

# Sock • ra • tease



Renaissance  
Yarns

*The Revival of Learning and Culture*

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## Materials:

US 2 40" circular needle

Duet Sock Yarn ~ Approximately 360 yards worsted weight yarn

## Gauge:

7 sts/inch on US 2 needle

## Sizing:

Up to a women's size 10

## Special Sts:

**M1L:** using left needle, lift bar between needle tips from front to back, knit into the back of the picked up stitch

**M1R:** using left needle, lift bar between needle tips from back to front, knit into the front of the picked up stitch

**SSK:** slip 2 sts individually as if to knit, insert left needle into front of sts from left to right and knit together

**KB:** knit into the back of a stitch

## Preparation:

1. Make a gauge swatch in the round.
  - a.  $G = \text{sts} / \text{inch}$  \_\_\_\_
2. Measure the circumference of your foot (measured around the ball of your foot).
  - a.  $C = \text{circumference}$  \_\_\_\_
3. Measure the length of your foot (measured from the back of your heel to the tip of the longest toe)
  - a.  $L = \text{Length}$  \_\_\_\_
4. Foot & leg sts =  $G \times C \times .9$ 
  - a. \_\_\_\_  $\times$  \_\_\_\_  $\times .9 =$  \_\_\_\_ (FS)
5. Toe stitches =  $(G \times C \times .9) / 2 \times .4$ 
  - a.  $(\text{____} \times \text{____} \times .9) / 2 \times .4 =$  \_\_\_\_\_ (TS) - round to an even number)
6. Will your increases work?
  - a.  $FS - 2(TS) =$  \_\_\_\_\_
  - b. this number must be divisible by 4 because each increase round you are adding 4 sts

**Cast on Method:** Magic cast on by Judy Becker (knitty.com)

❖ see videoclip on [www.renaissanceyarns.com/techniques/](http://www.renaissanceyarns.com/techniques/)

**Instructions:**

Cast on the number of sts that you calculated in step 5. This number is the number of sts you will cast on each needle. Note: the slip knot counts as a stitch.

**Toe Shaping:**

Round 1:

Needle 1: knit every stitch

Needle 2: knit the slip knot, then KB the rest of the sts  
(these sts are twisted, knitting into the back will correct the orientation of the st).

Round 2:

Both needles: Knit every stitch

Round 3:

Needle 1: K1, M1L, knit to within 1 st of end of needle, M1R, K1

Needle 2: same as needle 1

Repeat rounds 2 & 3 until you have the total number of sts as calculated in step 4.

**Foot:**

Change to the main color and continue knitting until the sock measures about 1  $\frac{1}{2}$ " to 2" less than the toe to heel measurement. You can try your sock on at this point to check the fit.

**Marking the Afterthought Heel:**

Round 1:

Needle 1: Knit

Drop your working yarn and pick up the waste yarn  
(leave about a 3" tail)

Needle 2: Knit every st with the waste yarn

Round 2:

Reknit needle 2 with the working yarn.

Move the sts you just knit back to the LH needle. Go back to your working yarn and knit the sts on Needle 2 (so, knit the waste yarn sts)

Needle 1: Knit

**Leg:**

Knit in desired st pattern until sock is  $1\frac{1}{2}$ " to 2" less than the desired length. Work  $1\frac{1}{2}$ " to 2" of rib in pattern of your choice (K2, P2 or K2, P1 or K3, P1, etc). Bind off with a needle 2 sizes bigger.

**Afterthought heel:**

Remove scrap yarn and place sts on needle. You might have to pick up a few extra sts at each end to avoid a gap (try to pick up the same number of extra sts on each side). We will do a two round repeat:

Round 1: Knit

Round 2:

Needle 1: K1, SSK, knit to within 3 sts, K2tog, K1

Needle 2: K1, SSK, knit to within 3 sts, K2tog, K1

Repeat rounds 1 & 2 until you have 12 sts left on each needle

Graft the heel by using the Kitchener St

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