

Valtiatar

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The Valtiatar socks are knitted toe up with gusset increases in the centre of the sole, followed by a round heel turn and a slipped-stitch heel flap.

YARN AND YARDAGE

Main colour (MC): Freija yarn Merino sock (75 % sw merino, 25 % nylon; 425 m / 100 g), 60-70 grams of pink (Candy colourway)

Contrasting colour (CC): Lucky Omen Yarns Merinosukka (75 % sw merino, 25 % nylon; 425 m / 100 g), 30-40 grams of dark red (Red Wine colourway)

Any fingering weight yarns can be used. Two distinct colours are recommended to best show the delicate pattern.

GAUGE

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

NEEDLES

2.0 mm / US1 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.



Sample socks shown in size M.

OTHER SUPPLIES

2 stitch markers (optional)

SIZE

There are instructions for sizes small (64 sts) and medium (72 sts), which are referred to in the instructions as S (M). If only one stitch count is given, it applies to both sizes. Sizes S (M) fit foot circumference of approximately 19 (21) cm / 7½ (8¼) inches with some negative ease.

BEFORE YOU START

Please read the instructions carefully. The instep and front of the leg are worked on needle 1. The sole, gusset, heel and back of the leg are worked on needle 2.

INSTRUCTIONS

Toe

With MC and smaller needles, cast on 20 (24) sts in total, using Turkish or any other cast-on method of your choice. *There are now 10 (12) sts on needle 1 (i.e., the instep) and 10 (12) sts on needle 2 (i.e., the sole).*

rnd 1: Knit.

rnd 2: On needle 1, work *k1, kfb, knit until 2 sts remain, kfb, k1*. Repeat * - * on needle 2.

Repeat rnds 1 and 2 until there are 32 (36) sts on each needle. *There are now 64 (72) sts in total.*

Foot and gusset

Knit one round with MC. Switch to larger needles if desired.

Attach CC and work sts on needle 1 according to chart A1 (A2), rows 1-11 once, and then, repeat rows 12-35 as many times as necessary. Work sts on needle 2 according to chart B1 (B2), repeating rows 1-6.

Work as described until foot measures approximately 8 (9) cm / 3 $\frac{1}{8}$ (3 $\frac{1}{2}$) inches less than the desired final length.

Next, work the sts on **needle 1** according to the appropriate row of chart A1 (A2).

Work the sts on **needle 2** as follows: work chart B1 (B2), sts 1-16 (1-18), (*place m1 if desired*), work chart C, (*place m2 if desired*), and finally, work chart B1 (B2), sts 18-32 (20-36). *Chart C thus replaces chart B1 (B2), st 17 (19), i.e., the centre stitch of the chart.*

Work as described until you have finished chart C, row 18 (20).

Heel turn

The heel turn is worked back and forth with MC across the sts on needle 2. Switch to smaller needles if desired.

*Please note that when working **LL1** or **LL1 purlwise**, only work the lifted part of the stitch and then knit/purl the following stitch as instructed.*

Turn work and start on the WS as follows:

row 1 (WS): If the first stitch is a CC stitch, p49 (p55), w&t. If the first stitch is a MC stitch, sl1, p48 (p54), w&t.

row 2 (RS): K32 (k36), LL1, k1, work a RS shadow wrap, turn.

row 3 (WS): P17 (p19), LL1 purlwise, p1, work a WS shadow wrap, turn.

row 4 (RS): Knit until 3 sts remain before the previous RS shadow wrap, LL1, k1, work a RS shadow wrap, turn.

row 5 (WS): Purl until 3 sts remain before the previous WS shadow wrap, LL1 purlwise, p1, work a WS shadow wrap, turn.

Repeat rows 4 and 5 until there are 6 (7) shadow wrap stitch pairs on each side of the heel turn, and you have just finished row 5.

There is one stitch between each shadow wrap stitch pair of the heel turn. In both sizes there are 9 single sts between the last RS and WS shadow wrap stitch pairs. There are now a total of 31 (35) sts in the heel turn, of which 12 (14) are shadow wrap stitch pairs.

Heel flap

Work the heel flap back and forth, starting on the RS as follows:

row 1 (RS): K20 (k22), knitting each shadow wrap stitch pair together as one stitch, turn.

row 2 (WS): Sl1, p30 (p34), purling each shadow wrap stitch pair together as one stitch, turn.

row 3 (RS): *Sl1, k1*, repeat * - * a total of 15 (17) times, ssk, turn.

row 4 (WS): Sl1, p29 (p33), p2tog, turn.

row 5 (RS): *Sl1, k1*, repeat * - * until 1 st remains before the gap, ssk, turn.

row 6 (WS): Sl1, purl until 1 st remains before the gap, p2tog, turn.

Repeat rows 5 and 6 until 1 unworked stitch remains on the left side of the heel flap, 1 unworked and 1 wrapped stitch remains on the right side of the heel flap, and you have just finished row 6. Finally, work row 5 once more but **do not turn**.



Leg and cuff

Switch to larger needles if desired and continue working in the round.

Work the sts on **needle 1** according to the appropriate row of chart A.

Work the sts on **needle 2** as follows: K1 with MC, knitting the wrap together with the wrapped stitch. K2tog with the colour that is stitch 2 of the appropriate row of chart A1 (A2) and then, work sts 3-32 (3-36) of chart A1 (A2) for the same row.

Work sts on both needles according to chart A1 (A2), repeating rows 12-35 as many times as desired. **Finish the stranded colourwork** either with row 35, or work chart A1 (A2), rows 36-47 after the last repeat of rows 12-35.

Cut CC yarn and switch to smaller needles if desired. Knit one round with MC.

With MC, work *k1tbl, p1* ribbing for 12 (16) rnds or to desired ribbing length. Bind off using any stretchy bind-off method of your choice. Sewn bind-off has been used for the sample socks shown in the photos.

FINISHING

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

ABBREVIATIONS

BOR - beginning of round

CC - contrast colour

k - knit

kfb - knit front and back loop

ktbl - knit through the back loop

k2tog - knit 2 stitches together

LL1 - lifted left increase; *do NOT knit/purl any sts but only work the increase element of the stitch*

MC - main colour

m1 (2) - stitch marker 1 (2)

M1L - make 1 left (a left leaning increase)

M1R - make 1 right (a right leaning increase)

p - purl

p2tog - purl 2 stitches together

rnd(s) - round(s)

RS - right side

sl - slip

ssk - slip, slip, knit

st(s) - stitch(es)

WS - wrong side

w&t - wrap and turn



VIDEO TUTORIALS FOR THE TECHNIQUES

lifted left increase (knitwise): <https://www.youtube.com/watch?v=fFcJG7MEzh0>

lifted left increase (purlwise): <https://www.youtube.com/watch?v=grbyxKc3pvc>

RS (knitted) shadow wraps: <https://www.youtube.com/watch?v=u3xZZ5n9kPY>

WS (purl) shadow wraps: <https://www.youtube.com/watch?v=CKztlhCQhYw>

M1R (knitwise): <https://www.youtube.com/watch?v=gz40VVSswL5A>

M1L (knitwise): https://www.youtube.com/watch?v=pdzAsvl9_sc

wrap and turn (purlwise): <https://www.youtube.com/watch?v=eTeKEhnlpHw>

Chart A1 (size S, instep / leg)

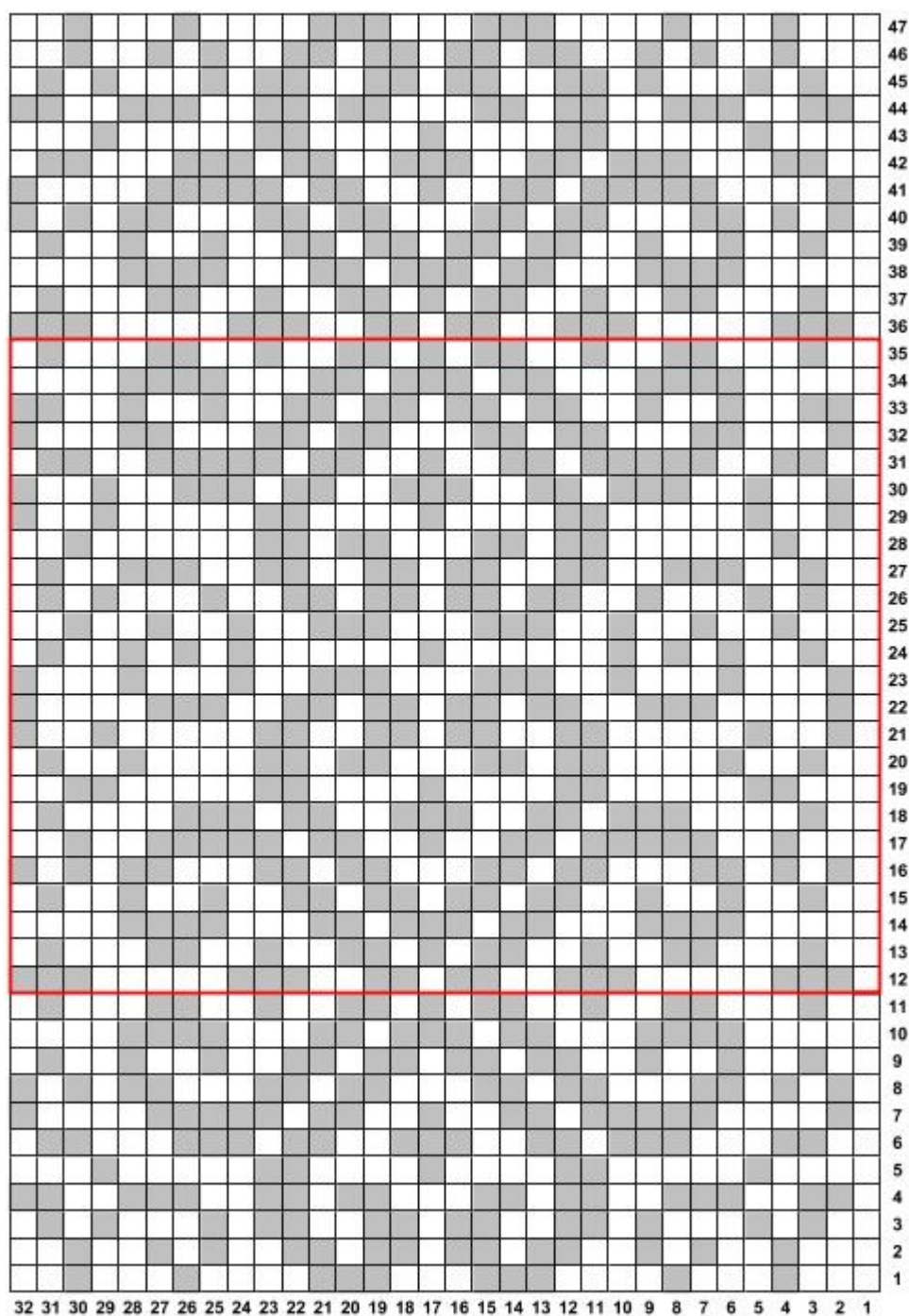


Chart key

- MC
- CC
- M1R
- M1L
- size indicator
- pattern repeat

Chart B1 (size S, sole)

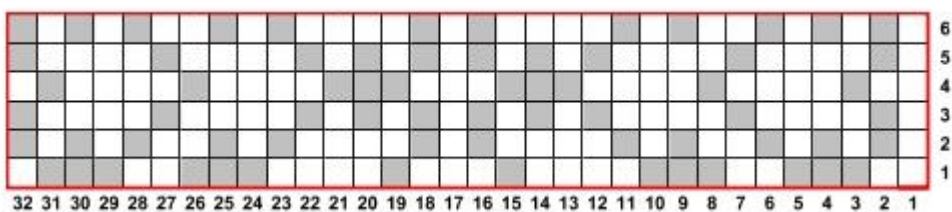


Chart A2 (size M, instep / leg)

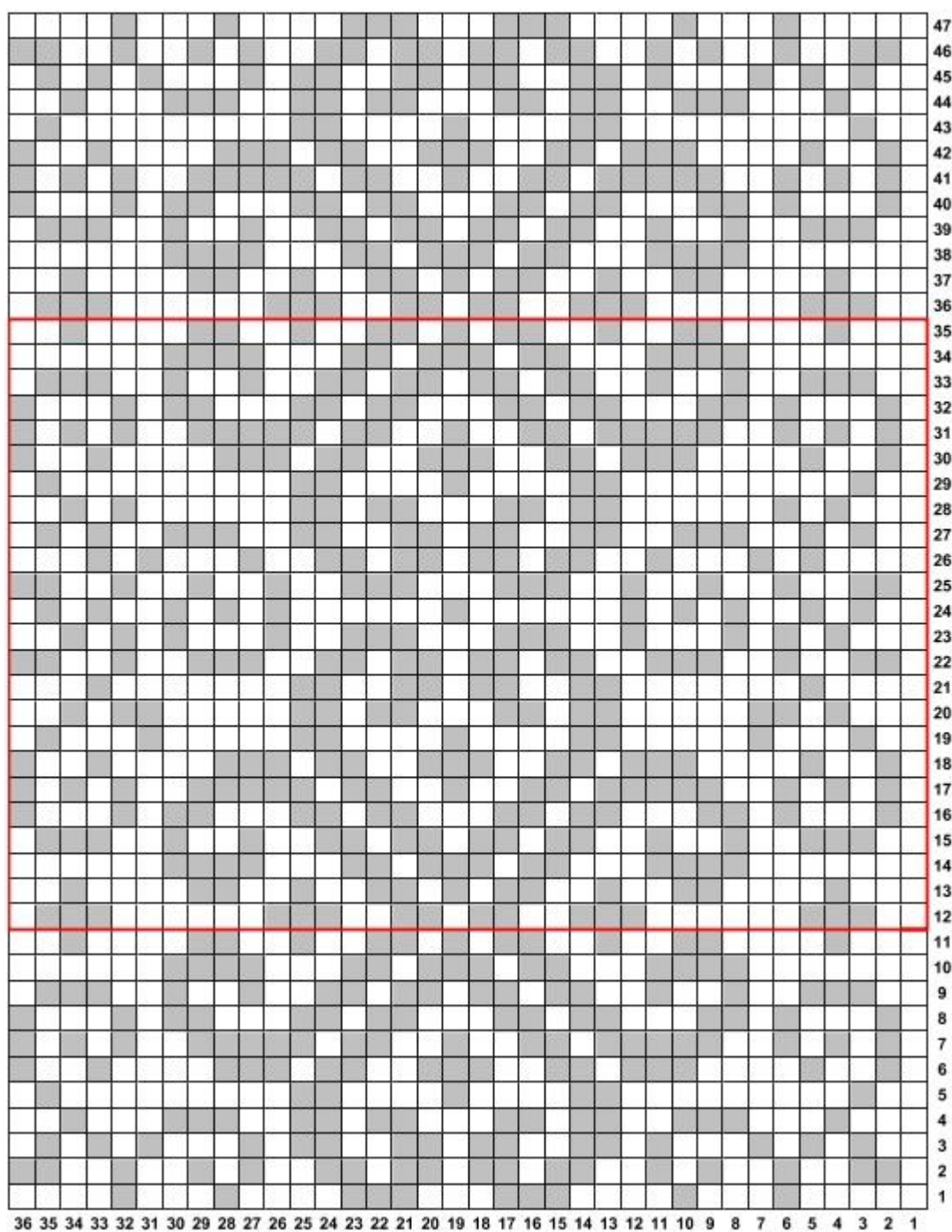


Chart B1 (size M, sole)

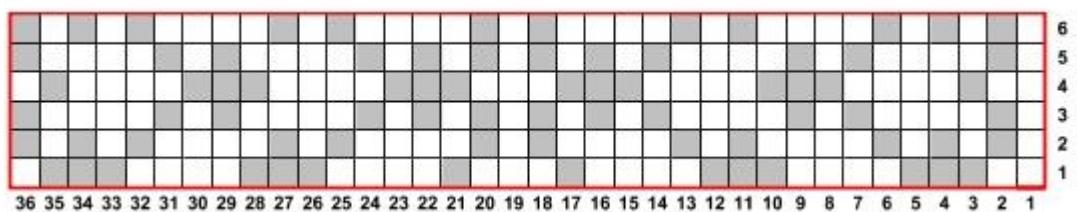


Chart C (both sizes, gusset)

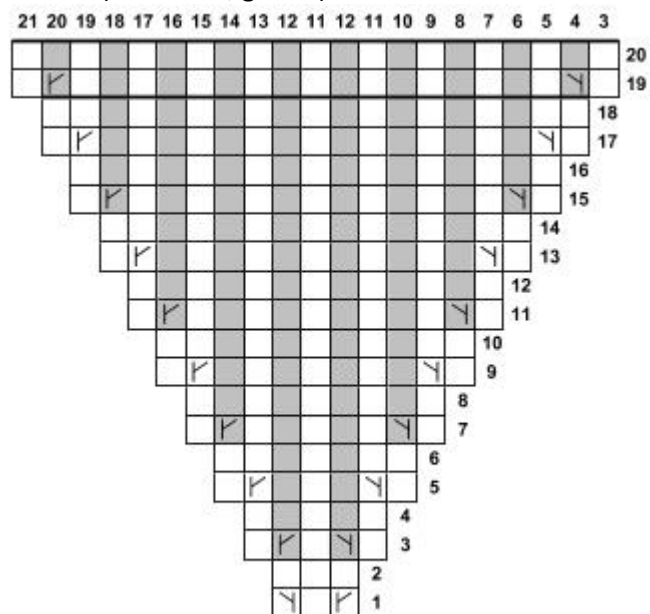


Chart key

- MC
- CC
- /

 M1R
- \

 M1L
- size indicator
- pattern repeat