



Under the Quilt socks

by Charlotte Stone, Stone Knits



Under the Quilt socks are a comfy pair of colourwork socks, inspired by the beautiful, homemade quilt designs that we love to curl up under in the cooler months. Just knit in two colours and with no long floats, these make a comfy pair of socks to knit and wear on cool, autumnal days. Perfect for wearing under a quilt when napping, sipping tea, reading, or of course knitting. Or maybe even wear them as a reminder of the comforts at home while on a walk, stepping through fallen leaves!

Knit from the top down, with a ribbed cuff. These socks have a 'no wrap' short row heel and an easy quilt star motif. The pattern uses only two colours and repeats 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): 19.5 – 21 (22.5 – 24, 25.5-27) cm / 8 (9 ½, 10 ¾) inches.

Finished circumference: 18 (21, 24.5) cm / 7 (8 ½, 9 ¾) 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 ¾ inches).

MATERIALS

Yarn - Fingering weight sock yarn

Schachenmayr Regia Premium Merino Yak (58% Wool, 28% Polyamide, 14% Yak), 400 m (437 yds) per 50g

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

Sample is shown in:

MC: Mineral Blue 07518. Approx 50 (55, 60) g, 200 (220, 240) m / 219 (240, 262) yds.

CC: Anthrazit Meliert 07512. Approx 30 g, 120 m / 131 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 (9 inch) 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

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

34 sts x 36 rnds = 10cm (4 inches) for colourwork.

Notions

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

SPECIAL TECHNIQUES

Colourwork Tips

When knitting stranded colourwork, be consistent with how you hold the yarns. The yarn used to knit the contrast pattern should cross below the yarn used for the background colour at the back of your work to help make the motif pop. 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. I have provided 2 charts, one with the lighter colour as the main colour and

one with the darker colour as main colour, for you to choose from.

If you are a total beginner to colourwork socks, I recommend my recent colourwork sock tutorial series, produced with Domestika. <https://www.domestika.org/en/courses/5209-introduction-to-colorwork-sock-knitting/charlottestone>

Short Row Heel

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

Sl1 = 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 and 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 end of rnd. Work the Ribbing Rnd for a further 11 rnds (approximately 3cm or just over 1 inch).

LEG

Knit 1 rnd with MC.

With needle size 2.5mm (US 1.5), or needle size to achieve gauge in colourwork, work following increase 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.

Now work Rnds 1-24 of the colourwork chart on pg. 8 (or pg. 9, depending on whether you want to make a sock with the lighter colour as your MC or with the darker colour), joining CC where shown. The chart repeats 5 (6, 7) times around the sock. Rep Rnds 1-24 once more. You will now have 4 sets of quilt star motifs 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, 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. 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, 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. 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: Sl1, K to 1 st before the gap, turn work.

Row 8: Sl1, 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, 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): K3, [K5, M1L] six times, K3. 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 and change back to the larger size needles for the colourwork. You will be working with both Needles 1 and 2 again.

Beginning with Needle 1, resume knitting the colourwork chart on pg. 8, starting on Rnd 1, rejoining CC and continuing to Rnd 24. Knit Rnds 1 to 12 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, knit Rnds 13 to 24 once more. If you still have not reached your desired length, 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.

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. You will now work the decreases for the toe, using MC as follows:

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 (decrease 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.

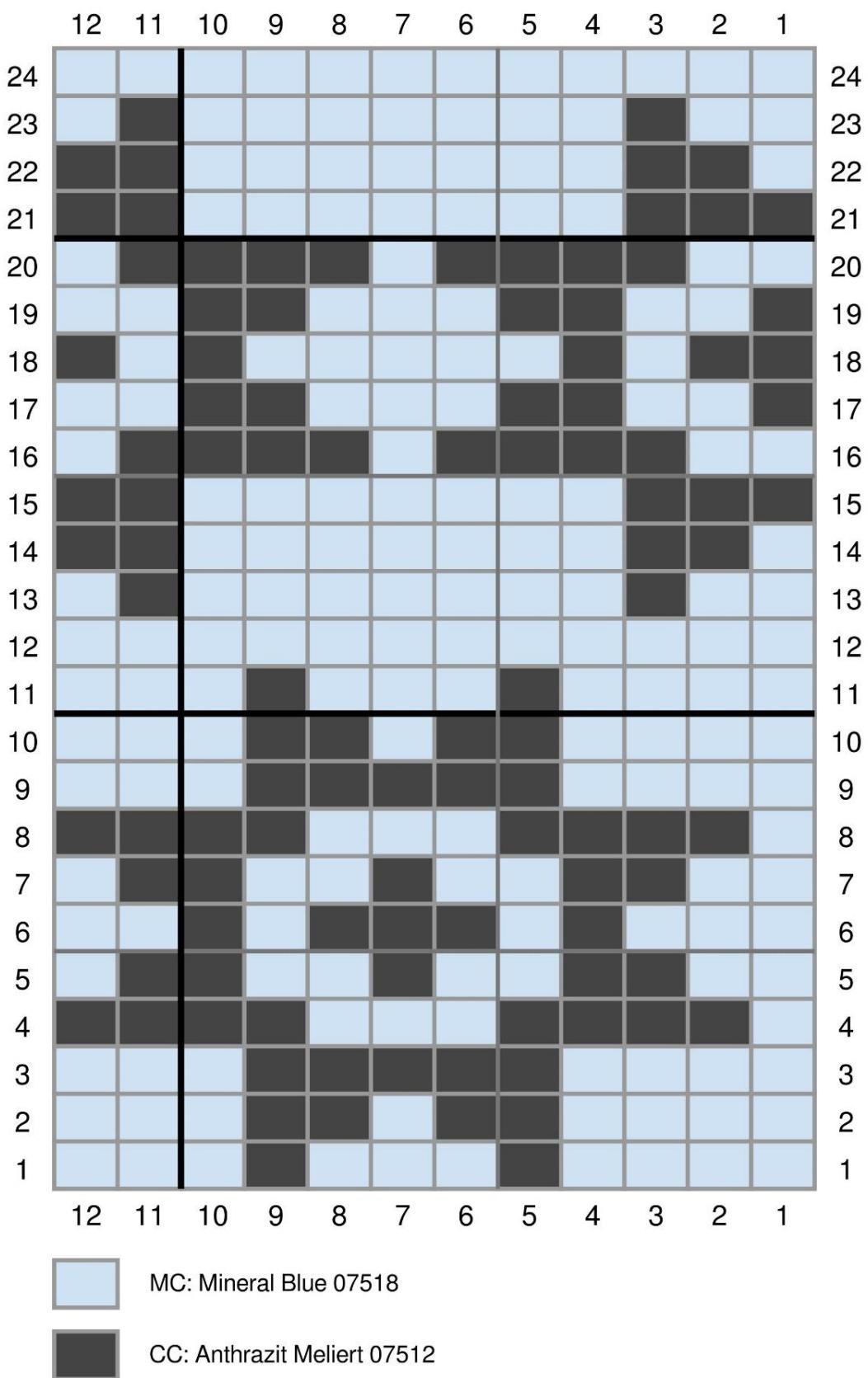
FINISHING

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

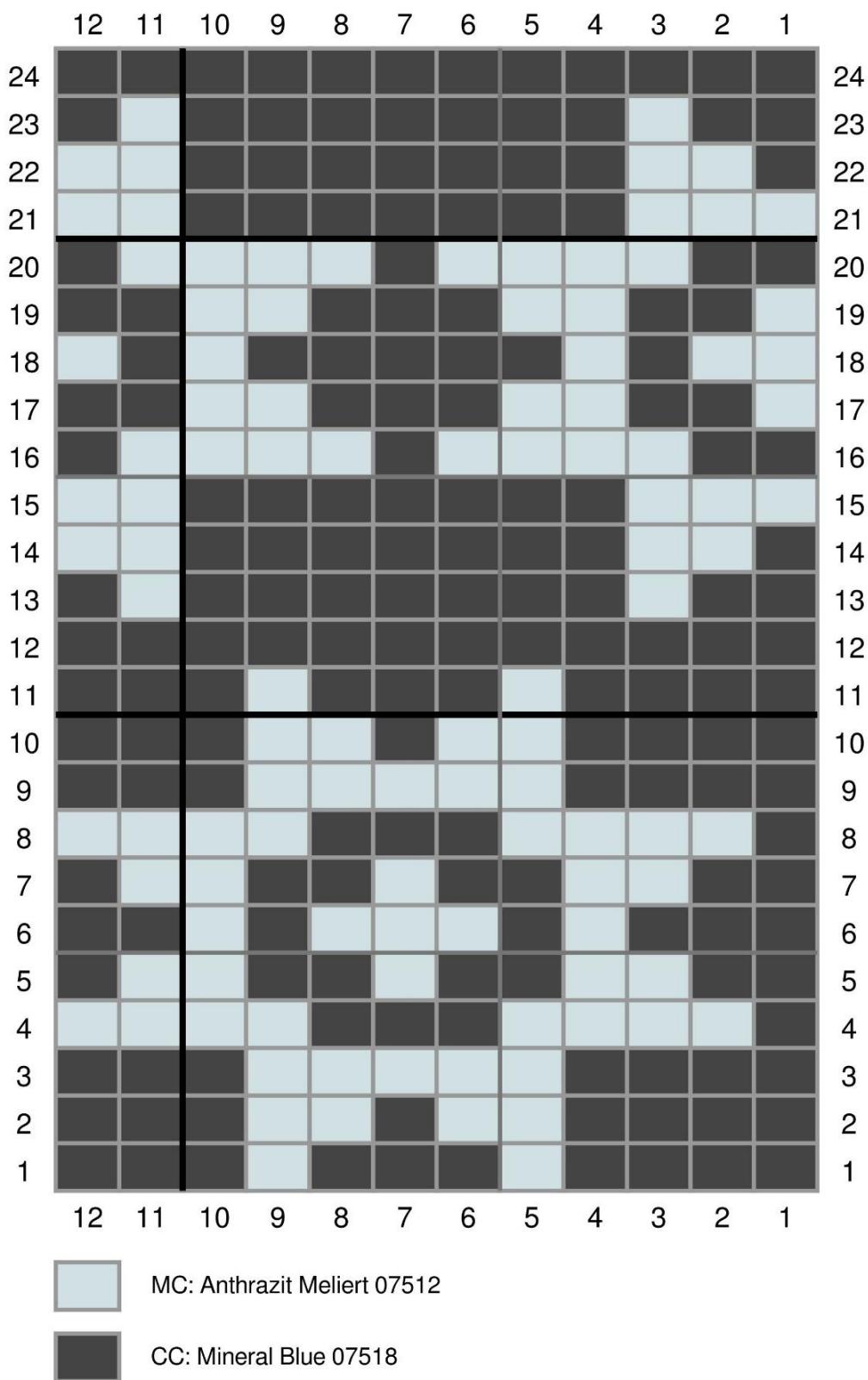


This sample is knit in Lang Yarns Alpaca Soxx 4 ply in colour 067 brown for the main colour and Woollentwine Ovis sock in colour Sweater Weather for contrast colour.

COLOURWORK CHART (with light background)



COLOURWORK CHART (with dark background)



If you would like to, please do share your work and finished socks using the hashtag #UnderTheQuiltsSocks or #stoneknits on social media or on Ravelry. I love seeing your creations. This pattern has been professionally tech edited and every size has been test knitted. If you require pattern help, please contact me at charlottestoneknits@gmail.com. I try to respond within 24 hours unless it is a holiday/weekend.