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Socks with yo-yo heel

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**MEILENWEIT 8-PLY**

# BASIC INSTRUCTIONS

## Socks with yo-yo heel



These basic instructions are for size 38/39 socks worked in Lana Grossa **Meilenweit 8-ply** (315 m/150 g) on size 4.5 – 5 mm needles. Please refer to the size chart for additional sizes.

### CAST-ON:

Cast on 40 sts. Arrange sts evenly on 4 needles = 10 sts per needle. Place beg of rnd marker and join for working in rnds. Beg of rnd is between first and 4th needle.

### LEG:

Work in k1, p1 rib for a few centimeters, then cont in rib patt or in St st or in patt as desired or according to instructions. After the leg has been worked, cont to work sts on 2nd and 3rd needle in established patt for top of foot, work sts on first and 4th needle in St st for heel and sole. Some patts may require an adjustment to the stitch count given in the size chart to account for the multiples of the patt.

### HEEL:

When leg meas approx. 18 – 19 cm from beg, work sts on first and 4th needle in St st, sts on 2nd and 3rd needle in patt as established for approx. 1 – 2 cm. Leaving sts on 2nd and 3rd needle on hold, work across the 20 sts on first and 4th needle, back and forth in rows in St st as foll: Divide heel sts into 3 sections of 6/8/6 sts and work short-rows from the outside in as foll:

**Row 1 [RS]:** K all sts on 4th and first needle, turn.

**Row 2 [WS]:** Work 'double stitch' [dbl st]: Sl 1 pwise wyif, bring yarn to back of work over top of the needle and pull it very tightly; this will rotate the st to the back of the needle so that both 'legs' of the st from the row below are now on the needle. P to end, turn.

**Row 3 [RS]:** Work dbl st, k to last st (= dbl st which remains unworked), turn.

**Row 4 [WS]:** Work dbl st, p to last st (= dbl st which remains unworked), turn. Rep rows 3 and 4 until 6 dbl sts have been worked at each edge and 8 sts rem between dbl sts. Next, work 2 rnds across sts on all 4 needles, working sts on 2nd and 3rd needle in established patt and sts on 4th and first needle in St st. Work all dbl sts as one st by inserting needle into both strands and knitting them together. Next, work short-rows from the inside out as foll:

**Row 1 [RS]:** K14 (= sts from first 6-st section and sts from 8-st center section), turn.

**Row 2 [WS]:** Work dbl st, k to end of 8-st center section, turn.

**Row 3 [RS]:** Work dbl st, k to next dbl st, insert needle into both strands and knit them together, k1, turn.

**Row 4 [WS]:** Work dbl st, p to next dbl st, insert needle into both strands and purl them together, p1, turn. Rep rows 3 and 4 until dbl sts have been worked to each edge.

**Next RS row:** Work dbl st, then work in rnds across sts on all 4 needles, working sts on 2nd and 3rd needle in established patt and sts on 4th and first needle in St st. Make sure to work dbl st as 1 st by knitting both strands tog on first rnd. Cont until foot meas approx. 20.5 cm from center of heel.

### TOE:

Work in St st across sts on all 4 needles. Dec 4 sts on first rnd, then every other rnd 4 times, then every rnd until 8 sts rem as foll: On first and 3rd needle, work to last 3 stitches, k2tog, k1. On 2nd and 4th needle, k1, sl 1 kwise, k1, pssso, k to end. Cut yarn, draw yarn end twice through rem 8 sts and pull tight. Weave in ends.

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### GAUGE SWATCH

Before you begin make a gauge swatch. Use the recommended needles, yarns and pattern stitch for your gauge swatch. It should measure approx. 12 cm x 12 cm. Cast-on and bind-off rows, as well as selvage stitches should not be included in the measurement. Pin your swatch and block it as you would

the finished pieces of the garment. Count stitches and rows over 10 cm. If your gauge swatch is too small, switch to larger needles. If your gauge swatch is too big, switch to smaller needles.

### Size chart for socks with yo-yo heel worked with Meilenweit 8-ply 315m/150g

**Gauge:** 18 sts and 25 rows/rnds = 10 x 10 cm

Size	22/23	24/25	26/27	28/29	30/31	32/33
Sts to cast on/sts per needle	28/7	32/8	32/8	32/8	32/8	36/9
Sts for heel	14	16	16	16	16	18
Heel sts before and after center section	4/6/4	5/6/5	5/6/5	5/6/5	5/6/5	6/6/6
Length from center of heel to beginning of toe in cm	12	13	13,5	14	15,5	17
Toe decs on 3rd rnd after first dec rnd			1x	1x	1x	1x
Every other rnd	2x	1x	2x	2x	2x	3x
Every rnd	2x	4x	2x	2x	2x	2x
Total length of foot in cm	14,5	15,5	17	18	19,5	21

Size	34/35	36/37	38/39	40/41	42/43	44/45	46/47
Sts to cast on/sts per needle	36/9	40/10	40/10	44/11	44/11	48/12	48/12
Sts for heel	18	20	20	22	22	24	24
Heel sts before and after center section	6/6/6	6/8/6	6/8/6	7/6/7	7/8/7	8/8/8	8/8/8
Length from center of heel to beginning of toe in cm	18	19	20,5	21,5	22,5	23	24,5
Toe decs on 3rd rnd after first dec rnd	1x	1x	1x	1x	1x	1x	1x
Every other rnd	3x	3x	3x	3x	3x	3x	3x
Every rnd	2x	3x	3x	4x	4x	5x	5x
Total length of foot in cm	22	23,5	25	26,5	27,5	28,5	30