

Shenandoah Socks

designed by Cailyn Meyer
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- **Finished Size:** Women's 9 (foot length 9.5")
- **Needles:** 2 Size 1 (2.25mm) circular needles; optional: 2 Size 0 (2.00 mm) circular needles
- **Yarn:** Knit Picks Essential: MC - Black (2 balls), CC - Tuscany (1 ball)
- **Yardage:** Black, 340 yards; Tuscany, 120 yards
- **Extras:** Stitch markers, stitch holder or scrap yarn, tapestry needle

Shenandoah uses a slip stitch pattern on the foot and leg. Slip stitch is an easy color-work technique, because you're only using one color per row. Shenandoah is essentially a toe up sock, but isn't knit in the round between the toe and heel. After completing the increases for the toe normally, the instep stitches are worked separately. Then the sole is knit while joining it to the instep. A "heel flap" is knit, turned, and stitches are picked up along the flap, just like a top-down sock. The gusset is decreased, then the stitch pattern resumes for the leg.



The Essential Tuscany colorway reminds me of the leaves in autumn in my native Virginia. I really miss those beautiful colors here in Seattle. This pattern is great for hand-painted yarns, since the slip stitch pattern helps break up the pooling. I love the construction of these socks, so unusual and interesting. I'm planning on knitting up a few other designs based on the same principles, so I think these socks are going to be the first in a series.



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Special Stitches

wyif: with yarn held in front, as in “slip 1 st with yarn held in front”

wyib: with yarn held in front, as in “slip 1 st with yarn held in front”

SSLK: Slip the last stitch knitwise, pick up the two loops of the next slipped stitch on the instep, slip the two loops *purlwise*, insert right needle into the front loops of the two loops *and* slipped stitch and knit all 3 together. (A modified Slip, Slip, Knit.)

SSLP: Slip the last stitch knitwise, pick up the two loops of the next slipped stitch on the instep, slip the two loops knitwise, return the two loops and slipped stitch to left needle, and purl all 3 together. (A modified Slip, Slip, Purl.)

Toe

Using **Judy’s Magic Cast On**, CO 12 sts to each needle in MC. *24 sts*

The starting needle (Needle 1) is the top/instep. The second needle (Needle 2) is the bottom/sole.

Round 1: Knit.

Round 2: K1, M1, knit to last st on Needle 1, M1, K1, K1, M1, knit to last st on Needle 2, M1, K1. *4 sts increased.*

Repeat **Round 1 and 2** until there are 64 sts total, 32 sts on each needle.

Instep

Place sole sts (Needle 2) on stitch holder or scrap yarn. You can also pull the sts to the cable section of your circular needle, but I find that the dangling needle ends get in the way.

You will now be working back and forth on Needle 1.

Tip: Pull slipped stitches tight on the needle to reduce holes.

Row 1: Sl 1 wyib, k16, M1, k16. *1 st increased. 33 sts*

Row 2: Sl 1 wyif, purl all sts.

Row 1 and 2 count as the first 2 rows of the slip stitch pattern for the first repeat.

Join CC. Don’t cut MC; twist the two yarns together on the WS before each knit row to carry the MC yarn upwards. To twist the yarns, place the carried yarn over or under the working yarn and knit first stitch as normal. The MC yarn should be caught between the CC yarn and the work. Make sure that the last MC and CC slipped sts are snug; but don’t pull them too tight.

Start **Slip Stitch Pattern (Foot)** on **Row 3**.

Slip Stitch Pattern (Foot):

Row 1(MC): Sl 1 wyib, k1, *sl 1 wyif, k1* until 3 sts before the end, sl 1 wyif, k2

Row 2(MC): Sl 1 wyif, purl all sts.

Row 3(CC): Sl 1, k1, *k1, sl1 wyif* until 3 sts before the end, k3

Row 4(CC): Sl 1 wyif, purl all sts

Row 5(CC): Sl 1 wyib, knit all sts

Row 6(CC): Sl 1 wyif, purl all sts

Repeat the **6 rows** of the Slip Stitch Pattern until instep measures 7 ¼” from the tip of the toe, ending after a WS row. Cut MC and CC yarns.

Place instep sts on stitch holder or scrap yarn. Return sole sts to a needle. You’ll now be working back and forth on the new needle. Join MC yarn with the RS of the sole facing you. (Ignore the markers in the following pictures.)



Sock after instep is completed.

Sole/”Heel Flap”

Row 1 (RS): With the left needle, pick up the two loops of the first slipped stitch on the instep and move them (correctly mounted) to the right hand needle. Knit the two picked up loops together with the first stitch on the needle. Knit to 1 st before the end of the needle, SSLK.

Row 2 (WS): Sl 1, purl to last st, SSLP.

Row 3: Sl 1, knit to last st, SSLK.

Repeat **Rows 2 and 3** until all slipped sts have been used, ending after a RS row (do not use sts on the stitch holder or scrap yarn.)

Row 4: Sl 1, purl 27, p2tog. Place last 4 sts onto the stitch holder or scrap yarn. *1 st decreased. 28 sts on needle.*

Row 5: Sl 1, knit 24. Place last 4 sts onto the stitch holder or scrap yarn. *24 sts.*

These 24 stitches will be the bottom of the heel.

Row 6: Sl 1, purl all sts.

Row 7: Sl 1, knit all sts.

Repeat **Rows 6 and 7** until the sole measures 9” from the tip of the sock, ending after **Row 6**.



Heel Turn:

Row 1: Sl 1, k 16, ssk, turn.

Row 2: Sl 1, p 8, p2tog, turn.

Row 3: Sl 1, k 8, ssk, turn.

Repeat **Rows 2 and 3** until all sts have been worked, ending after Row 2. *10 sts remain.*

Knit across all sts on needle. Pick up and knit one st in each slipped stitch along the “heel flap.” Return all held sts to needles. *Place a marker between the last picked up stitch and the first held stitch.* Knit across 4 held sole sts, all instep sts, and the other 4 held sole sts. *Place a marker between the last held stitch and the first picked up stitch.* Pick up and knit one st in each slipped stitch along the “heel flap.” Knit 5 stitches from the heel and mark as the beginning of the round.

Gusset Decreases:

Row 1: Knit to 3 stitches before the first marker, k2tog, k1. Knit to the second marker, k1, ssk, knit to the end of the round. *2 sts decreased.*

Row 2: Knit.

Repeat **Rows 1 and 2** until 64 sts remain.

Leg

Join CC. *Row 1 and 2 count as the first 2 rows of the slip stitch pattern for the first repeat.* Start **Slip Stitch Pattern (Leg)** on Row 3.

Slip Stitch Pattern (Leg):

Row 1(MC): *sl 1 wyif, k1*

Row 2(MC): Knit

Row 3(CC): *k1, sl1 wyif*

Row 4, 5, 6(CC): Knit

Repeat **Rows 1-6** until leg is desired length (7 repeats shown in photos.)

Switch to smaller needles if desired.

Cuff

Work 15 rounds k1 p1.

BO very loosely.



Please Note: I post my patterns as soon as I've completed them because I'm excited to share them with you. They have not been fully tested. But they are free. I've made every effort to make sure that the instructions are clear and error-free. There may be typos or pattern mistakes and if you find them or have any questions, **please** let me know by posting a comment at dailyskein.wordpress.com or email me, dailyskein@gmail.com.



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