

Twin Diamond Spiral Socks

designed by Carol Schoenfelder

It's surprising to me that one stitch pattern can produce 2 different looks – depending on how the pattern is placed next to itself. I couldn't decide which of two different placements I liked better and so decided to publish both this one and its (fraternal) twin – Diamond Twin Spiral Socks. This one has zigzags down the front. (The stitch pattern in question is Diamond Spiral from Stanfield and Griffiths's *Encyclopedia of Knitting*.)

This sock and its twin also feature a heel that I recently read about on Ravelry – a yo-yo (German *jo-jo*) heel. I wanted to have a short-row-type heel for the socks because of the diagonal lines in the pattern. But, I dislike short-row heels. They just don't fit me right because of my high arch. This one does.

Plus, the yo-yo heel is a lot easier to make than any short-row heel that I've run across.

The sock is worked from the toe up. It has a rounded toe, an eyelet cuff, and a yo-yo heel.



This pattern has directions for making the sock in 2 colors, if desired. I wanted to make this sock and its twin in the same yarn but had only 2 skeins of Inca Gold. So, I ended up making the cuff and toe in a contrasting color.

materials <ul style="list-style-type: none">• fingering-weight yarn, approx 450 yds• two size 1 (2.25mm) 24" circular needles or size to obtain gauge• 2 stitch markers	Pictured sample uses Knit Picks Stroll in Inca Gold Tweed Knit Picks Stroll in Navy Tweed gauge 32 sts/40 rnds = 4" in st st	difficulty intermediate size Sized for Women's S (M, L) Foot Circumference: 7 (8, 9)"
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Note:

All slipped stitches are to be slipped purlwise.

The instructions are given for knitting the socks on 2 circs – though 1 long circ (Magic Loop Method) or dpns can be used just as easily.

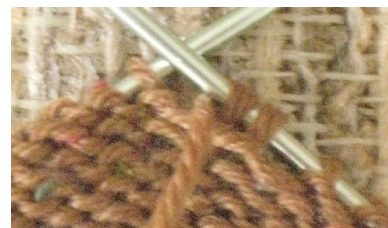
Special stitches:

Centered double decrease (cdd): Slip 2 tog knitwise to LHN, slip 1 knitwise to LHN, knit all 3 sts through back loop. (Alternatively, sl2 tog knitwise, K1, pass the slipped stitches over, together.)

Make 1 Right (M1R): From the front, lift strand between stitches with left needle. Knit into back of the new loop.

Doubled stitch (DS): Slip 1 st purlwise with yarn in front. Pull the loose end of the yarn to the back (over the top of the needle) so that both legs of the slipped stitch rest in front of the needle. Keep the yarn snug as you work the next stitch. When knitting or purling the stitch in a subsequent row, treat it as one stitch.

The best instructions I've found for a doubled stitch come from Silke Pieper's [Farnkrautsocken](#) (available on Ravelry) and [testknits.com](#).

**Directions:****Work toe:**

Using a Turkish Cast-On, Figure-Eight Cast-On, or Judy's Magic Cast-On, cast on a total of 14 (18, 22) stitches -- 7 (9, 11) stitches per needle. Knit across the stitches on each needle once.

Then, increase 4 stitches per round as follows:

Needle 1: kfb, k to last 2 sts, kfb, k1

Needle 2: kfb, k to last 2 sts, kfb, k1.

Repeat this round to 13 (15, 17) sts per needle.

Alternate the increase round with a plain knit round to 25 (29, 33) sts per needle.

Knit 2 plain knit rounds. Then work a final increase round to 27 (31, 35) sts per needle.

Knit 3 plain knit rounds --- or to desired toe length.

If the toe is to be in a different color than the rest of the sock, break yarn and attach new yarn.

Start charted pattern:

Work from Diamond Spirals Chart on Needle 1 -- using the first chart for S and the second chart for sizes M and L. Knit across the sts on Needle 2.

Continue until length is about 2" (18 (20, 22) rows) less than desired foot length, stopping in the middle of a round -- just before starting Needle 2 sts. (This heel has no gusset.)

Work bottom of heel:

Working only with Needle 2, divide the heel sts into thirds:

k 9 (10, 12), place marker, k 9 (11, 11), place marker, k 9 (10, 12). Turn.

Start shaping, using doubled stitches (which I'll abbreviate **DS**):

R1: DS, purl to end (p 26 (30, 34)). Turn.

R2: DS, knit to one st before DS. (Do not knit any DSs.) Turn.

R3: DS, purl to one st before DS. (Do not purl any DSs.) Turn.

Repeat rows R2 - R3 until all stitches outside the markers have been doubled. (9 (11, 11) regular sts and 18 (20, 24) doubled sts on Needle 2)

Work middle of heel:

Start working in the round again.

Using the marker next to the last doubled stitch as the beginning-of-round marker, start knitting in the round.

Knit sts on Needle 2 (remembering to treat each double stitch as a single stitch). Work sts on Needle 1 in pattern.

Work 2 to 8 rounds. The sample shown has 6 rounds – which works well for my high arch. (2 rounds will do for someone with a low arch.)

Work rest of heel:

Working only with Needle 2, knit to next marker (in other words, k9 (11, 11)). K1. Turn. Then:

R4: DS. Purl to second marker (in other words, p 9 (11, 11)). P1. Turn.

R 5: DS. Knit to DS. Knit DS. K1. Turn.

R 6: DS. Purl to DS. Purl DS. P1. Turn.

Repeat rows R5 – R6 until all sts on Needle 2 have been worked. Then:

Final row: DS. Knit to DS. Knit DS. Do not turn. (26 (30, 34) regular sts and 1 doubled st on Needle 2)

Begin leg:

Start working in the round again.

For 2 to 8 rounds (or to height desired), continue in pattern on Needle 1 and knit the sts on Needle 2.

Then, start working the Diamond Spirals pattern on Needle 2 as well, knitting the same pattern row on Needle 2 as was knit on Needle 1.

If shaping is desired, M1R on a Pattern Row 10, after the last st on both Needle 1 and 2 – an increase of 2 sts. If more shaping is desired, work increases also on Pattern Row 2. In subsequent rounds, knit these sts.

Continue working in pattern until the leg is 6" long (or desired length), ending on a even-numbered pattern row (a knit row).

If the cuff is to be in a different color than the rest of the sock, break yarn and attach new yarn.

Work cuff:

Rnd 1: Knit around.

Rnd 2: If there is an even number of sts on both Needle 1 and Needle 2, purl all sts.

Otherwise, purl to 2 sts before the end of Needle 1, p2tog. Then purl to 2 sts before the end of Needle 2, p2tog.

There are now an even number of sts on each needle.

Rnd 3: Knit around.

Rnd 4: Purl around.

Rnd 5: * k2tog, yo, repeat from * to end.

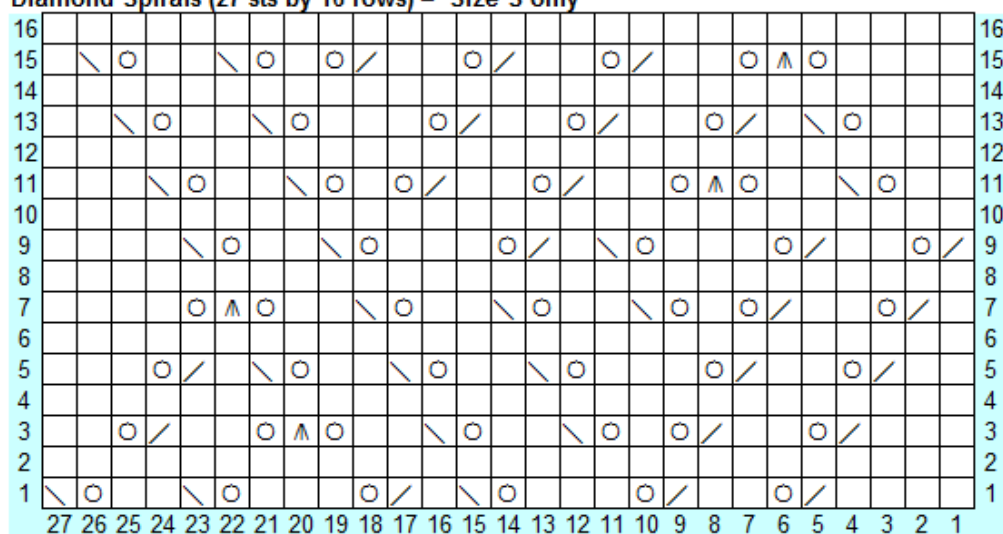
Rnd 6: Purl around.

Rnd 7: Knit around.

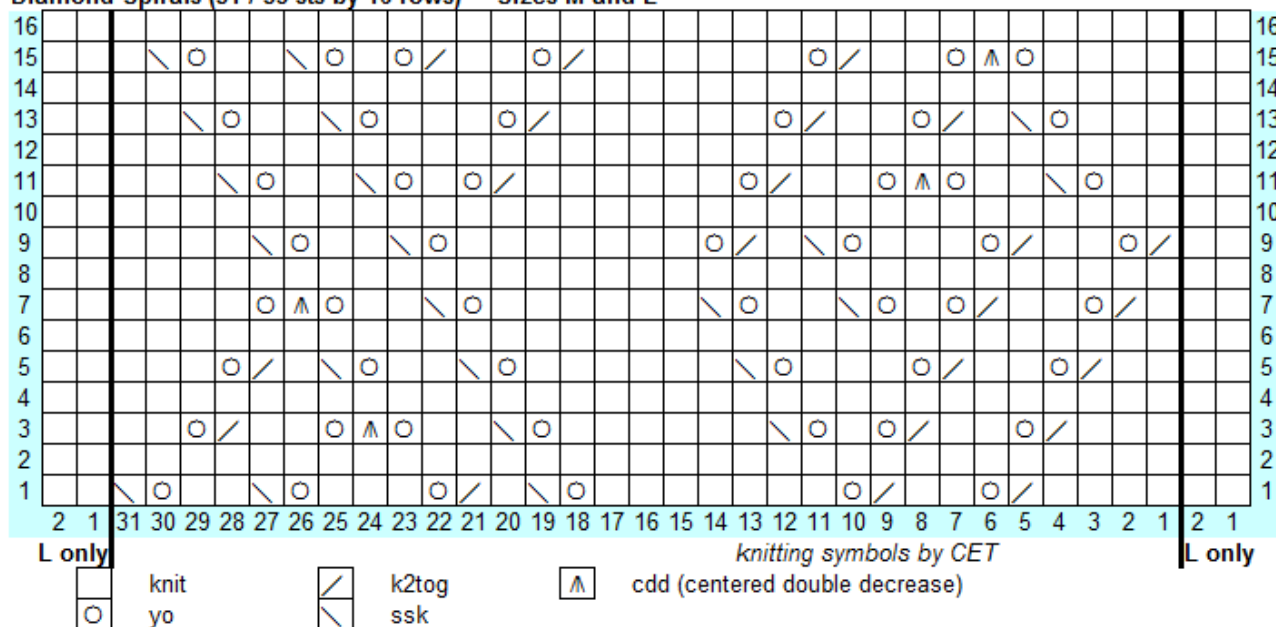
Bind off purlwise. For example, p1, * yo, p1, p2so, repeat from * to end.

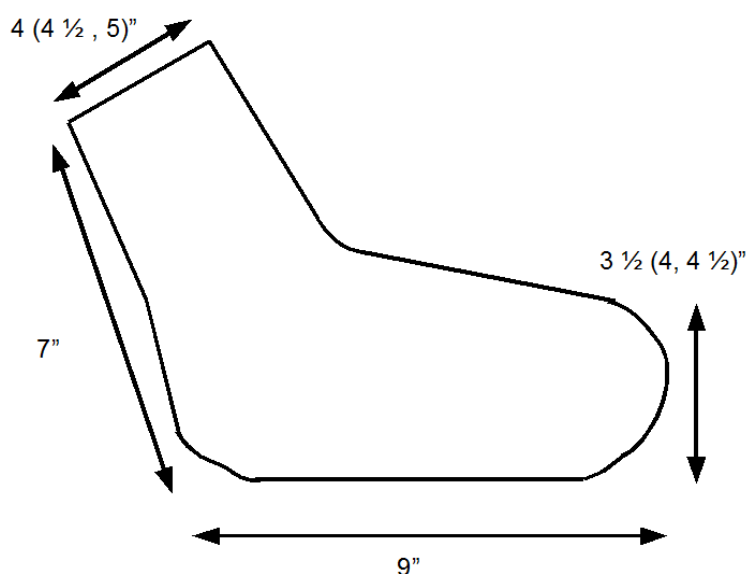
(p2so: pass 2 sts over; ie, pass the yo and p1 over the last p1.)

Diamond Spirals (27 sts by 16 rows) – Size S only



Diamond Spirals (31 / 35 sts by 16 rows) – Sizes M and L





Abbreviations			
"	inches	K, k	knit
()	rep inst bet ()'s as many times as noted afterward	K1-b	knit 1 st tbl
*	rep inst foll single * as directed	k2tog	knit two sts together
**	rep inst bet **'s as many times as noted after	KFB	knit into the front and back of stitch
[]	rep inst bet []'s as many times as noted after	kwise	knitwise
alt	alternate	LH	left hand
approx	approximately	M1	make one stitch
beg	begin/beginning	M1L	make a left-leaning knit st
bet	between	M1P	make a purl st
BO	bind off	M1R	make a right-leaning knit st
CC	contrast color	MC	main color
cdd	centered double decrease; sl2 tog, k1, pass 2 sts over k st	mm	millimeter(s)
cm	centimeter(s)	oz	ounce
cn	cable needle	PU	pick up
CO	cast on	P, p	purl
cont	continue	p2tog	purl 2 sts together
dec	decrease(es)	pat	pattern
DPN(s)	double pointed needle(s)	pm	place marker
DS	doubled stitch	pop	popcorn
EOR	every other row	pr	previous row
inc	increase	prev	previous
inst	instructions	p2so	pass 2 sts over
		pssso	pass slipped stitch over
		pwise	purlwise
		R	row
		rem	remain(ing)
		rep	repeat
		Rev st st	reverse stockinette stitch
		RH	right hand
		rnd(s)	round(s)
		RS	right side
		sk	skip
		sk2p	sl 1, k2tog, pass slipped stitch over k2tog: 2 sts dec
		skp	sl, k, pssso: 1 st dec
		sl	slip
		sl st	slip stitch(es)
		sm	slip marker
		ssk	sl, sl, k these 2 sts tog
		sssk	sl, sl, sl, k these 3 sts tog
		St st	stockinette stitch
		sts	stitch(es)
		tbl	through back loop
		tfl	through front loop
		tog	together
		w&t	wrap & turn (see specific instructions in pattern)
		WE	work even
		WS	wrong side
		wyib	with yarn in back
		wyif	with yarn in front
		yd(s)	yard(s)
		yo	yarn over