

With Heart and Sole

(By marion nowak/nowaks nähkästchen)

The „task“ was to make socks for a young woman who wants to sit comfortably on the sofa and take some steps over the wooden floor, too. So they have an extra-lofty sole and sweet hearts on the upper side.

Materials: ca. 55g 4ply sock wool

1 set of dpns US#0/ 2,0 mm (*If you prefer you can use a circular needle and knit with the „Magic Loop“ technique or knit on two circs. Since I'm knitting quite loosely most people will have to go up one needle size, so please swatch and compare gauge.*)

1 Tapestry needle

Gauge in stockinette: 31 stitches/ 45 rows = 10 cm/ 4 inch

Size: (German) 37



For this pattern it is useful to use stitchmarkers or row markers, to be more precise. I often restart counting with significant constructions points, so it helps to set a marker there. Then you do not need to recount the whole sock. Which is more comfortable IMHO.

Basic construction idea: The instructions will be long, so I'll describe the basic rules for those knitters who think stitch by stitch instructions are to complicated and long. ;)

For toe, sole and heel there is a slip stitch pattern. This pattern will seem to be small first, but when put on it will stretch a lot. So don't be surprised if the sock will seem to be longer on the top than on the bottom.

On top of the foot there is a pattern of lace hearts from the end of the toe up to the cuff.

On the leg part the slip stitch pattern will transform into broad knit-purl ribbing, on two of the wide purl stripes there will another heart pattern with knit stitches.

The socks are knitted toe up.

CO: 16 stitches with two needles, 8 on each needle, then knit every stitch once.

(I started with „figure 8“ but you can use any technique you like as long as they result in stitches „facing“ each other back to back. 8 stitches face up, 8 stitches face down.)

Toe: Distribute the stitches on four dpns (4 st per needle), knit the next four stitches (=next needle). That is the beginning of the rounds, on the sole.

Then continue in rounds.

Stitches for the shaping are added between the second last and the third last stitch on needles 1 and 3 and between the second and the third stitch on n 2 and 4. *(Use any technique of your choice.)*

You start increases directly in rd 1 and then every other rd (3, 5, 7, 9, 11, 13, 15, 17, 19, 21, 23). In the end you have 16 st on each needle = 64 stitches.



Rd 1: knit (with increases).
 Rd 2: k, *slip one stitch purlwise*, k, k4, 3x (k, sp), k4, sp
 k, sp
 Rd 3: (and all other uneven numbered rounds until
 end of toe): knit with increases.
 Rd 4: 2x (sp, k), k4, 4x (k, sp), k4, 2x (sp, k)
 Rd 6: 2x (k, sp), k, k4, 5x (k, sp), k4, 2x (sp, k), sp
 Rd 8: 3x (sp, k), k4, 6x (k, sp), k4, 3x (sp, k)
 Rd 10: 3x (k, sp), k, k4, 7x (k, sp), k4, 3x (sp, k), sp
 Rd 12: 4x (sp, k), k4, 8x (k, sp), k4, 4x (sp, k)
 Rd 14: 4x (k, sp), k, k4, 9x (k, sp), k4, 4x (sp, k), sp
 Rd 16: 5x (sp, k), k4, 10x (k, sp), k4, 5x (sp, k)
 Rd 18: 5x (k, sp), k, k4, 11x (k, sp), k4, 5x (sp, k), sp
 Rd 20: 6x (sp, k), k4, 12x (k, sp), k4, 6x (sp, k)
 Rd 22: 6x (k, sp), k, k4, 13x (k, sp), k4, 6x (sp, k), sp

The stitches on n4 and n1 form the sole, the stitches
 of n2 and n3 are on the foot.

Foot:

Rd 1: 9x (sp, k), k2, p2, **k20**, p2, k2, 9x (sp, k)
 Rd 2: k20, p2, **k20**, p2, k20
 Rd 3: 9x (k, sp), k2, p2, **k20**, p2, k2, 9x (k, sp)

Rd 4: as rd 2
 Rd 5: 9x (sp, k), k2, p2, **k9, yo, k, yo, k10**, p2, k2, 9x (sp, k)
 Rd 6: k20, p2, **k22**, p2, k20
 Rd 7: 9x (k, sp), k2, p2, **k6, p3tog, yo, k3, yo, k3togtbl, k7**, p2, k2, 9x (k, sp)
 Rd 8: as rd 2
 Rd 9: 9x (sp, k), k2, p2, **k5, k2tog, yo, k5, yo, skp, k6**, p2, k2, 9x (sp, k)
 Rd 10: as rd 2
 Rd 11: 9x (k, sp), k2, p2, **k4, k2tog, yo, k7, yo, skp, k5**, p2, k2, 9x (k, sp)
 Rd 12: as rd 2
 Rd 13: 9x (sp, k), k2, p2, **k3, k2tog, U, k9, U, skp, k4**, p2, k2, 9x (sp, k)
 Rd 14: as rd 2
 Rd 15: 9x (k, sp), k2, p2, **k4, yo, k2tog, k3, yo,, re, yo,, k3, skp, yo, k5**, p2, k2, 9x (k, sp)
 Rd 16: as rd 6
 Rd 17: 9x (sp, k), k2, p2, **k5, yo, k4tog, yo, k3, yo, k4togtbl, yo, k6**, p2, k2, 9x (sp, k)
 Rd 18: as rd 2
 Rd 19: 9x (k, sp), k2, p2, **k5, k2tog, yo, k5, yo, skp, k6**, p2, k2, 9x (k, sp)
 Rd 20: as rd 2
 Rd 21: 9x (sp, k), k2, p2, **k4, k2tog, yo, k7, yo, skp, k5**, p2, k2, 9x (sp, k)
 Rd 22: as rd 2
 Rd 23: 9x (k, sp), k2, p2, **k3, k2tog, yo, k9, yo, skp, k4**, p2, k2, 9x (k, sp)
 Rd 24: as rd 2

Rd 25: 9x (sp, k), k2, p2, k4,
 U, k2tog, k3, yo, k, yo, k3,
 skp, yo, k5, p2, k2, 9x (sp, k)
 Rd 26: as rd 6
 Rd 27: 9x (k, sp), k2, p2, k5,
 yo, k4tog, yo, k3, yo, k4togtbl,
 yo, k6, p2, k2, 9x (k, sp)
 Rd 28 – Rd 24: as rd 8 – rd. 14

Rd 35 – Rd 44: as rd 15 – rd
 24
 Rd 45 – Rd 54: as rd 25 – Rd
 34
 Rd 55 – Rd 64: as rd 15 – rd
 24
 Rd 65 – Rd. 68: as rd 25 – Rd
 28



Heel: The heel is worked with
 short rows over needle 4 and needle 1. (= 32 stitches)

Row 1: Knit the stitches of n1 with n4 : 7x (sp, k), k2 (*Turn work and continue in rows.*)
 R 2: Turnstitch, p15, 6x (p, sp yarn in front of stitch), p2
 R 3: Ts, k15, 6x (k, sp), k3
 R 4: Ts, p14, 6x (spf, p), p3
 R 5: Ts, k14, 6x (sp, k), k2
 R 6: Ts, p13, 5x (p, spf), p4
 R 7: Ts, k13, 5x (k, sp), k3
 R 8: Ts, p12, 5x (spf, p), p3
 R 9: Ts, k12, 5x (sp, k), k2
 R 10: Ts, p11, 4x (p, spf), p4
 R 11: Ts, k11, 4x (k, sp), k3
 R 12: Ts, p10, 4x (spf, p), p3
 R 13: Ts, k10, 4x (sp, k), k2
 R 14: Ts, p9, 3x (p, spf), p4
 R 15: Ts, k9, 3x (k, sp), k3
 R 16: Ts, p8, 3x (spf, p), p3
 R 17: Ts, k8, 3x (sp, k), k2
 R 18: Ts, p7, 2x (p, spf), p4
 R 19: Ts, k7, 2x (k, sp), k3
 R 20: Ts, p6, 2x (spf, p), p3
 R 21: Ts, k6, 2x (sp, k), k2
 R 22: Ts, p5, p, spf, p4
 R 23: Ts, k5

Separate the heel stitches on two needles (needle 4 and needle 1) again and continue in rounds for some Betweenrounds. Ts are knitted.

BRd 1: 2x (k, sp), k16, p2, k5, k2tog, yo, k5, yo, skp, k6, p2, k16, 2x (k, sp)
 ZRd 2: As (foot)rd 2
 ZRd 3: 8x (sp, k), k4, p2, k4, k2tog, yo, k7, yo, skp, k5, p2, k4, 8 (sp, k)

ZRd 4: as (foot)rd 2

Continue knitting with n4 until you have all the stitches of n1 on n4 and work on in rows. (So row 1 is only half a row.)

R 1: 2x (k, sp), k2
R 2: Ts, p5, 2x (spf, p), p2
R 3: Ts, k5, 2x (sp, k), k3
R 4: Ts, p6, 2x (li, spf), p3
R 5: Ts, k6, 2x (k, sp), k4
R 6: Ts, p7, 3x (spf, p), p2
R 7: Ts, k7, 3x (sp, k), k3
R 8: Ts, p8, 3x (p, spf), p3
R 9: Ts, k8, 3x (k, sp), k4
R 10: Ts, p9, 4x (spf, p), p2
R 11: Ts, k9, 4x (sp, k), k3
R 12: Ts, p10, 4x (p, spf), p3
R 13: Ts, k10, 4x (k, sp), k4
R 14: Ts, p11, 5x (spf, p), p2
R 15: Ts, k11, 5x (sp, k), k3
R 16: Ts, p12, 4x (p, spf), p3
R 17: Ts, k12, 4x (k, sp), k4
R 18: Ts, p13, 5x (spf, p), p2
R 19: Ts, k13, 6x (sp, k), k3
R 20: Ts, p14, 6x (p, spf), p3
R 21: Ts, k14, 6x (k, sp), k4
R 22: Ts, p15, 6x (spf, p), p4
R 23: Ts, k15

(„Turnstitches“ are something you make to prevent holes on the turningpoints. I am using a method from the German webside from Junghans-wool: You slip a stitch as if to purl. The working yarn is at the front. Then you pull the yarn very strong to the back, the stitch will be torn to the back and there will be two loops on the needle, looking as if there were two stitches. When you knit or purl that stitch later you knit those two loops as if you would knit(purl) two together. Since it is only one stitch the number of stitches does not change that way.)

Leg:

Redistribute the stitches on 4 needle.

Rd 1: 8x (sp, k), k4, p2, k3, k2tog, yo, k9, yo, skp, k4, p2, k6, 7x (sp, k)
Rd 2: k20, p2, k20, p2, k20
Rd 3: 7x (k, sp) k6, p2, k4, yo, k2tog, k3, yo, re, yo, k3, skp, yo, k5, p2, k6, 7x (k, sp)
Rd 4: k20, p2, k22, p2, k20
Rd 5: 6x (sp, k), k8, p2, k5, yo, k4tog, yo, k3, yo, k4togtbl, yo, k6, p2, k8, 6 (sp, k)
Rd 6: as rd 2
Rd 7: 5x (k, sp), p3, k7, p2, k5, k2tog, yo, k5, yo, skp, k6, p2, k7, p3, 5x (k, sp)
Rd 8: k10, p3, k7, p2, k20, p2, k7, p3, k10
Rd 9: 4x (sp, k), p5, k7, p2, k4, k2tog, yo, k7, yo, skp, k5, p2, k7, p5, 4x (sp, k)
Rd 10: k8, p5, k7, p2, k20, p2, k7, p5, k8
Rd 11: 3x (k, sp), p7, k7, p2, k3, k2tog, yo, k9, yo, skp, k4, p2, k7, p7, 3x (k, sp)
Rd 12: k6, p7, k7, p2, k20, p2, k7, p7, k6

Rd 13: 2x (sp, k), p9, k7, p2, k4, yo, k2tog, k3, yo, k, yo, k3, skp, yo, k5, p2, k7, p9, 2x (sp, k)
Rd 14: k4, p9, k7, p2, k22, p2, k7, p9, k4

Rd 15: k, sp, k, p4, *Suspend one stitch and lay it in front of your work*, k, *knit suspended stitch*, p4, k7, p2, k5, yo, k4tog, yo, k3, yo, k4tbl, yo, k6, p2, k7, p4, *Suspend one stitch and lay it at the back of your work*, k, kss, p4, k2, yo

Rd 16: k3, p3, ssb, k, *purl suspended stitch*, ssf, li, kss, p3, k7, p2, k20, p2, k7, p3, ssb, k, pss, ssf, p, kss, p3, k3

Rd 17: k3, p2, ssb, k, pss, p2, ssf, p, kss, p2, k7, p2, k5, k2tog, yo, k5, yo, skp, k6, p2, k7, p2, ssb, k, pss, p2, ssf, p, kss, p2, k3

Rd 18: k3, p2, k, p4, k, p2, k7, p2, k20, p2, k7, p2, k, p4, k, p2, k3

Rd 19: k3, p2, k, p4, k, p2, k7, p2, k4, k2tog, yo, k7, yo, skp, k5, p2, k7, p2, k, p4, k, p2, k3

Rd 20: k3, p2, k, p, ssf, k, kss, p, k, p2, k7, p2, k20, p2, k7, p2, k, p, ssf, k, kss, p, k, p2, k3

Rd 21: k3, p2, k, ssb, k, pss, ssf, p, kss, k, p2, k7, p2, k3, k2tog, yo, k9, yo, skp, k4, p2, k7, p2, k, ssb, k, pss, ssf, p, kss, k, p2, k3

Rd 22: k3, p2, k2togtbl, 2x (*purl one stitch and purl one stitch through the back loop out of one stitch*), k2tog, p2, k7, p2, k20, p2, k7, p2, k2togtbl, 2x (*purl one stitch and purl one stitch through the back loop out of one stitch*), k2tog, p2, k3

Rd 23: k3, p10, k7, p2, k4, yo, k2tog, k3, yo, k, yo, k3, skp, yo, k5, p2, k7, p10, k3

Rd 24: k3, p10, k7, p2, k22, p2, k7, p10, k3

Rd 25: k3, p4, ssf, k, kss, p4, k7, p2, k5, yo, k4tog, yo, k3, yo, k42togtbl, yo, k6, p2, k7, p4, ssf, k, kss, p4, k3

Rd 26: as rd 16

Rd 27: as rd 17

Rd 28: as rd 18

Rd 29: as rd 19

Rd 30: as rd 20

Rd 31: as rd 21

Rd 32: as rd 22

Rd 33 – Rd 42: as rd 23 – rd 32

Rd 43 – Rd 46: as rd 23 – rd 26



Transition to Cuff:

Rd 1: k3, p2, ssb, k, pss, p2, ssf, p, kss, p2, k7, p2, k20, p2, k7, p2, ssb, k, pss, p2, ssf, p, kss, p2, k3

Rd 2: li, k2, p2, k, p4, k, p2, 3x (k, p), k, p2, k2, p2, k, p, k, p2, k2, p2, k, p, k, p2, k2, p2, 3x (k, p), k, p2, k p4, k, p2, k2, p

Rd 3: as rd 2

Rd 4: p, k2, p2, k, p, ssf, k, kss, p, k, p2, 3x (k, p), k, p2, k2, p2, k, p, k, p2, k2, p2, k, p, k, p2, k2, p2, 3x (k, p), k, p2, k, p, ssf, k, kss, p, k, p2, k2, li

Rd 5: p, k2, p, k, ssb, k, pss, ssf, p, kss, k, p2, 3x (k, p), k, p2,

k2, p2, k, p, k, p2, k2, p2, k, p, k, p2, k2, p2, 3x (k, p), k, p, k, ssb, k, pss, ssf, p, kss, k, p2, k2, p

Rd 6: li, k2, p2, k2togtbl, 2x (*purl one stitch and purl one stitch through the back loop out of one stitch*), k2tog, p2, 3x (k, p), k, p2, k2, p2, k, p, k, p2, k2, p2, k, p, k, p2, k2, p2, 3x (k, p), k, p2, k2togtbl, 2x (*purl one stitch and purl one stitch through the back loop out of one stitch*), k2tog, p2,

k2, p

Rd 7: p, k2, p10, 3x (k, p), p, p2, k2, p2, k, p, k, p2, k2, p2, k, p, k, p2, k2, p2, 3x (k, p), k, p10, k2,

p

Rd 8: as rd 7

Cuff:

Rd 9: p, 3x (k2, p2), 3x (k, p), k, p2, k2, p2, k, p, k, p2, k2, p2, k, p, k, p2, k2, p2, 3x (k, p), k, 3x (p2, k2), p

Rd. 10 – 16: as rd 9

Bind off: in ribbing pattern.

Weave in ends.