



# The Truth is Out There socks

by Charlotte Stone, Stone Knits



Who can resist friendly aliens all over their socks. Inspired by the latest headlining news coming from the USA that we are apparently not alone in the universe, I was eager to create some fun, happy alien socks to welcome our intergalactic visitors! These socks are perfect for anyone who loves some sci-fi-UFO mystery and great for any halloween trick or treating activites this season. I think you will probably find me wearing these while chilling in the comfort of my own home, watching some old X-Files episodes. Here's to hoping our alien visitors are going to be as friendly as the ones found on these socks!

Knit from the top down with a twisted rib cuff, these socks have a 'no wrap' short row heel and an easy to knit (no long floats!) stranded colourwork alien pattern in just two colours, running throughout the leg and foot. The toe is finished by grafting stitches together. This pattern uses the magic loop circular needle method (but can be knit with 23cm (9 inch) circulars or DPNs).

## Sizing

1 (2, 3)

To fit (foot circumference): 19 - 21 (21.5 –23.5, 26-28) cm / 8 (9, 10  $\frac{3}{4}$ ) inches

Finished circumference: 17.5 (21, 24.5) cm / 7 (8  $\frac{1}{2}$ , 9  $\frac{3}{4}$ ) inches

Recommended ease: Approximately 2.5cm (1 inch) of negative ease. For your foot circumference, measure around the widest part of your foot. Further sizes can be achieved by going up or down a needle size.

Leg/foot length can be easily adjusted. See instructions for details.

Sample shown is knit in size 2 for shoe size US 8.5 (EU 39, UK 6), foot circumference 22.5cm (8  $\frac{3}{4}$  inches).

## MATERIALS

### **Yarn - Fingering weight sock yarn**

Madelinetosh Twist Light. 75% Merino, 25% Nylon. 384m (420 yds) per 100g.

Any fingering weight sock yarn can be used for this sock pattern, as long as you can obtain the same gauge.

Shown in:

MC: Nocturne. Approx 55g (60g, 70g), 211m / 231 yds (230m / 252 yds, 269m / 294 yds)

CC: Neon Lime. Approx 25g, 96m / 105 yds

### **Needles**

For ribbing and stockinette: 2.25mm (US 1), 80cm (32 inch) circular for magic loop, or DPNs, or two circulars or a 23cm (9 inch) circular needle as preferred.

For colourwork: 2.5mm (US 1.5), 80cm (32 inch) circular for magic loop, or DPNs, or two circulars or a 23cm (9inch) circular needle as preferred.

**Important note: Do check your gauge for fitting. Further sizes can be achieved by going up or down needle sizes.**

### **Gauge**

36 sts x 44 rnds = 10cm (4 inches) for ribbing and stockinette.

34 sts x 38 rnds = 10cm (4 inches) for colourwork.

### **Notions**

Stitch marker, scissors, tapestry needle for sewing in ends.

## **KNITTING COLOURWORK TIPS**

When knitting stranded colourwork, be consistent with how you hold the yarns. The yarn used to knit the contrast pattern should always cross below the yarn used for the background colour at the back of your work. When you knit the colourwork, be sure not to pull your floats too tightly. Do not twist/catch your floats too often or this will create an inelastic fabric. I recommend leaving 9 sts between twisting/catching floats for colourwork socks. This is a distance of approx. 2.5cm (1") with the gauge for this sock pattern. I also recommend you try your sock on often, for fitting, throughout the knitting process. The colourwork chart is read from bottom to top and from right to left.

For beginners knitting colourwork socks, I recommend this tutorial from Twin Stitches Designs

<https://youtu.be/TCQNusocMjc> (however, I recommend not twisting as often as the tutorial

suggests, see above).

Short Row Heel video tutorial for this pattern: <https://youtu.be/aT32FY3Syxw>  
(Any short row heel or after thought sock heel can be substituted for the heel if you wish, as long as you have decreased down to the same number of stitches as shown for your size).

If you find a hole on one or both sides of your short row heel, please find this helpful tutorial from Arne and Carlos on how to close this hole while knitting your socks.  
<https://youtu.be/UMWRP26WIOE>

## ABBREVIATIONS

BOR = Beginning of the round

CC = Contrast colour(s)

Dec'd = Decreased

Inc'd = Increased

K = Knit

Ktbl = Knit through the back loop of the stitch.

K2tog = Knit 2 stitches together

MC = Main colour

M1L = Make 1 left. Pick up the bar between the stitch you have just worked and the one you are about to knit, bringing the needle from the front to the back. Then knit into the back of the stitch making a new stitch. (When used in the heel section, pick up the bar in the gap between the SSK and the next stitch on the left needle, bringing the needle from the front to the back. Then knit into the back of the stitch making a new stitch)

M1p = Make 1 purl (used in the heel section). Pick up the bar in the gap between the P2tog and the next st on the left needle, bringing the left needle from the front to the back. Then purl through the back of the loop.

P = Purl

P2tog = Purl 2 stitches together

pg. = Page

Rep(s) = Repeat(s)

Rnd(s) = Round(s)

RS = Right Side

SI1 = Slip one stitch purlwise from the left-hand needle to the right-hand needle with the yarn at the back of your work.

SSK = Slip one stitch knitwise, slip next stitch knitwise, knit slipped stitches together.

St(s) = Stitch(es)

WS = Wrong Side

## INSTRUCTIONS

### CUFF

Cast on 56 (64, 72) sts with MC with 2.25mm needle (US 1). Divide sts evenly over the two needles and place a marker at the beginning of the round. For DPNs, place your sts equally over the 3 (or 4) needles that you are using. Join to work in the rnd being careful not to twist sts.

Ribbing Rnd: \*K1tbl, P1; rep from \* to the end of rnd.

Work Ribbing Rnd for a total of 14 rnds (approximately 3cm or just over 1 inch).

## LEG

With MC and needle size 2.5mm (US 1.5), or needle size to achieve gauge in colourwork, work following rnd:

Size 1: \*K14, M1L; rep from \* to the end of rnd. 4 sts inc'd. 60 sts total.

Size 2: \*K8, M1L; rep from \* to the end of rnd. 8 sts inc'd. 72 sts total.

Size 3: \*K6, M1L; rep from \* to the end of rnd. 12 sts inc'd. 84 sts total.

Knit 1 Rnd with MC.

Now work Rnds 1-20 of the colourwork chart on pg 8, joining CC where shown. The chart repeats 5 (6, 7) times around the sock. Rpt Rnds 1-20 once more and then Rnds 1 – 3. You will now have 4 full sets of alien faces completed. Continue to the short row heel instructions.

## SHORT ROW HEEL

Using MC, size 2.25mm (US 1) needle and Needle 1 only, you will now work the heel instructions for your size.

**Size 1 only (30 sts on Needle 1):**

Row 1 (RS): SI1, [K12, K2tog] twice, turn work to the WS (leaving 1 st unworked). 2 sts dec'd. There are now 28 sts for the heel in total.

Row 2 (WS): SI1, P25 (leaving 1 st unworked at the end), turn work to the RS.

Row 3: SI1, K24 (leaving 2 sts unworked at the end), turn work.

Row 4: SI1, P23 (1 st before the gap), turn work.

Row 5: SI1, K22 (1 st before the gap), turn work.

Row 6: SI1, P21, (1 st before the gap), turn work.

Row 7: SI1, K to 1 st before the gap, turn work.

Row 8: SI1, P to 1 st before the gap, turn work.

Work rows 7 and 8, five more times.

Row 19: SI1, K to 1 st before the gap, turn work.

Row 20: SI1, P7, turn work.

**You should have 8 purl sts in the centre and 10 unworked sts on each side.**

The heel now needs to be worked back and forth, closing the gaps that have been created from turning the work.

Row 21 (RS): SI1, K6, SSK (working together 1 st on either side of the gap), M1L st, turn work.

Row 22 (WS): SI1, P7, P2tog, M1p, turn work.

Row 23: SI1, K8, SSK, M1L, turn work.

Row 24: SI1, P9, P2tog, M1p, turn work.

Continue in established pattern for 14 more rows.

Row 39 (RS): SI1, K24, SSK, M1L, turn work.

Row 40 (WS): SI1, P25, P2tog, M1p, turn work.

Row 41 (RS): SI1, [K13, M1L] twice, K1, turn work. 2 sts inc'd.

There are now 30 sts on Needle 1.

Row 42 (WS): SI1, P29, turn work.

Continue to Foot section.

**Size 2 only (36 sts on Needle 1):**

Row 1 (RS): SI1 [K6, K2tog] four times, K2, turn work to the WS (leaving 1 st unworked). 4 sts dec'd.

There are now 32 sts for the heel in total.

Row 2 (WS): SI1, P29 (leaving 1 st unworked at the end), turn work to the RS.

Row 3: SI1, K28 (leaving 2 sts unworked at the end), turn work.

Row 4: SI1, P27 (1 st before the gap), turn work.

Row 5: SI1, K26 (1 st before the gap), turn work.

Row 6: SI1, P25 (1 st before the gap), turn work.

Row 7: SI1, K to 1 st before the gap, turn work.

Row 8: SI1, P to 1 st before the gap, turn work.

Work rows 7 and 8, five more times.

Row 19: SI1, K to 1 st before the gap, turn work.

Row 20: SI1, P11, turn work.

**You should have 12 purl sts in the centre and 10 unworked sts on each side.**

The heel now needs to be worked back and forth, closing the gaps that have been created from turning the work.

Row 21 (RS): SI1, K10, SSK (working together 1 st on either side of the gap), M1L st, turn work.

Row 22 (WS): SI1, P11, P2tog, M1p, turn work.

Row 23: SI1, K12, SSK, M1L, turn work.

Row 24: SI1, P13, P2tog, M1p, turn work.

Continue in established pattern for 14 more rows.

Row 39 (RS): SI1, K28, SSK, M1L, turn work.

Row 40 (WS): SI1, P29, P2tog, M1p, turn work.

Row 41 (RS): [K8, M1L] four times, turn work. 4 sts inc'd.

There are now 36 sts on Needle 1.

Row 42 (WS): SI1, P35, turn work.

Continue to Foot section.

**Size 3 only (42 sts on Needle 1):**

Row 1 (RS): SI1, [K5, K2tog] five times, K3, K2tog, turn work to the WS (leaving 1 st unworked). 6 sts dec'd. There are now 36 sts for the heel in total.

Row 2 (WS): SI1, P33 (leaving 1 st unworked at the end), turn work to the RS.

Row 3: SI1, K32 (leaving 2 sts unworked at the end), turn work.

Row 4: SI1, P31 (1 st before the gap), turn work.

Row 5: SI1, K30 (1 st before the gap), turn work.

Row 6: SI1, P29 (1 st before the gap), turn work.

Row 7: SI1, K to 1 st before the gap, turn work.

Row 8: SI1, P to 1 st before the gap, turn work.

Work rows 7 and 8, six more times.

Row 21: Sl1, K to 1 st before the gap, turn work.

Row 22: Sl1, P13, turn work.

**You should have 14 purl sts in the centre and 11 unworked sts on each side.**

The heel now needs to be worked back and forth, closing the gaps that have been created from turning the work.

Row 23 (RS): Sl1, K12, SSK (working together 1 st on either side of the gap). M1L st, turn work.

Row 24 (WS): Sl1, P13, P2tog, M1p, turn work.

Row 25: Sl1, K14, SSK, M1L, turn work.

Row 26: Sl1, P15, P2tog, M1p, turn work.

Continue in established pattern for 16 more rows.

Row 43 (RS): Sl1, K32, SSK, M1L, turn work.

Row 44 (WS): Sl1, P33, P2tog, M1p, turn work.

Row 45 (RS): Sl1, [K5, M1L] six times, K5, turn work. 6 sts inc'd.

There are now 42 sts on Needle 1.

Row 46 (WS): Sl1, P41, turn work.

## **FOOT (ALL SIZES)**

Join back in the round with MC and change back to the larger size needles for the colourwork. You will be working with both Needles 1 and 2 again.

Resume knitting the colourwork chart on pg.8 using MC and CC, starting with Rnd 4 and ending on Rnd 20. Knit Rnds 1-20 once more.

Check to see if the sock is already 3 (4, 5) cm / 1¼ (1½, 2) inches from your desired length of the foot you are knitting it for. If not, continue to knit rnds 1-13. You may need to finish the chart a few rnds before the end. If your sock has still not achieved the required length after these extra rnds, then you will be able to do so with MC, after the following section.

Cut CC.

With MC knit one round while transferring sts back to the 2.25mm (US 1) needles.

Work the following decrease rnd:

**Size 1:** \*K13, K2tog; rep from \* to the end of rnd. 4 sts dec'd. 56 sts in total.

**Size 2:** \*K7, K2tog; rep from \* to the end of rnd. 8 sts dec'd. 64 sts in total.

**Size 3:** \*K5, K2tog; rep from\* to the end of rnd. 12 sts dec'd. 72 sts in total.

If your sock is still not long enough, knit more rnds with MC until your sock is 3 (4, 5) cm / 1¼ (1½, 2) inches from your desired finished length.

All sizes, continue to the toe instructions.

## **TOE**

Your stitches should now be placed equally on Needles 1 and 2, remove the BOR st marker. Needle 1 is holding 28 (32, 36) sts at the bottom of your foot. Needle 2 is holding 28 (32, 36) sts at the top of your foot.

With MC and Needle 1, knit 14 (16, 18) sts. Now place the BOR st marker after these sts. This should be in the middle of the sts on Needle 1 at the bottom of your foot.

Rnd 1 (decrease rnd):

Needle 1: Knit until 3 sts remain, K2tog, K1;  
Needle 2: K1, SSK, K until 3 sts remain, K2tog, K1;  
Needle 1: K1, SSK, K to BOR.

4 sts decreased.

Rnd 2: Knit all sts.

Repeat Rnds 1–2 until 20 sts remain on each needle (40 sts in total).

Continue working only Rnd 1 (dec every rnd) until 10 sts remain on each needle (20 sts in total).

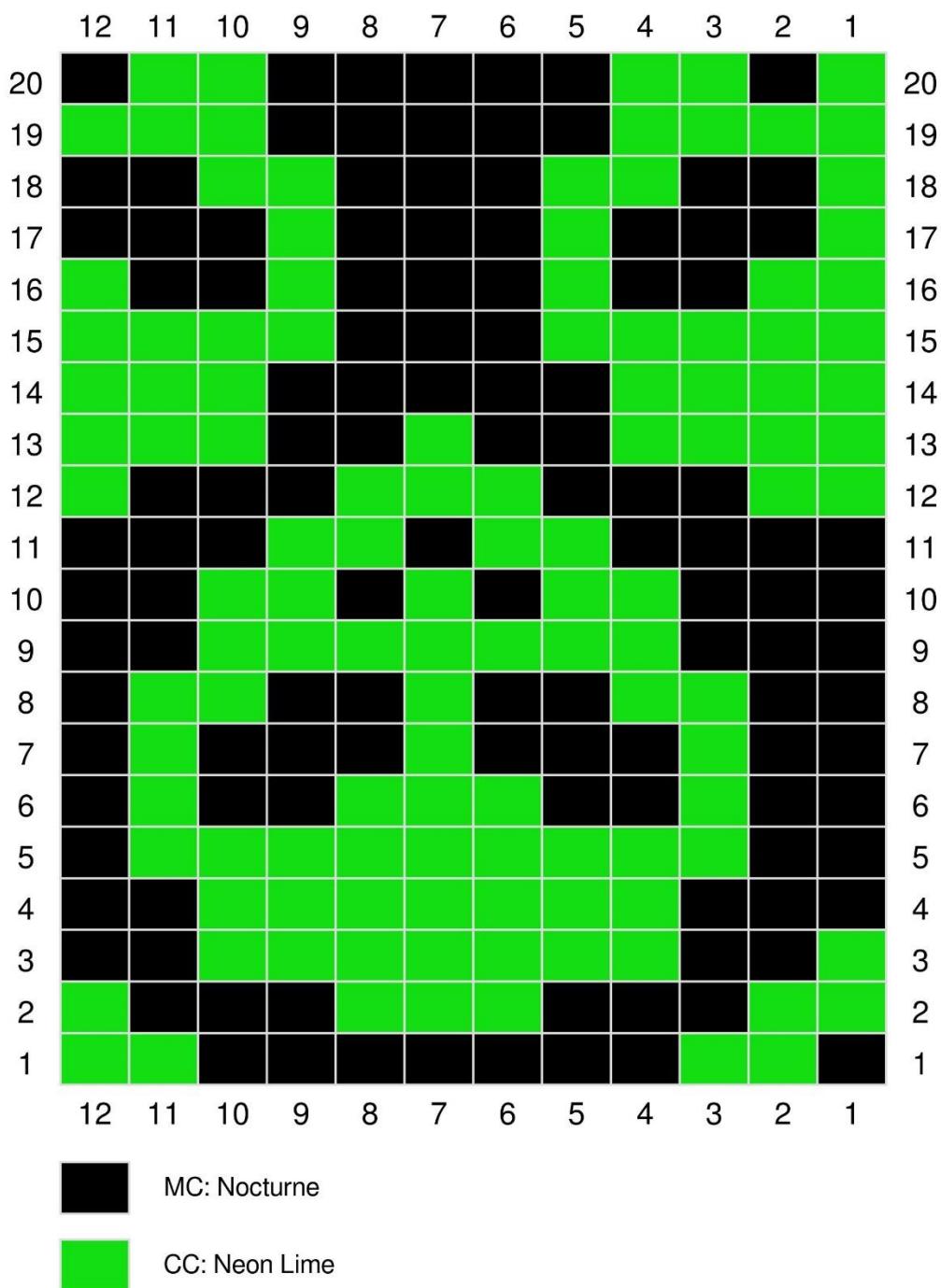
Remove BOR st marker. Knit 5 sts to reach the side of the sock. With 10 sts on each needle, graft the remaining sts together.

#### **FINISHING**

Weave in all ends. Knit your second sock. Hand wash gently in cool water, dry flat and enjoy.



## COLOURWORK CHART



If you would like to, please do share your work and finished socks using the hashtag #TheTruthIsOutThere or #stoneknits on social media or on Ravelry. I love seeing your creations. This pattern has been professionally tech edited by Hen in a Glen Knit Tech Editing ([hen@heninaglen.com](mailto:hen@heninaglen.com)) and every size has been test knitted. If you require pattern help, please contact me at [charlottestoneknits@gmail.com](mailto:charlottestoneknits@gmail.com). I try to respond within 24 hours unless it is a holiday/weekend.