



Heel Heaven

THIS SOCK WHICH HAS A CONTRAST COLOURED CABLED CUFF, HEEL AND TOE SECTION IS KNITTED USING THE 'MAGIC LOOP' METHOD WHICH MEANS WORKING ON A CIRCULAR NEEDLE RATHER THAN DOUBLE POINTED NEEDLES. IT CAN SEEM A LITTLE STRANGE TO BEGIN WITH BUT THE TECHNIQUE IS DEFINITELY WORTH PRACTISING TO PERFECT. I RECOMMEND USING A HIGH QUALITY CIRCULAR LIKE AN ADDI TURBO THAT IS AT LEAST 80 CM LONG.

The pattern instructions are given for two sizes, the smallest size first and then largest size inside the brackets

YARN

A	Regia 4ply Silk Color	sh 0188
	Marokko	x 2 50g balls
B	Regia 4ply Silk	sh 030
	Feuer	x 1 50g ball

NEEDLES

One 2.50 mm x 100 cm long Addi Turbo

ALSO NEEDED

Cable needle

TENSION

38 sts and 48 rows to 10 cm (4 inches) measured over stocking stitch using 2.50 mm needle

FINISHED MEASUREMENT

S / M To fit 19 cm (7 ½ inch) ankle circumference

M / L To fit 21 cm (8 ¼ inch) ankle circumference

ABBREVIATIONS

K – knit P – purl
 st(s) – stitch (es) tog – together
 tbl – through back of loop
 c.n. – cable needle
 RS – right side WS – wrong side
 C4F – slip next 2 sts onto cable needle and hold at front of work, k2 then k2 from c.n.
 C4B - slip next 2 sts onto cable needle and hold at back of work, k2 then k2 from c.n.

KNITTING THE SOCKS – MAKE 2 ALIKE

Using yarn B , 2.50 mm circular needle and long tail cast on method cast on 72 (84) sts. Slide all the stitches off the needle tips onto nylon cord to divide in half. Find the midway point (between stitches 36 & 37 for 1st size and 42 & 43 for 2nd size) and pull the cord through, sliding the two sets of stitches upwards towards the needle tips. The set of stitches attached to the working end of the yarn should now be in your right hand and the cast on edge should form a ‘U’ shape when viewed from the top without being twisted. Now pull the right needle tip upwards so that the stitches slide off the needle tip allowing you to begin working in rounds into the stitches on the left as follows;

Round 1 (RS): (P2, k4) to end of round
 Repeat this round a further 3 times
 Round 5; (P2, C4F) to end of round
 Rounds 6 – 8: As Round 1
 Round 9: (P2, C4B) to end of round
 Rounds 10 – 12: As Round 1

Repeat Rounds 5 – 9 once more. 17 rounds of cable rib completed

Break off Yarn B and join in Yarn A then starting with a knit row work in stocking stitch (i.e. every row knit) until sock measures 16 (18) cm (6 1/4 (7) inches) from cast on edge. Continue working heel flap in **rows** of cable rib as follows;

Divide for heel:

Break off Yarn A, join in Yarn B

S / M size: Your sock is already divided for working the heel

Row 1: P1, (k4, p2) 5 times, k4, p1.

M / L size only: Working into the first **36 sts only** of next round only

Row 1: P1, (k4, p2) 5 times, k4, p1. At this stage slide the 6 unworked stitches now on your left along cord to join with the remaining 42 of the sts; these 48 sts will form the instep.

Both sizes:

Continue working in rows as follows:

Row 2: K1, (p4, k2) 5 times, p4, k1

Repeat the last 2 rows once more

Row 5: P1, (C4F, p2) to last 5 sts, C4F, p1

Row 6: As Row 2

Rows 7 & 8: As Rows 1 & 2

Row 9: P1, (C4B, p2) to last 5 sts, C4B, p1

Row 10: As Row 1

Rows 11 & 12: As Rows 1 & 2

S / M size only:

Repeat Row 5 – 12 once more then cont as follows;

Row 21: As Row 5

Row 22: As Row 6

Rows 23 & 24: Repeat Rows 1 & 2 twice.

24 rows total

M / L size only:

Repeat Rows 5 – 12 twice. 28 rows total

Turning the heel:

S / M size only Row 1: P1, k4, p2, k4, (p2, C4B) twice, k2tog tbl, k1, turn

M / L size only Row 1: P1, k4, p2, k4, (p2, C4F) twice, k2tog tbl, k1, turn

Both sizes continue as follows:

Row 2: P6, k2, p4, p2tog, p1, turn

Row 3: K6, p2, k5, k2tog tbl, k1, turn

Row 4: P7, k2, p5, p2tog, p1, turn

Row 5: K7, p2, k6, k2tog tbl, k1, turn

Row 6: P8, k2, p6, p2tog, p1, turn

Row 7: K8, p2, k7, k2tog tbl, k1, turn

Row 8: P9, k2, p7, p2tog, p1, turn

Row 9: K9, p2, k8, k2tog tbl, k1, turn

Row 10: P10, k2, p8, p2tog, p1, turn

Row 11: K10, p2, k9, k2tog tbl, p1, turn
 Row 12: K1, p10, k2, p9, p2tog, k1, turn.
 Heel turned 24 sts remaining



Break off Yarn B & rejoin Yarn A to pick up for gusset. With RS facing & returning to working in rounds not rows knit across 24(24) sts of heel flap then pick up & knit 14(16) sts down left side of heel, place marker, knit 36 (48) sts to other side of heel, place marker, pick up & knit 14 (16) sts up right side of heel. 88 (104) sts
 Next round: Knit slipping markers as you come to them
 Next round: Knit to within 2 sts of marker, k2tog, slip marker, knit to next marker, slip marker, k2tog tbl, knit to end of round
 Repeat the last 2 rounds until you have the original number of stitches cast on. 72 (84) sts

M / L size only: Re- arrange the 84 sts so they are once again evenly divided over the circular needle

Both sizes: Continue working in stocking stitch with round starting & ending at side of foot – re-arrange as necessary – until sock is 4 cm shorter than required finished length. Don't be afraid to try the sock on as you work. Break off yarn A & join in yarn B

Shaping the toe - S / M size only:

Round 1: [P1, (k4, p2) 5 times, k4, p1] twice

Rounds 2 - 4; As Round 1

Round 5: [P1, (C4F, p2) 5 times, C4F, p1] twice

Rounds 6 - 8: As Round 1

Round 9: [P1, (C4B, p2) 5 times, C4B, p1] twice

Round 10: As Round 1

Round 11: [K2tog tbl, k3, (p2, k4) 4 times, p2, k3, k2tog] twice 68 sts

Round 12: [(K4, p2) 5 times, k4] twice

Round 13: [K4, (p2, C4F) 4 times, p2, k4] twice

Round 14: As Round 12

Round 15: [K2tog tbl, k2, (p2, k4) 4 times, p2, k2, k2tog] twice 64 sts

Round 16: [K3,(p2, k4)4 times, p2, k3] twice

Round 17: [K3, (p2, C4B) 4 times, p2, k3] twice

Round 18:As Round 16

Round 19: [K2tog tbl, k1, (p2, k4) 4 times, p2, k1, k2tog] twice 60 sts

Round 20: [K2,(p2, k4)4 times, p2, k2] twice

Round 21: [K2tog tbl, (p2, C4F) 4 times, p2, k2tog] twice 56 sts

Round 22: [K1,(p2, k4)4 times, p2, k1] twice

Round 23: : [K2tog tbl, p1, (k4, p2) 3 times, k4, p1, k2tog] twice 52 sts

Round 24: [K1, p1. (k4, p2) 3 times, k4, p1, k1] twice

Round 25: [K2tog tbl, (C4B, p2) 3 times, C4B, k2tog] twice 48 sts

Round 26: [K2tog tbl, k3, (p2, k4) twice, p2, k3, k2tog] twice 44 sts

Round 27: [K2tog tbl, k2, (p2, k4) twice, p2, k2, k2tog] twice 40 sts

Round 28: [K2tog tbl, k1, (p2, k4) twice, p2, k1, k2tog] twice 36 sts

Round 29: [K2tog tbl, (p2, k4) twice, p2, k2tog] twice 32 sts

Round 30: [K2tog tbl, p1, k4, p2 , k4, p1, k2tog] twice 28 sts

Shaping the toe - S / M size only:

Round 1: [P1, (k4, p2) 5 times, k4, p1] twice

Rounds 2 - 4; As Round 1

Round 5: [P1, (C4F, p2) 5 times, C4F, p1] twice

Rounds 6 - 8: As Round 1

Round 9: [P1, (C4B, p2) 5 times, C4B, p1] twice

Round 10: As Round 1

Round 11: [K2tog tbl, k3, (p2, k4) 4 times, p2, k3, k2tog] twice 68 sts

Round 12: [(K4, p2) 5 times, k4] twice

Round 13: [K4, (p2, C4F) 4 times, p2, k4] twice

Round 14: As Round 12

Round 15: [K2tog tbl, k2, (p2, k4) 4 times, p2, k2, k2tog] twice 64 sts
 Round 16: [K3,(p2, k4)4 times, p2, k3] twice
 Round 17: [K3, (p2, C4B) 4 times, p2, k3] twice
 Round 18:As Round 16
 Round 19: [K2tog tbl, k1, (p2, k4) 4 times, p2, k1, k2tog] twice 60 sts
 Round 20: [K2,(p2, k4)4 times, p2, k2] twice
 Round 21: [K2tog tbl, (p2, C4F) 4 times, p2, k2tog] twice 56 sts
 Round 22: [K1,(p2, k4)4 times, p2, k1] twice
 Round 23: : [K2tog tbl, p1, (k4, p2) 3 times, k4, p1, k2tog] twice 52 sts
 Round 24: [K1, p1. (k4, p2) 3 times, k4, p1, k1] twice
 Round 25: [K2tog tbl, (C4B, p2) 3 times, C4B, k2tog] twice 48 sts
 Round 26: [K2tog tbl, k3, (p2, k4) twice, p2, k3, k2tog] twice 44 sts
 Round 27: [K2tog tbl, k2, (p2, k4) twice, p2, k2, k2tog] twice 40 sts
 Round 28: [K2tog tbl, k1, (p2, k4) twice, p2, k1, k2tog] twice 36 sts
 Round 29: [K2tog tbl, (p2, k4) twice, p2, k2tog] twice 32 sts
 Round 30: [K2tog tbl, p1, k4, p2 , k4, p1, k2tog] twice 28 sts

Shaping the toe - M / L size only:

Round 1: [P1, (k4, p2) 6 times, k4, p1] twice
 Rounds 2 – 4: As Round 1
 Round 5: [P1, (C4F, p2) 6 times, C4F, p1] twice
 Rounds 6 – 8: As Round 1
 Round 9: [K2tog tbl, k3, (p2, C4B) 5 times, p2, k3, k2tog] twice 80 sts
 Rounds 10 - 12: [K4, (p2, k4) 5 times, p2, k4] twice
 Rounds 13: [K2tog tbl, k2, (p2, C4F) 5 times, p2, k2, k2tog] twice 76 sts
 Rounds 14 - 16: [K3, (p2, k4) 5 times, p2, k3] twice
 Round 17: [K2tog tbl, k1, (p2, C4B) 5 times, p2, k1, k2tog] twice 72 sts
 Round 18: : [K2, (p2, k4) 5 times, p2, k2] twice
 Round 19: [K2tog tbl, (p2, k4) 5 times, p2, k2tog] twice 68 sts
 Round 20: [K1,(p2, k4) 5 times, p2, k1] twice
 Round 21: [k2tog tbl, p1, (C4F, p2) 4 times, C4F, p1, k2tog] twice 64 sts
 Round 22: [K1, p1, (k4, p2) 4 times, k4, p1, k1] twice
 Round 23: [K2tog tbl, (k4, p2) 4 times, k4, k2tog] twice 60 sts
 Round 24: [k2tog tbl, k3, (p2, k4) 3 times, p2, k3, k2tog] twice 56 sts

Round 25: [K2tog tbl, k2, (p2, C4B) 3 times, p2, k2, k2tog] twice 52 sts
 Round 26: [K2tog tbl, k1, (p2, k4) 3 times, p2, k1, k2tog] 48 sts
 Round 27: [K2tog tbl,(p2, k4) 3 times, p2, k2tog 44 sts
 Round 28: [K2tog tbl, p1, (k4, p2) twice, k4, p1, k2tog] twice 40 sts
 Round 29: [K2tog tbl, (k4, p2) twice, k4, k2tog] twice 36 sts
 Round 30: [K2tog tbl, k3, p2, k4, p2, k3, k2tog] twice 32 sts

Finishing & Making up

Graft toe seam using Kitchener Stitch

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