



Sockband Socks

Inspired by traditional coloured sock bands and Icelandic colourwork techniques, these certainly have impact and interest galore!

DESIGNER

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Hélène is French by nationality, but settled in Iceland and is an expert on traditional Icelandic knitting techniques and design. Find out more at www.icelandicknitter.com

“Vibrant coloured sock bands (strips of fabric that wound around usually plain socks to hold them in place) were the inspiration for this design. Originals housed in the Textile Museum in Blönduós are particularly striking examples, although it is unknown when they were made.”

DIFFICULTY ADVANCED

SKILLS USED

- Decreasing
- Colourwork (stranded)
- Afterthought heels
- Knitting in rounds
- Working from a chart
- Kitchener stitch

FINISHED

MEASUREMENTS

- Sizes: Adult S (M: L)
- Foot circumference: 16.5 (20.5: 25)cm or 6½ (8: 9½)in
- Foot length: 23 (24: 26) cm or 9 (9½: 10½)in
- Length (from cuff to heel): 18cm/7in

YARN USED

**Knit Picks,
Stroll Sock Yarn,**
■ 75% superwash merino
wool, 25% nylon
■ 50g/211m/231 yd

COLOURS:

- MC: Black – 1 ball
- CC1: Bare – 1 ball
- CC2: Fedora Dark Brown – 1 ball;
- CC3: Jack Rabbit Heather medium brown – 1 ball;
- CC4: Cork light brown – 1 ball

TENSION

- Work 32 sts and 48 rows in stocking stitch stitch to measure 10x10cm/4x4in using 2.25mm (US 1) needles, or size required to obtain correct tension

NOTIONS

- Size 2.25mm (US 1) circ needle or double-pointed needles
- Stitch marker
- Tapestry needle

SPECIAL ABBREVIATIONS

Central Double Dec

This is worked as a S2SK (slip2, slip1, knit) – slip 2 sts together as if to knit, slip 1 as if to knit, insert left needle from back to front in the 3 sts and k3tog through the back loops.

PATTERN NOTES

This stranded pattern alternated with short rows gives the illusion of the woven bands that were braided around the legs to hold socks in place in the past. For a more striking effect, the socks are designed so they are not completely symmetrical. They are knitted from the cuff down with an afterthought heel, a star toe, and a few short rows under the sole for comfort. When working the short rows, use the yarn over method described on page 65.

You can obtain more sizes by changing the needle size, using smaller or larger needles – for example, 26 sts and 36 rows to 10x10cm/4x4in in St st using size US 3 (3.25mm) needle.

SOCKS

Cast
ON

(make 2)

With MC and 2.25mm (US 1) needle, cast on 52 (64: 78) sts. Join to work in the round, taking care not to twist sts, pm to indicate end of round.

Work in *k1, p1* rib for 6 rnds.

Cont with MC in st st for 2 rnds, inc 1 st in size M. 52 (65: 78) sts.

Leg

Rnds 1-11: Work pattern band in stranded knitting with a jogless join (see pg 66 for tutorial).

Rnds 12-13: Work 1 rnd with MC, then short rows as follows: turn, yo, p42 (49: 55), turn, yo, *knit to 5 sts (4 sts and a yo) before gap, turn, yo, purl to 5 sts before gap, turn, yo* 4 times, knit to end of rnd and knit next rnd closing all gaps.

Rnds 14-24: Work pattern band.

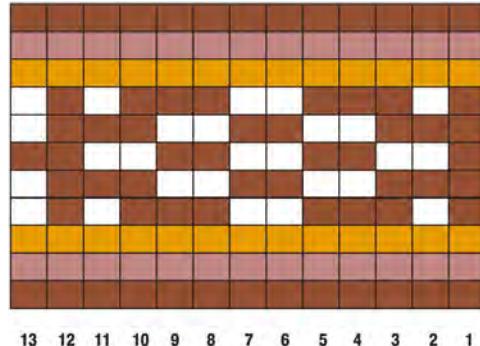
Rnds 25-26: Work 1 rnd with MC, then short rows as follows: K10 (16: 23), turn, yo, p10 (16: 23), turn, yo, *knit to next yo, k2tog (yo and next st), k3, turn, yo, purl to next yo, ssp (yo and next st), p3, turn, yo* 4 times, cont to knit in the rnd, knit to next yo, k2tog, knit to 1 st before next yo, ssk, knit to end of rnd.



KEY

- K CC1
- K CC2
- K CC3
- K CC4

CHART



Repeat Rnds 1–26 once more.

Afterthought Heel

Cont with MC and in next rnd, work first (right foot) or last (left foot) 26 (32: 38) sts in rnd with a contrasting color scrap yarn, place sts back on left needle and knit them again with MC.

Foot Work pattern band

Rnds 1–11: Work 3 rnds with MC, then short row across the sole as follows: K26 (32: 38) sts (right foot) or knit to end of rnd (left foot), turn, yo, p26 (32: 38) sts, turn, yo. Cont knitting in the rnd, closing all gaps (see Techniques).

Work 2 more rnds with MC, then work pattern band Rnds 1–11.

Cont even with MC until foot measures 14 (15: 16.5)cm or 5½ (6: 6½)in from scrap yarn or about 5cm/2in short of desired length.

Startoe

Rnd 1: *K2tog, k11* to end of rnd. 48 (60: 72) sts

Rnd 2 and all even rows: Knit all sts.

Rnd 3: *K2tog, k10* to end of rnd. 44 (55: 66) sts

Rnd 5: *K2tog, k9* to end of rnd. 40 (50: 60) sts

Rnd 7: *K2tog, k8* to end of rnd. 36 (45: 54) sts

Rnd 9: *K2tog, k7* to end of rnd. 32 (40: 48) sts

Rnd 11: *K2tog, k6* to end of rnd. 28 (35: 42) sts

Rnd 13: *K2tog, k5* to end of rnd. 24 (30: 36) sts

Rnd 15: *K2tog, k4* to end of rnd. 20 (25: 30) sts

Rnd 17: *K2tog, k3* to end of rnd. 16 (20: 24) sts

Rnd 19: *K2tog, k2* to end of rnd. 12 (15: 18) sts

Rnd 21: *K2tog, k1* to end of rnd. 8 (10: 12) sts

Break yarn, draw it through the sts.

Heel

Remove scrap yarn and place live sts on needles.

Work in the rnd with MC: pick up 2 extra sts and k2tog (make a double lifted dec on each side). 54 (66: 78) sts.

Work central double dec on each side in every other row; the extra picked up st is at the center of the double dec:

Rnd 1: *Knit to 1 st before extra st, s2sk* twice.

Rnd 2: Knit all sts.

Rnd 3: *Knit to 1 st before central dec st, s2sk* twice.

Rnd 4: Knit all sts.

Repeat Rnds 3 and 4 until 18 (22: 26) sts rem.

Divide sts in two and graft together back to bottom to close the heel.

FINISHING

Weave in ends and block.

Cast
OFF

Techniques

YARN OVER SHORT ROWS

A short row is a row that is not fully knitted and thus shorter; the work is turned before reaching the end of the row. At the turning point, this can leave a hole. Different methods exist to close this gap. In Iceland, the 'yarn over' method seems to be the most popular.

The yarn over (yo) is made after each turning point. When closing the gaps, the yarn over and the stitch on the other side of the gap are knitted together so the yarn over is under the stitch. If you feel more comfortable with the wrap and turn method, simply read the instructions 'turn, yo' as 'w&t', and pick up the wraps the way you are used to.

How to make a yarn over (yo) at the beginning of a row:

On knit row, a yo is made by bringing the yarn to the front.



The yarn is at the back; bring yarn to the front between the needles.



Knit the next stitch.



The yarn has formed a loop over the needle.



On purl row, a yo is made by bringing the yarn to the back.



Purl the stitch.



The yarn has formed a loop over the needle.

How to close gaps

The yo and the stitch on the other side of the gap are knitted together in such manner that the yo is under the stitch.



P2tog if the yo is on the left side of the gap.



K2tog if the yo is on the right side of the gap.



Ssk if the yo is on the left side on the gap



Ssp if the yo is on the right side of the gap.

Different methods exist to close the gaps. In Iceland, this yarn over method seems to be the most popular



Techniques JOGLESS JOIN



Because when knitting in the round you are in fact working spiral rows, a jog appears at color changes. To avoid it, you can work a jogless join.

At the end of the round (1) when about to change colours, slip last stitch in

the round back on the left needle (2).

Knit with the new colour (the slipped last stitch included) (3). Stop at the end of the round, just before the stitch that was slipped (4).

With the tip of right needle, lift the previous colour slipped stitch (5) under the new colour stitch onto left needle (6) and k2tog with the lifted stitch and first stitch in new colour (7).

The colour changes will be almost invisible (8 and 9).

