

Sweden Socks

I call these my Sweden Socks because they were knit for an exchange on one of the sock lists that I'm on and my exchange partner lives in Sweden. These socks were knit with 4 oz of handspun Merino/Ecospun hand-dyed by Sandy Sitzman of www.woolgatherings.com fame.

I spun this fiber up from a divided top, and let the colors fall where they may in both the spinning and plying. I'm told this is called a Marled yarn? The colors were incredibly compatible and I had a very hard time putting this pair in the mail. It didn't help that my exchange partner and I have virtually the same size feet!



Yarn: 4 oz Merino/Eco Fiber about sport weight.

Gauge: 6 ½ sts and 11 rows per inch on a US #2 needle.

These instructions assume that you are familiar with DPN needles and that you know how to knit and purl. I place the stitches on four needles and knit with the fifth.

Cast-on 60 stitches and join in the round, being careful not to twist. I like to arrange the stitches on the needles so that the beginning of each needle starts with a Purl stitch. Having a Purl stitch at the beginning seems to help eliminate the "ladders" that can form where the needles come together.

Knit 20 rounds (or however much you like) of Knit 2, Purl 2 ribbing, then switch to stockinette stitch for the leg.

When the leg is as long as you like, it's time for the heel -

This sock has a Dutch heel worked in heel stitch on half the stitches - 30.

Row one - Slip 1 stitch, Knit 1 stitch all the way across - 30 stitches.

Row 2 - Slip the first stitch and Purl all the way back - 30 stitches.

By slipping the first stitch of each row, you will have a series of loops on each side of the heel flap, which makes it easier to pick up stitches for the gusset.

Repeat these two rows 25 times, or about 2.5 - 3".

Heel turn -

Row one - Slip the first stitch, Knit 19, Knit 2 together, turn.

Row two - Slip the first stitch, Purl 10, Purl 2 together, turn.

Row three - Slip the first stitch, Knit 10, Knit 2 together, turn.

Repeat rows two and three until there are 10 stitches left on the needle.

End on a RS row. With a crochet hook, pick up one stitch in each of the slipped stitches on the sides of the heel flap. The number will vary, and that's okay. It's always good to "fake it" and pick up a couple of extra stitches at the beginning and end of the heel flap - this will help eliminate any holes.

Now for the gusset decreases: Knit one round even - this will even out the picked-up stitches and make the decreases easier to perform - picked-up stitches sometimes are tight and don't like to be knit together.

Put the stitches on four needles again: The picked-up stitches on the left side of the gusset on needle 1, the instep stitches on needle 2, the picked-up stitches on the right side of the gusset on needle 3, and the heel stitches on needle 4.

Next round:

Knit to the 3rd stitch from the end, Knit 2 together, Knit the last stitch on needle 1.

Knit the instep stitches even.

Knit 1, Knit 2 together, knit to the end of needle 3.

Knit even across needle 4 to the end.

Next round: Knit even.

Repeat these two rounds until you reach 60 stitches, alternating a decrease round with an even round.

After the gusset decreases are done, work the foot of the sock even until you're 1 3/4" shorter than you need and its time for the wedge toe. I put the stitches on three needles at this point - the stitches on the bottom of the foot divided between needles 1 and 3 and the instep stitches on needle 2.

Knit until 3 stitches from the end of needle 1, Knit 2 together, Knit 1.

Knit 1, Knit 2 together, Knit until 3 stitches from the end of the needle, Knit 2 together, Knit 1 on needle 2.

Knit 1, Knit 2 together, Knit to the end of needle 3.

Next round - Knit even around.

Repeat these two rounds 7 times - 32 stitches remain.

Then work the next four rounds as decrease rounds - 16 stitches remain.

Knit across needle 1. Put the stitches from needle 1 and 3 onto one needle. Graft the two together, run in all the loose ends on the inside of

the sock, and you're done! I worked a 3-needle bind off on this pair and I like it just fine.

There are many sites on the web for the Kitchner stitch, and every good knitting reference has instruction and pictures, so I won't include them here.

Send me a picture, and I'll post it on my website - with credit to you, of course.

Enjoy!

Mary McCall

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