (CC1):** 10-15 grams of light grey (Phantom colourway)

**Contrast colour 2 (CC2):** 20-25 grams of blackish grey (Black Mamba colourway)

Any fingering weight yarns can be used.  
*Please note that Kraft Hand-Dyed is a discontinued brand.*

## GAUGE

36 sts and 44 rows in stockinette stitch with smaller needles = 10 cm / 4 inches

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

## NEEDLES

2.0 mm / US0 and 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, two shorter circulars or a mini circular but the instructions have been written for magic loop.

## OTHER SUPPLIES

supplies for provisional cast-on  
stitch markers  
tapestry needle

## SIZE

There are instructions for sizes small (60 sts), medium (66 sts), large (72 sts) and extra-large (78 sts), which are referred to in the instructions as S (M, L, XL). With the gauge given, sizes S (M, L, XL) fit foot circumference of approximately 17.5 (19, 21, 23) cm / 6 $\frac{1}{2}$  (7 $\frac{1}{8}$ , 8 $\frac{1}{4}$ , 9) inches with a little negative ease.

## BEFORE YOU START

**Please read the instructions carefully.** Note that there are links provided for various technique tutorials in the Technical tips chapter at the end of the instructions. Please note also that there are a few instructions that are applied for sizes S and L only. *For sizes M and XL simply omit those instructions.*

The back of the leg, heel extension, heel turn and sole are worked on needle 1. The front of the leg and instep are worked on needle 2.



## INSTRUCTIONS

### Leg

With the provisional cast-on method of your choice and MC, cast on 60 (66, 72, 78) sts onto smaller needles. Distribute sts evenly across needle 1 and needle 2. *There are now 30 (33, 36, 39) sts on each needle.* Join to begin working in the round, being careful not to twist.

With MC, knit 10 rnds, purl one rnd and knit 10 rnds.

Undo provisional cast-on (if necessary) and pick up 60 (66, 72, 78) sts along the cast-on edge onto a spare circular needle. Fold work in half along the purl row, leaving stockinette facing out and the provisional cast-on edge inside the folded cuff. Knit each stitch on the outside needle together with the corresponding stitch on the inside needle, thus attaching the fold. *There are now 30 (33, 36, 39) sts on each needle.*

Switch to larger needles if desired and knit one round. Attach CC1 and CC2.

For the **first sock**, work a right-leaning Latvian braid as follows:

**rnd 1:** \*K1 with CC1, k1 with CC2\*, repeat \* - \* to the end of the round.

**rnd 2:** Bring and keep both CC1 and CC2 to the front. P1 with CC1. \*Pick up CC2 from **under** CC1 and p1 with CC2. Pick up CC1 from **under** CC2 and p1 with CC1.\* Repeat \* - \* to the end of the round. *CC1 and CC2 will overlap and entwine on the RS of the work, and CC1 and CC2 yarns will become twisted as you work. Do not untwist them.*

**rnd 3:** Keep both CC1 and CC2 in front. P1 with CC1. \*Pick up CC2 **over** CC1 and p1 with CC2. Pick up CC1 **over** CC2 and p1 with CC1.\* Repeat \* - \* to the end of the round. *CC1 and CC2 twine in the opposite direction on the RS of the work, forming the braid, while the two yarns will untwist again.*

For the **second sock**, work a left-leaning Latvian braid by working the rounds described in the following order: rnd 1, rnd 3 and finally, rnd 2.

## Leg (continued from the previous page)

Next, Work chart S1 (M1, L1, XL1). *Each chart row is repeated 10 (11, 12, 13) times in each round.*

Then, work chart S2 (M2, L2, XL2). *Each chart row is repeated 3 times in each round.*

Finally, work chart S1 (M1, L1, XL1). *Each chart row is repeated 10 (11, 12, 13) times in each round.*

\*K1 with CC1, k1 with CC2\*, repeat \* - \* to the end of the round. Work a right-leaning Latvian braid (first sock) or a left-leaning Latvian braid (second sock) as described on the previous page. Cut CC1 and CC2 and continue with MC only.

Switch to smaller needles if desired and knit one round with MC.

Work a slipped-stitch round for each size as follows:

**size S:** K2, \*sl1, k5\*, repeat \* - \* until 4 sts remain, sl1 and k3.

**size M:** K4, \*sl1, k5\*, repeat \* - \* until 2 sts remain, sl1 and k1.

**size L:** \*K5, sl1\*, repeat \* - \* to the end of the round.

**size XL:** K1, \*sl1, k5\*, repeat \* - \* until 5 sts remain, sl1 and k4.

Alternate a knit round and a slipped-stitch round as described above a total of 10 times or to desired leg length, finishing with a slipped-stitch round.

## Heel extension

**set-up rnd:** K14 (k16, k17, k19), place m1, k1, place m2, knit to the end of the round.

**rnd 1:** Work the established slipped-stitch pattern to m1, sm and m1L. Knit to m2, m1R and sm. Work the established slipped-stitch pattern to the end of the round. *Please note that the heel extension between the markers replaces one slipped-stitch column so that after m2, the slipped-stitch pattern will start \*k5, sl1\* for all sizes.*

**rnd 2:** Knit.

Repeat rnds 1 and 2 a total of 11 (12, 13, 14) times. *There are now 23 (25, 27, 29) sts in the heel extension.*

**sizes S and L only:** Slip the last stitch of needle 1 onto needle 2.

*There are now 51 (57, 61, 67) sts on needle 1 and 31 (33, 37, 39) sts on needle 2.*

## Heel turn

The heel turn is worked on needle 1. First, work the established slipped-stitch pattern to m1, sm. Then, work the short row heel turn back and forth as follows:

**row 1 (RS):** Knit until 1 st remains before m2, make a RS shadow wrap, turn.

**row 2 (WS):** Purl until 1 st remains before m1, make a WS shadow wrap, turn.

**row 3 (RS):** Knit until 1 st remains before the previous RS shadow wrap, make a RS shadow wrap, turn.

**row 4 (WS):** Purl until 1 st remains before the previous WS shadow wrap, make a WS shadow wrap, turn.

Repeat rows 3 and 4 until there are 5 (6, 6, 7) shadow wrap stitch pairs on each side of the heel turn and 13 (13, 15, 15) single stitches in the centre. *Should you prefer a pointier heel turn, you can work more short rows.*

### **Heel turn (continued from the previous page)**

With the RS facing, knit to m2, knitting each shadow wrap stitch pair together as one stitch. Remove the marker and turn.

With the WS facing, sl1 as if to purl and purl to m1, purling each shadow wrap stitch pair together as one stitch. Remove the marker and turn.

Work the heel flap back and forth as follows:

**row 1 (RS):** Sl1, k21 (k23, k25, k27), ssk, turn.

**row 2 (WS):** Sl1, p21 (p23, p25, p27), p2tog, turn.

Repeat rows 1 and 2 until 4 (5, 5, 6) unworked stitches remain on each side of the heel flap and you have just finished row 2. *There are now 31 (35, 37, 41) sts on the sole side, including both the heel flap and side stitches.*

Continue working in the round on the RS as follows: Sl1, k21 (k23, k25, k27), ssk, knit to the end of needle 1. *Note that in size XL there's one slipped-stitch column on each side of the heel flap on needle 1. You can either continue the established slipped-stitch pattern at those points or work the whole sole in stockinette stitch.*

Work in the established slipped-stitch pattern on needle 2 (i.e., the instep). On needle 1 (i.e., the sole), k3 (k4, k4, k5), k2tog and knit to the end of needle 1. *There are now 31 (33, 35, 39) sts on needle 1 and 29 (33, 37, 39) sts on needle 2.*

### **Foot**

Continue in the established slipped-stitch pattern on needle 2, alternating knit and slipped-stitch rows, and knit the stitches on needle 1 until work measures a **minimum** of 12 (12, 12.5, 12.5) cm / 4¾ (4¾, 5, 5) inches less than the desired final length. Finish with a knit round. *Please make sure not to work too long a foot as with this kind of a heel structure all excess length appears as a baggy heel rather than a long toe.*

Switch to larger needles if desired. Work chart S3 (M3, L3, XL3), attaching and cutting CC1 and CC2 when appropriate. *Each chart row is repeated 10 (11, 12, 13) times in each round.*

Switch to smaller needles if desired and continue with MC only.

Knit until foot measures approximately 4 (4, 4.5, 4.5) cm / 1½ (1½, 1¾, 1¾) inches less than the desired final length

### **Toe**

**sizes S and L only:** Knit stitches on needle 1. On needle 2, k1, ssk, knit until 3 sts remain, k2tog, k1. Knit one round.

*There is no need for set-up rnds for sizes M and XL.*

#### **all sizes:**

**rnd 1:** On needle 1, \*k1, ssk, knit until 3 sts remain, k2tog, k1\*. Repeat \* - \* on needle 2.

**rnd 2:** Knit.

Repeat rnds 1 and 2 until 19 (21, 23, 25) sts remain on each needle, finishing with rnd 2. Then, repeat only rnd 1 until 9 (11, 11, 13) sts remain on each needle. Cut the yarn and graft the toe

## FINISHING

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

## TECHNICAL TIPS

**photo tutorial for the provisional crochet cast on:**

<http://www.purlsoho.com/create/2007/12/10/provisional-cast-on/>

**photo tutorial for working a folded hem:**

<http://www.eileencaseycreations.com/tutorials/knitted-hem-tutorial/>

**video tutorial for working left-leaning and right-leaning Latvian braids:**

<https://www.youtube.com/watch?v=Mr9lWsalYJc>

**video tutorial for working shadow wraps on RS and WS rows:**

<https://www.youtube.com/watch?v=9Bc23kdkZMo>

## ABBREVIATIONS

**CC 1(2)** – contrast colour 1 (2)

**k** – knit

**k2tog** – knit 2 sts together

**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

**rnd(s)** – round(s)

**RS** – right side

**sl** – slip

**sm** – slip marker

**ssk** – slip, slip, knit

**st(s)** – stitch(es)

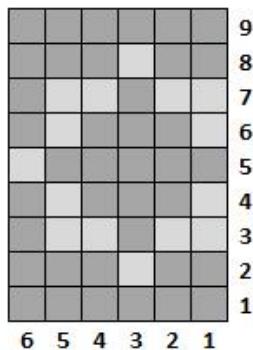
**WS** – wrong side

## CHARTS FOR SIZE S

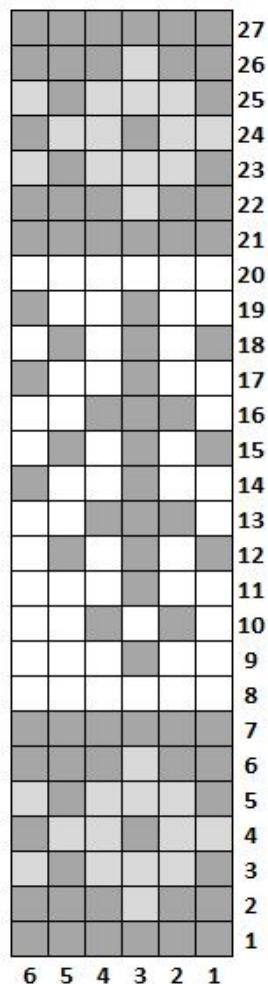
### Chart Key

	CC1
	MC
	CC2

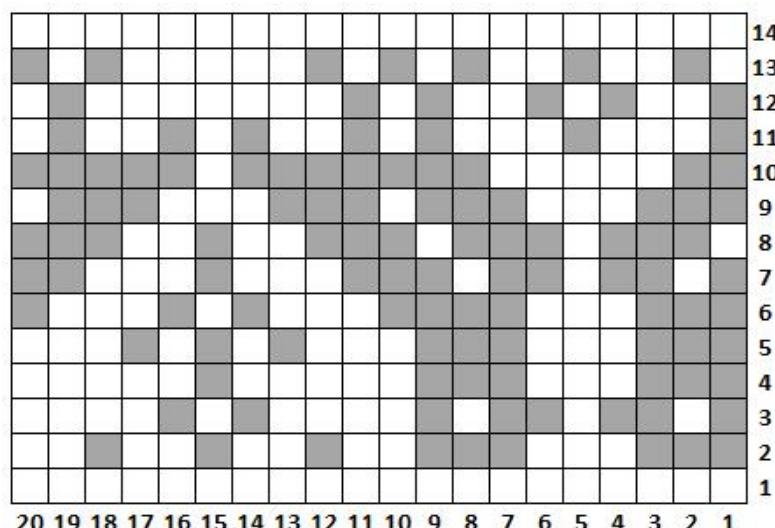
### Chart S1



### Chart S3



### Chart S2



Sample socks in size S / EU35 (US5)

**MC:** Lanitium ex Machina Basic Sock in Time Traveler colourway, 40 grams

**CC1:** Regia 4-fädig in 1992 Natur colourway, yardage unknown

**CC2:** Kraft Hand-Dyed BFL Sock in Black Mamba colourway, 14 grams

**CC3:** Handu's special with sparkle (pale gray used instead of MC in charts S1 and S3), yardage unknown

## CHARTS FOR SIZE M

### Chart Key

CC1
MC
CC2

### Chart M1

9
8
7
6
5
4
3
2
1

6 5 4 3 2 1

### Chart M3

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

6 5 4 3 2 1

### Chart M2

14
13
12
11
10
9
8
7
6
5
4
3
2
1

22 21 20 19 18 17 16 15 14 13 12 11 10 9 8 7 6 5 4 3 2 1



### Sample socks in size M / EU38 (US7.5)

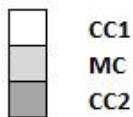
**MC:** Lanitium ex Machina Basic Sock in Artichoke colourway, 50 grams

**CC1:** Regia 4-fädig in 1992 Natur colourway, 10 grams

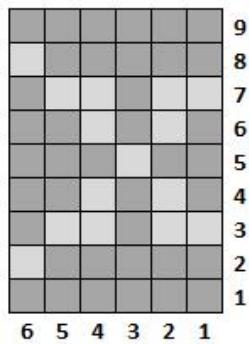
**CC2:** Kraft Hand-Dyed BFL Sock in Scorzonera colourway, 18 grams

## CHARTS FOR SIZE L

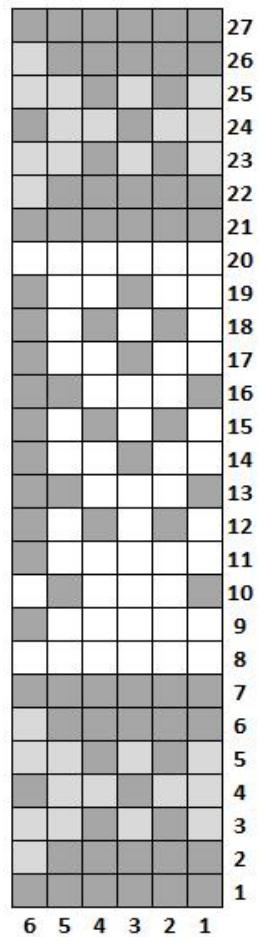
### Chart Key



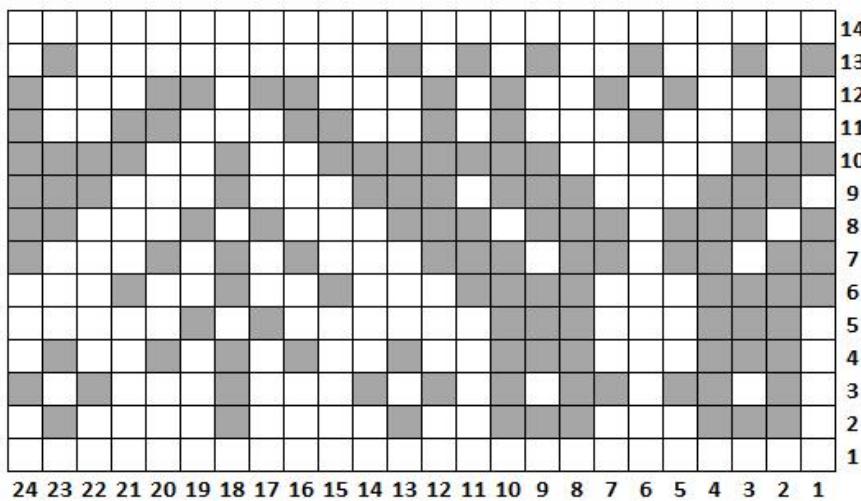
### Chart L1



### Chart L3



### Chart L2



### Sample socks in size L / EU40 (US9.5)

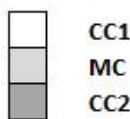
**MC:** Kraft Hand-Dyed BFL Sock in OOAK colourway, 53 grams

**CC1:** Kraft Hand-Dyed BFL Sock in Phantom colourway, 11 grams

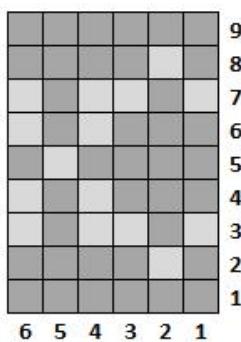
**CC2:** Kraft Hand-Dyed BFL Sock in Black Mamba colourway, 21 grams

## Charts for size XL

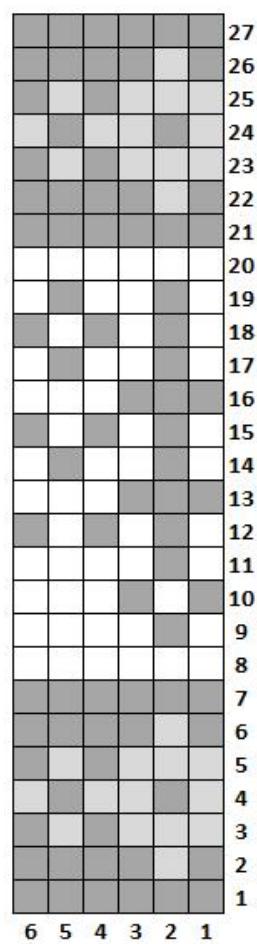
### Chart Key



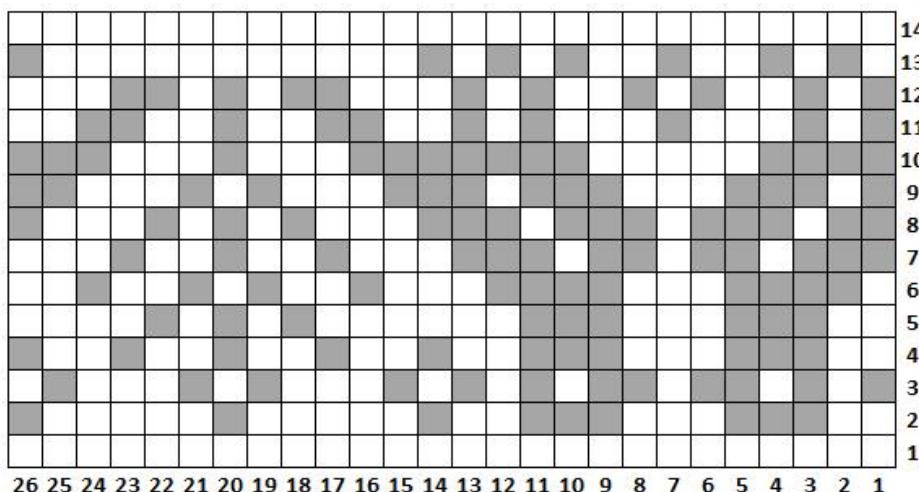
### Chart XL1



### Chart XL3



### Chart XL2



**Sample socks in size XL / EU43 (men's US10)**

**MC:** Novita Venla Fingering in grey, 70 grams

**CC1:** Lang Yarns Jawoll Superwash Solids in pale gray, 19 grams

**CC2:** Schoeller Esslinger Viva in green, 8 grams

**Note:** In these sample socks the colour scheme differs significantly from the scheme in the charts above!