

Sprung Socks

Materials Required:

Yarn: 300-400 yards sock weight yarn.
Sample knit in Curious Yarns Sock Yarn
(415 yards/100 grams)

Needles: US Size 1 (2.25 mm) Instructions
are given for socks worked with 5 DP
needles, but pattern is suitable for any
method.

Size: M (8" circumference). Instructions
also given to scale pattern up or down to
any size.

Gauge: 8 stitches/inch, 12 rows/inch in
stockinette.



These socks are my first experiment in open work knitting in a sock pattern and my first pattern to feature toe up construction. I loved the subtle variations of the yarn that I chose, and thought they would combine well with a lace pattern because the variegations wouldn't be so strong that they would overwhelm the lace.

These socks should be considered an adventurous beginner level project, and are a nice introduction to simple lace knitting. It involves using a provisional cast on, increasing, basic lace techniques, the ability to follow a stitch pattern chart, and short row heel construction.

The pattern as shown has one size, but you can make the sock larger or smaller by altering the yarn and/or needles that you choose to knit the project in. To decrease the circumference, select smaller yarn and needles. To increase the circumference, choose larger yarn and/or needles. Alternatively, using toe up construction, it is possible to alter the circumference of the sock to fit any individual need, and since the stitch pattern is a simple 6 stitch repeat, when combined with the toe up construction, it is very easy to add or subtract repeats in order to meet your personal sock size needs. Instructions for this are provided.

It is recommended that you read **ALL THE INSTRUCTIONS** before knitting the pattern as some charting instructions may be unfamiliar.

List of Abbreviations

Abbreviation	Description
K2Tog	Knit two stitches together
K3Tog	Knit three stitches together
SSK	Slip two stitches knitwise to the right needle, return to the left needle and knit both stitches through the back of the loops.
SSP	Slip 2 stitches knitwise to the right needle, return them to the left needle and purl both stitches together.
SSSP	Slip 3 stitches knitwise to the right needle, return them to the left needle and purl all three stitches together
YO	Yarn over

Sock Toe and Instep

To begin sock, use a waste yarn and the crochet cast on to cast on 10 stitches. Join main yarn. Knit 1 row, purl 1 row, knit 1 row. Carefully remove waste yarn and put free stitches onto a second needle. You should have 10 stitches on each needle. You are now going to bring the needles together (with the wrong sides of the fabric facing each other) and start knitting in the round.

R1: Knit 1, Knit into the front and the back of the next stitch, knit until 2 stitches remain on the first needle, Knit into the front and back of the next stitch, Knit 1. Repeat this instruction for the stitches on the second needle.

R2: Knit

Repeat these two instructions until you have 14-16 stitches on each needle or whenever it becomes uncomfortable to continue working on two needles. At this point, if you are using 5 double points, you will want to split the stitches over 4 double points, dividing evenly. You will then use the following instructions (if you are using two circulars or magic loop, then ignore the instruction to start on the second needle):

R1: Knit 1, Knit into the front and back of the next stitch, knit to end of first needle. Start second needle. Knit until two stitches remain on second needle, knit into the front and back of the next stitch, Knit 1. Repeat this instruction for the remaining two needles.

R2: Knit

Once you have reached a circumference that fits your foot (for an average woman's size 8 sock, using the gauge described, this will be 64 stitches) you will continue knitting in straight stockinette until you are 2 inches from the length of the foot you are making the sock for. For example, if your foot is 9.75" you will knit in plain stockinette until you have a total length from the tip of the toe of 7.75"



Sock Heel

To work the short row heel I recommend the method described by Priscilla Gibson-Roberts in her book *Simple Socks Plain and Fancy*. Any short row technique that you like is absolutely fine, as is any other heel construction method that you like to work from toe to top. Instructions for a short row heel are provided below.

- 1) Knit across the stitches, in pattern, until there is one stitch remaining. Turn the work.
- 2) With the wrong (purl) side facing, yarn over and purl the first stitch. Work across in pattern until there is one stitch remaining. Turn the work.
- 3) With the right (knit) side facing, yarn over and knit the first stitch. Knit to the paired stitch/yarn over. Turn.
- 4) Repeat instructions 2 and 3 until the heel is of sufficient depth for your foot. For the sock pictured, there were 12 stitches remaining between yarn over stitches. If you have a different circumference for your sock than 64 stitches a good rule of thumb is to repeat instructions 2 and 3 until you have 20% of the total circumference stitches between the yarn over stitches. However, you can also do more or less, to suit your own heel needs.
- 5) On the last right side row, yarn over and knit to the first yarn over at the end of the row. K2Tog, joining the yarn over to the next knit stitch in the next knit/yarn over pair. Turn.
- 6) With the wrong (purl) side facing, yarn over and purl to the first yarn over at the end of the row. SSP the yarn over and the following stitch. Turn.
- 7) With the right (knit) side facing, yarn over and knit to the first yarn over at the end of the row and K3Tog. Turn.
- 8) With the wrong (purl) side facing, yarn over and purl to the first yarn over at the end of the row. SSSP the yarn over, the following yarn over and the following stitch. Turn.
- 9) Repeat instructions 7 and 8 until the last stitch on each end is consumed.
- 10) Starting on the right (knit) side, yarn over and knit up to the last remaining yarn over on the set of heel stitches. Slip this stitch over to the needle holding the instep stitches. K2Tog.

11) Knit across the round, up to the last stitch. Place the last yarn over remaining on the heel needle on the needle with the last remaining instep stitch and SSK the two stitches together. Place a stitch marker here to indicate the beginning of the row.



Sock Leg

Before starting the pattern stitch, knit 5 rounds in straight stockinette.

The pattern stitch is a 6 stitch, relatively stretchy lace pattern. If you are starting from 64 stitches (as described in this pattern), knit one additional round, increasing at the end of the 2nd and 4th needles (or at the middle of the round and end of the round if you are using an alternative needle configuration).

You will now have 66 stitches on the needles.

If you are starting from a different number of instep stitches, use the following instructions to determine how to increase.

Total number of pattern repeats:

_____ instep stitches / 6 = _____ pattern repeats

Ex. 68 instep stitches / 6 = 11.3 pattern repeats.

Round up to next highest number if number is not evenly divisible:

_____ pattern repeats

Ex. 12 pattern repeats

Total number of stitches for pattern:

_____ pattern repeats x 6 stitches = _____ pattern stitches

Ex. 12 pattern repeats x 6 stitches = 72 pattern stitches

Total number of stitches to increase:

_____ pattern stitches - _____ instep stitches = _____ increase stitches

Ex. 72 pattern stitches – 68 instep stitches = 4 increase stitches.

Increase interval:

_____ instep stitches / _____ increase stitches = increase 1 every _____ stitches

Ex. 68 instep stitches / 4 increase stitches = increase 1 stitch every 17 stitches.

Start knitting in pattern (pattern stitch chart can be found at the end of the pattern), you will have 11 repeats of the pattern every row if you are starting from 66 stitches, otherwise, you will have the number of repeats you calculated in the table above. You may wish to redistribute the stitches over your needles so that pattern repeats are not divided over needles. Continue knitting in pattern stitch until 13 pattern intervals (approximately 6" in pattern) have been completed. If you want the socks to be shorter or longer, alter the number of intervals as appropriate to adjust the length to your tastes.

Sock Top

Knit one row.

To start ribbing: *(K2, P2, P2), repeat from * to end of row,

Knit in ribbing pattern for 1.5" – sock leg should be approximately 8" long.

To cast off, I recommend the following cast off:

Knit first two stitches, maintaining rib pattern. Bring yarn to back of work. *Slip 2 stitches on right hand needle back to left hand needle. K2Tog through the back of the loops. Knit next stitch (maintaining pattern). Repeat from * until all stitches have been cast off.

To avoid second sock syndrome, cast on for next sock right away. Repeat instructions for second sock exactly as for first sock. Wear, enjoy, and feel delightfully springy!

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Charts for Sprung Socks

Symbol Legend for Charted Patterns:

Symbol	Instruction
	Knit on right side, purl on wrong side
^	Knit two stitches together
λ	Slip two stitches knitwise to the right needle, return to left needle and knit both stitches through the back of the loops. (SSK)
○	Yarn over

	1	2	3	4	5	6	
					○	^	6
				○	^		5
			○	^			4
	λ	○					3
		λ	○				2
			λ	○			1

Chart 1: Sprung Sock Pattern Chart



Picture 1: Pattern Stitch Closeup