

#GROUNDEDSOCKS

grounded socks



FRAYA[®]



FRAYA 3016

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ABBREVIATIONS:

st(s)	= stitch(es)	dec	= decrease(s)
k	= knit	cont	= continue
p	= purl		
tbl	= through the back loop		
tog	= together		
RS	= right side		
WS	= wrong side		
beg	= beginning		
rep	= repeat		
rem	= remain[ing]		
st st	= stocking st		

Cast on 40 [44] 48 [52] 56 [60] 60 [64] sts loosely. Divide on 4 double pointed needles with 10 [11] 12 [13] 14 [15] 15 [16] sts on each needle. Work in rib [1st st on the 1st row = mid back] k1, *p2, k2*. Rep from * to * and end with p2, k1. Work even [i.e. in rib] for 12 [13] 14 [15] 16 [17] 19 [20] cm.

HEAL: Place the sts of needle 1 and 4 on one needle.

Work 4 [4] 4,5 [5] 5,5 [6] 7 [7,5] cm st st back and forth across the 20 [22] 24 [26] 28 [30] 30 [32] sts, end with a p row.

K until 9 [10] 11 [12] 13 [14] 14 [15] sts rem on the needle, k2togtbl, k1, turn, slip 1 st, p until 9 [10] 11 [12] 13 [14] 14 [15] sts rem on the needle, p2tog, p1, turn, slip 1 st, k until 7 [8] 9 [10] 11 [12] 12 [13] sts rem, [=1 st before the previous turn], k2togtbl, k1. Turn and cont in this way until there are 12 [12] 14 [14] 16 [16] 16 [18] sts on the needle. P 1 row.

Knit up sts for the gusset as follows: 12 [12] 13 [15] 17 [19] 21 [23] sts along the one side of the heel, work the sts of the 2nd and 3rd needles, then knit up 12 [12] 13 [15] 17 [19] 21 [23] sts along the other side of the heel. Divide the sts on 4 needles [from mid back] as follows: Needle 1: 18 [18] 20 [22] 25 [27] 29 [32] sts. Needle 2: 10 [11] 12 [13] 14 [15] 15 [16] sts. Needle 3: 10 [11] 12 [13] 14 [15] 15 [16] sts. Needle 4: 18 [18] 20 [22] 25 [27] 29 [32] sts.

GUSSET: Now continue in the round working in st st under the foot and rib over the foot.

Needle 1: K until 2 sts rem, k2tog.

Needle 2 and 3: Rib.

Needle 4: K2togtbl, k the rest of the sts on the needle.

Cont working these dec on every round until 10 [11] 12 [13] 14 [15] 15 [16] sts rem on all needles.

Cont until the foot measures 7 [9] 10,5 [12] 13,5 [15] 18 [20] cm after the heel [where you knit up the sts for the gusset]. End in the middle of the under foot.

TOE: Cont in st st.

Toe sizes. 22 – 29:

K until 3 sts rem on the needle, k2tog, k1, next needle: k1, k2togtbl, k the rest of the needle, next needle: K until 3 sts rem on the needle, k2tog, k1, next needle: k1, k2togtbl, k the rest of the needle.

Rep these dec on every second round until 6 sts rem on each needle, now work the dec on every round until 3 sts rem on each needle.

Sew tog the toe with Kitchener sts or turn the sock WS out. K2tog, 1 st from each side of the toe, while at the same time casting off the sts.

Knit another sock in the same way.

Toe sizes. 31 – 44:

Now work dec for the toe as follows:

K until 3 sts rem on the needle, k2tog, k1, next needle: k1, k2togtbl, k the rest of the needle, next needle: K until 3 sts rem on the needle, k2tog, k1, next needle: k1, k2togtbl, k the rest of the needle.

Rep these dec on every second round until 8 sts rem on each needle, now work the dec on every row until 4 sts rem on each needle.

Sew tog the toe with Kitchener sts or turn the sock WS out. K2tog, 1 st from each side of the toe, while at the same time casting off the sts.

Knit another sock in the same way.

Weave in the ends.

SIZES

22/23 [25/26] 28/29 [31/32] 34/35 [37/38] 40/41 [43/44]

YARN

Reliable Fraya

70% Wool + 30% Polyamide

50 g = 150 m

or

Steady Fraya

70% Wool + 30% Polyamide

50 g = 150 m

YARDAGE

50 g [50 g] 50 g [100 g] 100 g [100 g] 100 g [100 g]

GAUGE

In st st on size 12-10 [3 mm]

needles: 30 sts x 40 rows = 10 cm x 10 cm

SUGGESTED NEEDLE SIZE

UK Size 12-10 [3 mm] double pointed needles

Please note: The needle sizes given above are only suggestions. The size of the needles you need depends on your personal gauge. If you knit firmly you might need a large needle size, if you knit loosely you might need a smaller needle size.