

NORJA

Pattern and photos: Tiina Kuu

Norja is a basic cuff down sock design with stranded colorwork that is easy and repetitive and allows adjusting the size in 6-stitch intervals. There are instructions for 6 sizes but the pattern can be adapted even further up or down. Norja is Finnish and can be translated either as 'Norway' or 'lithe'.

YARN AND YARDAGE

Main color (MC): Lana Grossa Meilenweit (80 % wool, 20 % polyamide; 420 m / 100 g), 50-60 grams of dark green (1367)

Contrast color (CC): Lana Grossa Meilenweit (80 % wool, 20 % polyamide; 420 m / 100 g), 30-40 grams of light green (1362)

Any fingering weight can be used. Good contrast between the two colors is recommended to show the pattern best.

GAUGE

36 sts and 36 rows of stranded colorwork with larger needles = 10 cm / 4 inches

34 sts and 44 rows of stockinette with smaller needles = 10 cm / 4 inches

NEEDLES

At least 80 cm / 32 inches long circular needles 2.0 mm / US0 and 2.5 mm / US1 ½ (or suitable to obtain gauge).

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

OTHER SUPPLIES

stitch markers

a spare needle for picking up stitches along the edges of the heel flap

tapestry needle



SIZE

There are instructions for sizes extra small, small, medium 1, medium 2, large and extra large which are referred to in the instructions as **XS (S, M1, M2, L, XL)**. If only one stitch count is given, it applies to all sizes. With the gauge given the sizes XS (S, M1, M2, L, XL) will fit foot circumference of approximately 16.5 (18, 20, 21.5, 23, 25) cm / 6½ (7, 7⅞, 8½, 9, 9¾) inches with some negative ease.

BEFORE YOU START

Please read the instructions carefully. The front of the leg and instep are worked on needle 1 (= the beginning of the round) whereas the back of the leg, heel, gussets and sole are worked on needle 2 (= the end of the round). Please note that stitches are slightly redistributed prior to proceeding to the heel flap.

Use MC as the dominant color to show the stranded colorwork pattern best.

INSTRUCTIONS

Cuff

With MC and smaller needles CO 54 (60, 66, 72, 78, 84) sts. Distribute sts as follows: 28 (30, 34, 36, 40, 42) sts onto needle 1 (= the beginning of the round) and 26 (30, 32, 36, 38, 42) sts onto needle 2 (= the end of the round). Join to begin working in the round, being careful not to twist.

Work according to chart A row '**R**' for 12 (12, 14, 14, 16, 16) rounds or until ribbing is of desired length. Chart A is repeated 9 (10, 11, 12, 13, 14) times on each round.

Leg

Switch to larger needles if desired and attach CC.

Work chart A rows 1-7 once and then repeat rows 8-11 until leg is of desired length. Chart A is repeated 9 (10, 11, 12, 13, 14) times on each round. *Please note that you can proceed to the heel after any of the chart A rows 8-11.*

Heel flap and heel turn

Sizes XS, M1 and L: Knit the first st on needle 1 in MC and slip the knitted stitch onto needle 2.

Sizes S, M2 and XL: Slip the last st on needle 1 onto needle 2.

Heel flap is worked back and forth over the 27 (31, 33, 37, 39, 43) sts on needle 2 using MC only. Switch to smaller needles if preferred, turn work and start the heel flap on WS as follows:

row 1 (WS): sl1, p26 (p30, p32, p36, p38, p42), turn

row 2 (RS): sl1, k3 (k2, k3, k2, k3, k2), sl1, *k2, sl1*, repeat * - * until 4 (3, 4, 3, 4, 3) sts remain, k4 (k3, k4, k3, k4, k3), turn

Repeat rows 1 and 2 until there are altogether 25 (29, 31, 35, 37, 39) rows in the heel flap or until heel flap is of desired length and you have just finished row 1.

Work the heel turn as follows, starting on a RS row:

row 1 (RS): sl1, k15 (k17, k18, k20, k21, k23), ssk, k1, turn

row 2 (WS): sl1, p6, p2tog, p1, turn

row 3 (RS): sl1, knit until 1 st remains before the gap, ssk, k1, turn

row 4 (WS): sl1, purl until 1 st remains before the gap, p2tog, p1, turn

Repeat rows 3 and 4 until all side sts have been worked. *Please note that in sizes M1 and M2 there are no sts left to knit/purl after the decreases on the last two decrease round. Turn right after decreasing.* There are now 17 (19, 19, 21, 23, 25) sts on needle 2. Continue working in the round on the RS.

Gussets

Charted pin stripe gussets are worked so that they replace chart A stitch 6. Therefore the gussets are one stitch off from the sides on the sole side in sizes XS, M1 and L. *Please feel free to rearrange stitches for most convenient knitting for you. Should you opt for stitch rearrangement, please remember to make a reverse rearrangement prior to toe decreases to ensure correct positioning of the toe.*

Switch back to larger needles if preferred. Sl1, k16 (k18, k18, k20, k22, k24).

Using a spare needle pick up one stitch per two rows on the left edge of the heel flap plus one extra stitch between the heel flap and needle 1 (instep). Work the sts as follows:

Sizes XS, M1 and L: Knit the picked sts onto needle 2 in MC until 1 st remains, place BOR marker. Work the last stitch according to chart A stitch 1 on the next row following the last row knitted in the leg; please remember to continue repeating rows 8-11. *At this point you may opt for slipping the last stitch onto needle 1 to have the BOR at the beginning of needle 1. This option, however, is not covered later in the instructions.*

Sizes S, M2 and XL: Knit all picked sts onto needle 2 in MC.

On needle 1 continue working the established stranded colorwork pattern according to chart A rows 8-11, starting at stitch 1 for sizes S, M2 and XL and at stitch 2 for sizes XS, M1 and L.

Pick up same amount of stitches along the right edge of the heel flap as you picked along the left edge onto needle 2 without working them just yet. **For sizes XS, M1 and L** knit the first stitch of the picked sts on needle 2 according to chart A stitch 5 and place marker 1 (m1). *At this point you may opt for slipping the stitch onto needle 1 to have the pin stripe gusset right at the beginning of needle 2. This option, however, is not covered later in the instructions.*

Now, take a deep breath and be prepared to little bit of calculating and pre-planning.

Count the number of sts between m1 and BOR marker **for sizes XS, M1 and L** or all sts on needle 2 **for sizes S, M2 and XL**. *This number of sts determines on which row of the gusset charts B and C you start.* The correct starting row of the gusset charts is calculated as follows:

1. First subtract 23 (29, 29, 35, 35, 41) from the stitch count you just counted
2. Divide the result by 2 to get the number of starting row for charts B and C.

Now work the gussets and sole over the sts between m1 and BOR marker **for sizes XS, M1 and L** or over all sts on needle 2 **for sizes S, M2 and XL** as follows:

Work chart B starting on the row just determined. *Place marker if preferred.* Then work the next 23 (29, 29, 35, 35, 41) sts according to chart A, starting at stitch 1 on the same row as worked previously on needle 1. *Place marker if preferred.* Work chart C on the same row as chart B to BOR.

Continue working the established stranded colorwork according to chart A from BOR to m1 (**sizes XS, M1 and L**) or until the end of needle 1 (**sizes S, M2 and XL**) and work the gussets and sole as described from m1 to BOR (**sizes XS, M1 and L**) or on needle 2 (**sizes S, M2 and XL**) until you have worked the last row

of charts B and C. On the last decrease row remove all other markers except BOR marker.

There are now altogether 54 (60, 66, 72, 78, 84) sts of which 27 (29, 33, 35, 39, 41) sts on needle 1 (instep) and 27 (31, 33, 37, 39, 43) sts on needle 2 (sole).

Foot

Continue the established stranded colorwork according to chart A rows 8-11 on both needles until foot measures approximately 5 (5.5, 6, 6, 6.5, 7) cm / 2 (2 $\frac{1}{8}$, 2 $\frac{1}{4}$, 2 $\frac{3}{8}$, 2 $\frac{1}{2}$, 2 $\frac{5}{8}$) inches less than the desired length. *Please note that you can proceed to finishing chart A after any of the rows 8-11.*

Finally work chart A rows 12-16 once; each row is repeated 9 (10, 11, 12, 13, 14) times on the round. Cut CC.

Sizes XS, M1 and L: remove BOR marker and knit the last stitch in MC.

The beginning of needle 1 is now the BOR in all six sizes.

Switch to smaller needles if preferred and knit two rounds in MC.

Toe

Sizes S, M2 and XL: Slip the first stitch on needle 2 onto needle 1 to even the number of sts on the instep and sole.

Work the toe decreases as follows:

rnd 1: On needle 1 *k1 (k0, k1, k0, k1, k0), ssk, knit until 3 sts remain, k2tog, k1*. Repeat * - * on needle 2.

rnd 2: Knit.

Repeat rounds 1 and 2 until 17 (20, 21, 24, 25, 28) sts remain on each two needles and you have just finished rnd 2. Then repeat rnd 1 only until 9 (10, 11, 12, 13, 14) remain on each two needles. Cut yarn and graft the toe.

FINISHING

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

ABBREVIATIONS

CO - cast on
 RS - right side
 WS - wrong side
 BOR - beginning of the round
 MC - main color
 CC - contrast color
 st(s) - stitch(es)
 rnd(s) - round(s)
 sl - slip
 k - knit
 ktbl - knit through the back loop
 p - purl
 ssk - slip, slip, knit
 p2tog - purl 2 stitches together
 k2tog - knit 2 stitches together

CHART KEY



Chart A

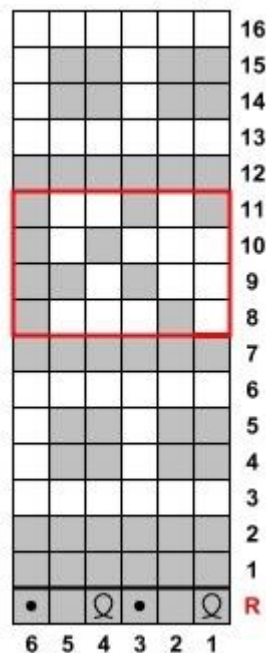


Chart C

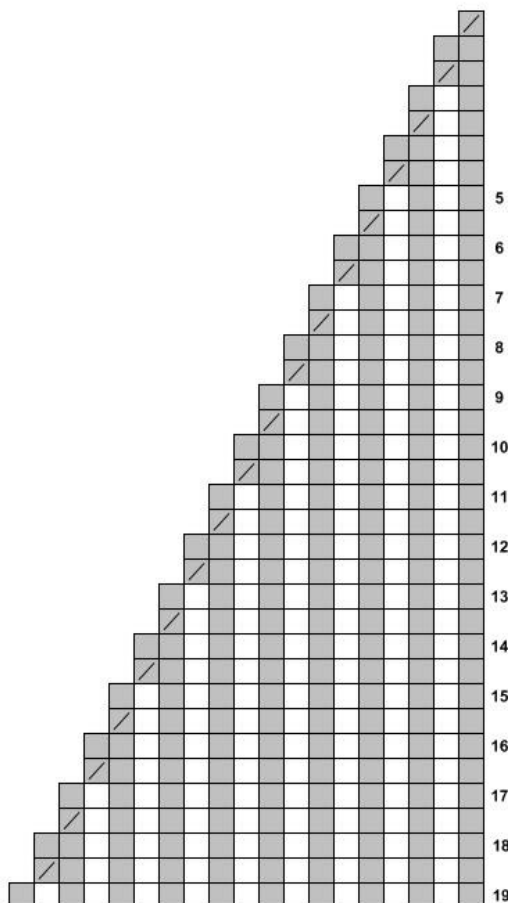


Chart B

