

TIPS & TECHNIQUES

Studio
by **WHITE**

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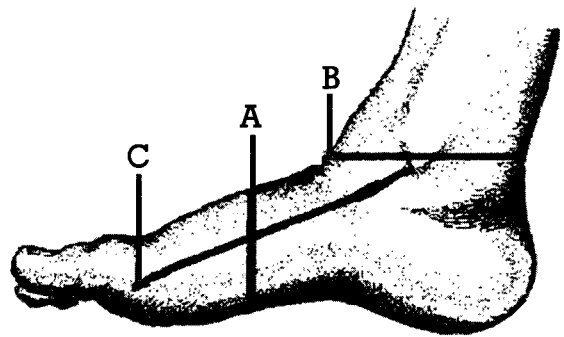
Issue #37

This T &T includes directions for knitting socks by three different methods. The first method produces a pair with definite right and left socks that each have a seam running up the inside of the leg. The second method produces two identical socks that are seamed along each side of the foot and up the center back of the leg. The third method is similar to the second except that it includes a heel gusset, similar to those in hand knits, that dramatically improves the fit. The directions also explain how to knit these socks by charting stitches and rows or by using the knit contour. In order to assure a smooth, comfortable fit you must be adept at using grafting and mattress stitch for finishing.

Measurements You Will Need:

1. Top of sock (or below rib) to ankle bone to determine how many rows to knit for the leg.
2. Width around the widest part of the foot (A) or (B) for ankle socks and/or the calf for knee socks. Hold tape measure tight. Subtract 10%.
3. From the ankle bone to the beginning of the toes to determine how many rows to knit between the heel and toe shaping. (C)
4. An accurate gauge swatch measured in stitches and rows per inch to chart a pattern or stitches and rows/10 centimeters to use a knit contour and scale drawing of the sock. If you plan to use rib at the top of the sock, determine correct stitch size and row gauge.

SOCKS! SOCKS! SOCKS!



Getting Ready to Knit:

1. Measurement #2 x stitch gauge = number of stitches to cast on. For knee socks use leg measurement. For ankle socks use foot girth.
2. Measurement #1 x row gauge = number of rows to knit for leg. For knee socks you will need to decrease from leg measurement to foot girth as you knit the leg section. For ankle socks you can simply cast on and knit straight or decrease then increase a few stitches at each side to shape the ankle portion for a closer fit. All shaping must be distributed over the number of rows needed to knit leg portion.
3. Measurement #3 x row gauge = number of rows to knit sole/instep.

Abbreviations

C/O	cast on
cont	continue
dec	decrease
HP	holding position (D)
inc	increase
K	knit
L	left
NDL(S)	needle(s)
R(s)	row(s)
RC	row count
rem	remaining
RT	right
S/O	scrap off
SR	short row
ST(S)	stitch(es)

Basic Information:

1. Heels and toes are shaped by short rows. For the first method the heel and then the toe is are shaped on opposite sides of the piece. For the second and third methods the toe and then the heel is shaped.
2. The heel/toe are always shaped on exactly half of the total number of stitches. The other half are placed in holding position for the first method. For the other two methods the remaining stitches have been scrapped off after the leg section was knitted so there are no other stitches on the machine and no holding is necessary.
3. To shape either the heel or toe (which are identical) * hold 1 stitch on the side opposite the carriage, knit 1 row, wrap *. Repeat * to * until only 1/3 of the heel/toe stitches remain in working position. Then * return 1 needle to C position on the side opposite the carriage, knit and wrap *, repeating until all heel/toe needles are working again. Move weights often.
4. At the end of the knitting, scrap off all remaining stitches. For the first method the waste is folded back so you can graft the toe stitches to sole stitches before sewing side seam. For the second method the scrapped off heel stitches are grafted to the scrapped off leg stitches

after sewing the center back leg seam.

For the third method, you need to use the join as you knit technique to attach the gusset stitches to the heel before scrapping off.

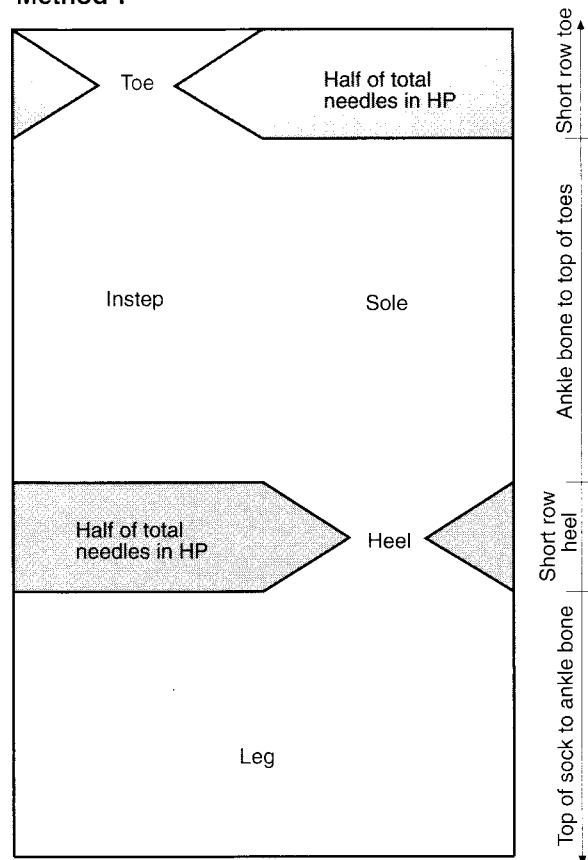
Knitting Directions:

[Note: If you are using a charting attachment, you do not need to fill in the blanks with the STS and Rs. Just work right from the diagram. These directions are intended for those knitting without a charting attachment.]

Knitting Directions Method 1:

C/O _____ STS, centering the work on the bed. K rib or desired band. K leg section for Rs; for knee socks dec 1 ST at each side every _____ Rs until _____ STS rem. For ankle socks K leg section straight or dec then inc 1 ST every _____ Rs to fit the ankle. At RC _____ put all NDLS to the L of zero into HP with carriage set to hold Russel Levers (I) (I). SR heel on rem NDLS at RT of zero as described

Method 1



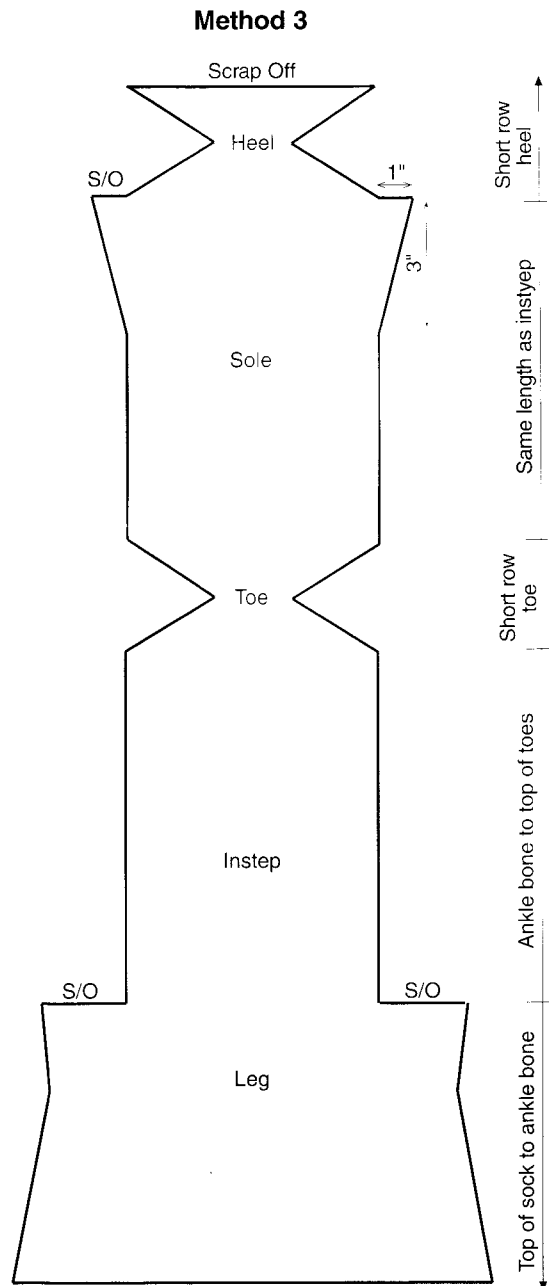
Girth of leg/widest part of foot. If using leg measurement, be sure to dec to foot measurement towards ankle.

Knitting Directions Method 3:

Knit same as method 2 through toe shaping. When K the sole you need to inc stitches at each side over the last 3". Use full fashioned incs; that is, for the first inc move 1 ST out by one NDL then pick up the purl bar of the adjacent ST and hang on the empty NDL. For the second inc, move 2 STS out by 1 NDL, for the third move 3 STS out by 1 NDL, etc. This will keep all of the incs lined up in the same place. You need to inc by 1" at each side of the sole and you need to space these incs out over 3". When the sole (including all incs) is complete, S/O the inc STS at each side. SR the heel. Before S/O the heel you must K some additional Rs, rehanging 1 gusset ST (each side) on the edge NDL every R until all of the S/O gusset STS have been rehung. Then you can S/O all rem STS. The finishing is identical to method 2.

Finishing Directions:

[Method 1] Fold the knitting in half so that the sole lies on top of the instep. Fold back waste knitting and graft the toe stitches to the sole stitches. Sew continuous foot/leg seam. **[Method 2 & 3]** Sew center back leg seam. Fold foot in half to graft heel stitches to the back leg stitches. Sew side foot seams.



Add Some Jazz:

Knit your first pairs of socks plain then start to play with stripes, colored heels and toes, cables down the leg and instep. When knitting lace, tuck or fairisle patterns on the leg you might want to use isolated pattern on the instep alone and knit the sole plain. They

will wear better and longer. This is easiest to do with methods 2 & 3. With any of the pattern stitches, measure your gauge very carefully to allow for the variations in stretchability. Remember that Christmas stockings don't have to fit anyone so use them to practice using pattern stitches!

above. [If you are using a charting attachment, don't worry about the length of the heel (or toe) section as it appears on the paper pattern because you are committed to using half your total number of STS and reducing them to 1/3. Turn off your charting unit while you shape the heel then turn it back on to cont the sole/instep section.] K sole/ instep portion across all NDLS to RC _____. Then hold all NDLS to the RT of zero and SR the toe on all NDLS at the L of zero exactly as for the heel. S/O all STS.

Knitting Directions Method 2:

C/O _____ STS, centering the work on the bed. K rib or desired band. K leg section for Rs; for knee socks dec 1 ST at each side every _____ Rs until _____ STS rem. For ankle socks K leg section straight: or dec then inc 1 ST every _____ Rs to fit the ankle. At RC _____ S/O 1/4 of total STS at each side. Cont K straight for instep for _____ Rs. SR toe. K sole for same number of Rs as instep. SR heel as for toe. S/O all STS.

