



TOOLS & MATERIALS

Yarn

- Two 50 g skeins Cloudborn Fibers Superwash Highland Wool Twist, (80% Superwash fine highland wool, 20% Polyamide), 1 - Fingering, colorway: Strawberry Fields, 178 yds / 162 m = 50 g.
- 5 yds/ m of brightly contrasting, similar weight, smooth waste yarn for working the reverse toe chimney.

Needles

- A set of five double-pointed needles (dpns) in the range US Size 1-2 (2.5-2.75 mm), 6 - 8" (15-20 cm) in length. One or two circular needles may be used if preferred.
- Two lengths of contrasting, solid colored fine yarns for use as markers, one 14" (35 cm) in length, the other 6" (15 cm). Ideally choose two different colors
- Two spare fine dpns (for parking the wrapped stitches whilst working the heel).
- Cable needle

Gauge

For a sock to wear well, it is important to knit a dense fabric (approximately 7 sts/in). Provided your needle size is giving you a sock-worthy fabric there is no need to accurately determine your gauge. Simply continue the increases until the sock fits!

The sock pattern gives directions for socks in 8 sizes ranging from 50 - 78 stitches.

Optional Ribbed Sole

If you would like to tighten up the underside of your sock, begin on Rnd 23, by purling the central stitch of your sole and repeat on the next round. Extend the single rib pattern out on either side of this central column adding new columns every alternate round until only 4 or 5 plain Stockinette stitches remain on either side of the sole. Maintain these columns of purl stitches until you reach the heel.

ABBREVIATIONS

1/1LCwT	One over one, left cable with twist. Slip one stitch onto cable needle and hold in front, k1, k1tbl from the cable needle.
1/1LPCwT	One over one, left purl cable with twist. Slip one stitch onto cable needle and hold in front, p1, k1tbl from the cable needle.
1/1RCwT	One over one, right cable with twist. Slip one stitch onto cable needle and hold in back, k1tbl, knit stitch from the cable needle.
1/1RPCwT	One over one, right purl cable with twist. Slip one stitch onto cable needle and hold in back, k1tbl, purl stitch from the cable needle.
BWR	Borrow, wrap and replace. Slip next stitch (purlwise) to the right-hand needle, take the yarn between the needles (creating a wrap) and replace the slipped stitch onto the left-hand needle (putting the needle in above the wrap of yarn).
Eor	End of round.
K1-O-k1	Into the next stitch, knit but don't remove the stitch from the left-hand needle, yarn-over, knit the same stitch again and now release it. This is a symmetrical two-stitch increase.
K	Knit
K2t-tbl	Knit two stitches together through back loops.
MM	Motif marker
P	Purl
K1tbl	Knit one stitch (or given number of stitches) through back of loop. This twists the stitch being worked.



- RSI-k1tbl** Right-slanting increase followed by knitting the next stitch. A subtle, one-stitch, right-slanting increase also known as a raised increase, it is created by knitting into the right shoulder of the parent stitch (below the next one waiting on the left needle). The easiest way to make this increase is to tip the work so that you can see the private side then drop the tip of the RHN from above and at the back of the work, into the stitch head of the stitch below (the purl bump); with the right-hand needle in this position, throw the yarn as if to knit and draw the new loop through (to avoid puckering give this new stitch a little extra slack, as it is emanating from the row below). Ensure when making this increase that you knit only into the underneath stitch and not into both the underneath one and the one above it also; there should only be one strand of yarn on the right-hand needle when you draw the new yarn through. If both stitches are worked together a small hole will be created.
- Work as set** Maintain the stitch pattern as established.
- Yarn-over** Take the yarn around the needle in the usual direction, this creates an additional stitch.

INSTRUCTIONS

Cast on 18 sts, using any toe-up cast on method such as Judy’s Magic Cast-On, or if you prefer, use the Sock Toe Chimney method in reverse. If using JMCO, begin the sock with Sock Toe Rnd 2.

Reverse Sock Toe Chimney

With a similar weight, solid-colored, brightly contrasting, waste yarn, cast on 18 sts onto sock gauge needles and fold into the round. wWork 6 rounds of Stockinette stitch. Cut off waste yarn with a 6" (15 cm) tail.

SOCK TOE RND 1: With your sock yarn, leaving a 6" (15 cm) tail, knit.

Place a 14" (35.6 cm) long, running yarn marker across the toe, to mark the beginning of round and the opposite side. Maintain these markers up both sides at least as far as the heel placement.

SOCK TOE RND 2: (K1, yo, k7, yo, k1) twice. (22 sts)

SOCK TOE RND 3: (K1, yo, k1tbl, k7, k1tbl, yo, k1) twice. (26 sts)

If desired you may twist the right and left yarn-overs in opposing directions.

SOCK TOE RND 4 & 5: (K1, yo, k1tbl, knit to two stitches before the marker, k1tbl, yo, k1) twice. (34 sts)

SOCK TOE RND 6: (K1, k1tbl, knit to two stitches before the marker, k1tbl, k1) twice. (34 sts)

SOCK TOE RND 7: (K1, yo, knit to one stitch before the marker, yo, k1) twice. (38 sts)

RNDS 8-11: Repeat Rnds 6 and 7 twice more. (46 sts)

RND 12: K1, k1tbl, k1, place a new marker yarn to reference the motif position (MM), k8, k1-O-k1 into next st, k9, k1tbl, k1, slip side marker, k1, k1tbl, knit to last 2 sts, k1tbl, k1. (48 sts)

There are now two additional stitches in the instep of the sock. At this point there will be 23 sole stitches and 25 instep stitches. Chart 1 begins.

Continue toe increases (made as before), every third round until the toe is large enough to fit the future wearer snugly. Try on the toe periodically. As everyone’s sock will be different, increases are no longer written into the directions from this point.

Once the sock is large enough to fit, discontinue increases and maintain the current number of stitches. Make a note of the number of stitches you have in the sole of your sock.

RND 13: Work up to motif reference marker (MM), k8, k3tbl, work as set to eor.

RND 14: Work up to MM, k7, 1/1RPCwT, k1tbl, 1/1LPCwT, work as set to eor.

RND 15: Work up to MM, k7, k1tbl, (p1, k1tbl) twice, work as set to eor.

RND 16: Work up to MM, k6, 1/1RPCwT, p1, k1tbl, p1, 1/1LPCwT, work as set to eor.

RND 17: Work up to MM, k6, k1tbl, (p2, k1tbl) twice, work as set to eor.

RND 18: Work up to MM, k5, 1/1RPCwT, p2, k1tbl, p2, 1/1LPCwT, work as set to eor.

RND 19: Work up to MM, k5, k1tbl, (p3, k1tbl) twice, work as set to eor.

RND 20: Work up to MM, k4, 1/1RPCwT, p3, RSI-k1tbl, p3, 1/1LPCwT, work as set to eor.

One more stitch has been added, there are now three more stitches in the instep of the sock than the sole.

RND 21: Work up to MM, k4, k1tbl, p4, k2tbl, p4, k1tbl, work as set to eor.

RND 22: Work up to MM, k3, 1/1RPCwT, p3, 1/1RCwT, 1/1LCwT, p3, 1/1LPCwT, work as set to eor.

RND 23: Work up to MM, k3, k1tbl, p4, k1tbl, k2, k1tbl, p4, k1tbl, work as set to eor.

Begin optional ribbed sole. Knit to the central stitch of the sole, p1, knit to eor. See explanation above.

RND 24: Work up to MM, k2, 1/1RPCwT, p3, 1/1RCwT, k2, 1/1LCwT, p3, 1/1LPCwT, work as set to eor.

RND 25: Work up to MM, k2, k1tbl, p4, k1tbl, k4, k1tbl, p4, k1tbl, work as set to eor.

RND 26: Work up to MM, k1, 1/1RPCwT, p3, 1/1RCwT, k4, 1/1LCwT, p3, 1/1LPCwT, work as set to eor.

RND 27: Work up to MM, k1, k1tbl, p4, k1tbl, k6, k1tbl, p4, k1tbl, work as set to eor.



Repeat Rnds 28 - 42

RND 28: Work up to MM, k1, k1tbl, p4, k1tbl, k6, k1tbl, p4, k1tbl, work as set to eor.

RND 29: Work up to MM, k1, 1/1LCwT, p3, 1/1LPCwT, k4, 1/1RPCwT, p3, 1/1RCwT, work as set to eor.

RND 30: Work up to MM, k2, k1tbl, p4, k1tbl, k4, k1tbl, p4, k1tbl, work as set to eor.

RND 31: Work up to MM, k2, 1/1LCwT, p3, 1/1LPCwT, k2, 1/1RPCwT, p3, 1/1RCwT, work as set to eor.

RND 32: Work up to MM, k3, k1tbl, p4, k1tbl, k2, k1tbl, p4, k1tbl, work as set to eor.

RND 33: Work up to MM, k3, 1/1LCwT, p3, 1/1LPCwT, 1/1RPCwT, p3, 1/1RCwT, work as set to eor.

RND 34: Work up to MM, k4, k1tbl, p4, k2tbl, p4, k1tbl, work as set to eor.

RND 35: Work up to MM, k4, k1tbl, p4, 1/1LCwT, p4, k1tbl, work as set to eor.

RND 36: Work up to MM, k4, k1tbl, p4, k2tbl, p4, k1tbl, work as set to eor.

RND 37: Work up to MM, k3, 1/1RPCwT, p3, 1/1RCwT, 1/1LCwT, p3, 1/1LPCwT, work as set to eor.

RND 38: Work up to MM, k3, k1tbl, p4, k1tbl, k2, k1tbl, p4, k1tbl, work as set to eor.

RND 39: Work up to MM, k2, 1/1RPCwT, p3, 1/1RCwT, k2, 1/1LCwT, p3, 1/1LPCwT, work as set to eor.

RND 40: Work up to MM, k2, k1tbl, p4, k1tbl, k4, k1tbl, p4, k1tbl, work as set to eor.

RND 41: Work up to MM, k1, 1/1RPCwT, p3, 1/1RCwT, k4, 1/1LCwT, p3, 1/1LPCwT, work as set to eor.

RND 42: Work up to MM, k1, k1tbl, p4, k1tbl, k6, k1tbl, p4, k1tbl, work as set to eor.

Repeat Rnds 28 - 42, until the sock is 2½" (6.4 cm) shorter than the desired foot length.

Prepare to set in the heel for your sole size. 25 (27, 29, 31, 33, 35, 37, 39) sts in sole.

Work in pattern across the instep as usual until you are 4 (4, 4, 4, 5, 5, 5) sts before the second side marker.

Begin heel.

Garner Stitch Short Row Heel

Use a separate ball of yarn to work the heel (use the opposite end of the ball if necessary). Do not cut off the main working yarn.

Link the tail of the new Heel yarn around the old working yarn, then, as you knit the first stitches of the heel, the tail of the Heel yarn may be woven in at the back of the work, thus simultaneously preventing a future gap and neatening the tail (or this may be completed with a darning needle later).

Suggested Stitch Distribution

Initially when working the Heel stitches spread across two dpns: on both RS and WS rows, knit two or three extra stitches onto the old needle before introducing the empty dpn. (This staggers the junction of the work and helps to prevent distortion down the center-line of the heel.)

When the number of working heel stitches is sufficiently reduced, work them onto a single dpn.

With the new piece of Heel yarn, knit the first 16 (17, 18, 19, 21, 22, 23, 24) heel sts onto an empty dpn for first half of Heel, and the following 16 (17, 18, 19, 21, 22, 23, 24) heel sts onto another dpn, s1, bring yarn between needles, place the slipped stitch to a spare fine 'parking' needle. This stitch now has a 'wrap' of the Heel yarn around its base.

Place the 20 (22, 24, 26, 28, 30, 32) currently unused Instep stitches onto a piece of yarn or holder.

Turn the work around, WS facing. With an empty dpn (use a second needle for the last half of the Heel stitches), k 31 (33, 35, 37, 41, 43, 45, 47), s1, bring yarn between needles, return the wrapped and slipped stitch to a second spare fine 'parking' needle.

Subsequent Pairs of RS & WS Rows

Turn the work RS facing, knit until one heel stitch remains unworked on left-hand needle: k 30 (32, 34, 36, 40, 42, 44, 46), BWR. Place the slipped stitch on the adjacent spare 'parking' needle.

Turn work WS facing, knit until one heel stitch remains unworked on left-hand needle, k 29 (31, 33, 35, 39, 41, 43, 45), BWR. Place the slipped stitch on the adjacent 'parking' needle.

As an aid to keeping on track, on the completion of each WS row, there should always be the same number of wrapped stitches on the spare needles on either side of the heel (remember that the first wrapped stitch on the left is in the sock color).

Repeat these two rows, ending with a WS row, (approximately k 5, BWR) or until the heel is deep enough for your foot. There should be an equal number of wrapped stitches on either side of the central 5 sts.

Heel Increase Section

RS Facing: Knit an equal number of stitches as the previous row (approximately k5) knit 1 previously wrapped stitch from next needle; work this stitch as usual, leaving the 'wrap' around the base of the stitch (don't knit into the wrap), slip next wrapped heel stitch from the spare needle to the RHN, bring the yarn between the needles (making a wrap) and return it to the spare needle. Turn.

WS FACING: Knit across all the stitches on the heel needles (k6) knit 1 previously wrapped stitch from the parking needle (work the stitch as usual), BWR the next stitch on the parking needle. Turn.

RS FACING: Knit across all the stitches on the heel needles (k7) knit 1 previously wrapped stitch from the parking needle (work the stitch as usual), BWR the next stitch on the parking needle. Turn.

Repeat these two rows, increasing the number of stitches worked by one, on each successive row.

You are embarking on the final pair of rows when there are two stitches left on each parking needle. Don't get carried away!

END WITH THIS WS ROW: K 31 (33, 35, 37, 41, 43, 45, 47), borrow and wrap the Heel yarn around the first Heel stitch, but do not replace the wrapped stitch to the LHN. Cut off Heel yarn, leaving a tail. Turn the work RS facing.



Sock Leg

With the sock yarn, tighten up any slack that has crept into the last couple of stitches and resume working with the sock yarn. Knit across the first 16 (17, 18, 19, 21, 22, 23, 24) heel stitches, p1, knit to motif reference marker (MM) and continue working in pattern as established on the instep stitches (Chart 1) and purling the center back stitch until the next Round 42.

Reestablish the use of the beginning and side of round markers and rearrange your stitches on the needles to best suit yourself.

Back of Leg Pattern

Establish the back of leg pattern on the next Rnd 42 by making a k1-O-k1 increase in the center back purl stitch.

Continue one more front pattern repeat Rnds 28 - 42, and simultaneously work the back of leg from Rnds 13 - 27 (see Chart 2).

Complete both motifs with Rnds 43 - 57 on both sides.

Repeat Rnd 57 until the sock is 1¼" (3.2 cm) shorter than the desired leg length.

End the final Rnd 57 before the three twisted knits at the back of the sock. Place end of round marker here.

CUFF RND 1: K3tbl, knit to front three twisted knits, k3tbl, knit to end of round.

CUFF RND 2: K3tbl, purl to front three twisted knits, k3tbl, purl to end of round.

CUFF RND 3: S1, k1tbl, s1, knit to front three twisted knits, s1, k1tbl, s1, knit to end of round.

CUFF RND 4: K1tbl, s1, k1tbl, purl to front three twisted knits, k1tbl, s1, k1tbl, purl to end of round.

Repeat Cuff Rounds 1 - 4, four times. End with Cuff Rnds 1 and 2. Cut working yarn, leaving a 6" (15 cm) tail.

Apply I-cord

Slip 5 sts to the right-hand needle. (This is to move the start of round, so that all the ends are not in one spot.) Turn the sock inside out on the needles.

Note: For advanced technique choices please see Connoisseurs Option below.

Cast on 4 sts onto an empty dpn, slip these four sts purlwise onto the left-hand needle (sock is WS facing).

I-CORD RND 1: K3, k2t-tbl. Slip all four sts back to the left-hand needle.

Repeat I-Cord Rnd 1 three times.

I-CORD RND 4: K4. Slip all four sts back to the left-hand needle.

Repeat Rnds 1 - 4 until all the sock stitches have been used.

Graft the four cord stitches from the needle to the bases of their cast-on great, great, grandparents or bind them off and sew the ends together.

To speedily slip the cord stitches back to the left-hand needle; overlap the tapers of the two needles and push the four stitches as a group from one needle to the other.

Connoisseur's Option

In brightly contrasting, similar-weight waste yarn, cast on 4 sts onto a dpn for

unattached I-cord. Work four rounds as follows: (Knit 4 sts, without turning the work, slide stitches to the opposite end of the dpn, take the yarn across the back of work) repeat x 4. Break off waste yarn with 6" (15 cm) tail. Slip the waste yarn stitches onto the left-hand needle and work as Applied I-Cord Rnd 1 in your working yarn. The waste yarn acts as a sewing guide when joining the two ends of the cord. Cut away the waste yarn stitches as each stitch is grafted.

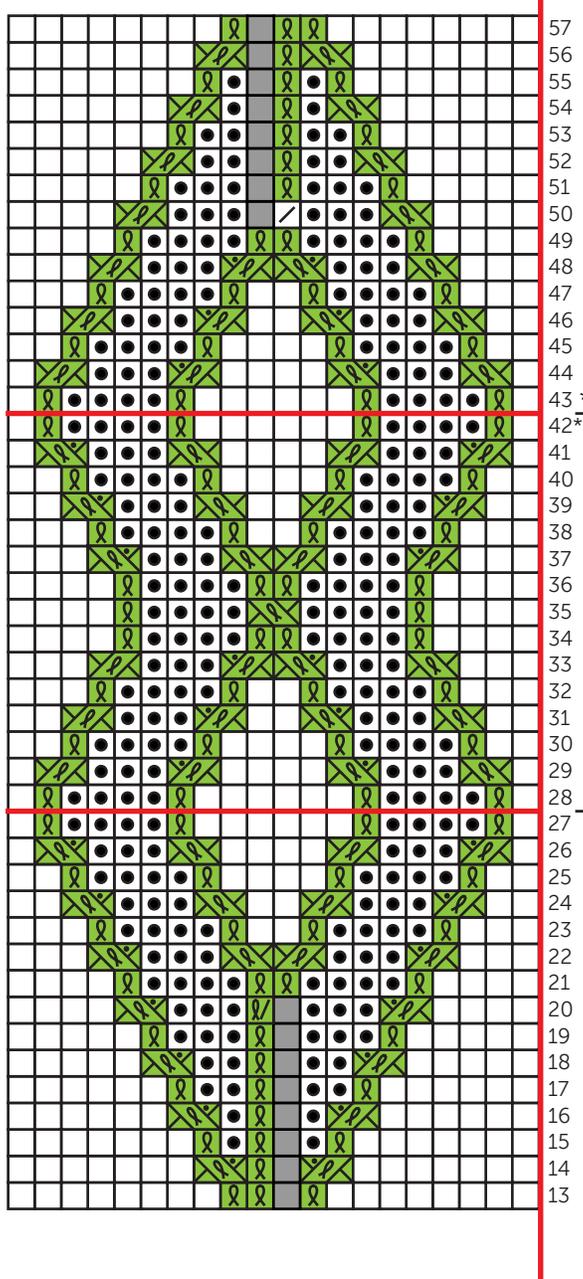
Finishing & Using the Reverse Sock Toe Chimney

Thread a blunt darning needle with 16" (40 cm) of sock yarn. Tuck the chimney tube inside the sock and hold it from within the sock so that you can see the junction between the main and waste yarns on both sides. Beginning at the midpoint of the toe (sock is RS side facing), pull only half of the sewing yarn through, follow the path of the waste yarn as it intersects with two adjacent main yarn stitches. Check for stitch happiness! Repeat on the other side of the toe. Neaten corners once the waste yarn is removed. Either pick out the chimney stitch by stitch or cut off the cast-on edge and unravel from there. For more details please see Lesson 4 on the Smocked Guernsey Sock.

Darn in all other remaining yarn tails. Check the stitches on either side of the heel for distortion, support them if necessary by adding internal duplicate.

SERPENTINE SOCK CHARTS

Chart 1 - Front Pattern



Motif Reference Marker (MM)

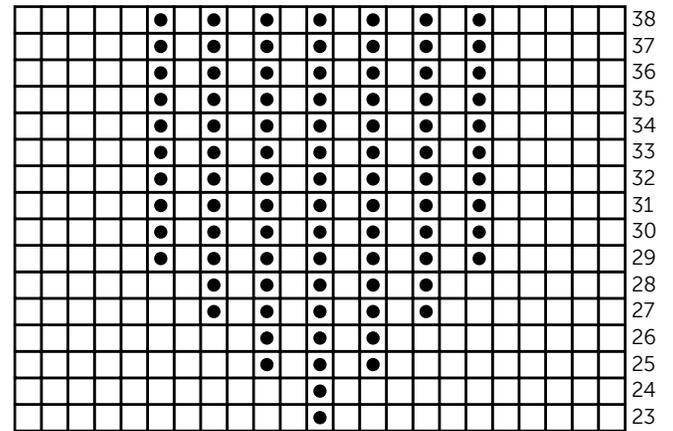
* Begin optional ribbed sole on this round. See written directions

15 Rnd repeat

Key

- knit
- purl
- k2tog
- k1tbl
- no stitch
- 1/1 LCwT
- 1/1 LPCwT
- 1/1RCwT
- 1/1RPCwT
- RSI-k1tbl

Chart for Optional Ribbed Sole



begin at midpoint of sole

Chart 2 - Back of Leg

