

SHACKLES SOCKS



By Kirstan Banfield

Who knows why we create the silly things we do. I had just finished my first sock design for my partner and was thinking about what else I could make for him. For some reason the idea of chains jumped into my head and thus- Shackles Socks were born. I heavily modified a cable pattern, added some ribbing and this is what came to be (gauntlets using the same cuff are currently on my needles and will be written up soon).

These socks have a chain link band that is worked in a strip and seamed in the back. Stitches are picked up along one side of the band, then the sock is worked down towards the heel and toe. The cuff has a garter rib border

Materials

Size 2 (2.75mm) DPNs

App. 25g of Berroco Comfort Sock (200-300 yds)

Gauge:

8 stitches per inch in stockinet

Optional

Cable needle (since the cuff is knitted flat, you can just use one of the spare DPNs)

Chain Link Cuff

CO 24 using Long Tail Cast On, leave a 10"-12" tail for seaming later.

Row 1: K 10, p 2, K 8, p 4
Row 2: Sl 1, K 3, p 8, K2, p10
Row 3: p 12, cblf 8, p 4
Row 4: Sl 1, K 3, p 8, p 2, K 10
Row 5: K 10, p 2, K 8, p 4
Row 6: Sl 1, K 3, p 8, K 2, p10
Row 7: p 12, K8, p4
Row 8: Sl 1, K 3, p 8, K 12
Row 9: K 10, p 2, K 2, p 4, K 2, p 4
Row 10: Sl 1, K 3, p 2, K 4, p2, K 2, p10
Row 11: p 12, K 2, p 4, K 2, p 4
Row 12: Sl 1, K 3, p 2, K 4, p 2, K 12
Row 13: K 10, p 2, K 2, p 4, K 2, p 4
Row 14: Sl 1, K 3, p 8, K 12
Row 15: p 12, K8, p4
Row 16: Sl 1, K 3, p 8, K 12

Work 7 repeats, BO loosely. Leave yarn live, use the tail from CO to seam the cuff.

Pick up and K 60 stitches along the slipped stitches edge.

K 7 rounds (any number of rounds between 5-10 would be appropriate, these are just short ankle socks)

Heel:

Any heel can be used for this pattern. My new favorite is Criminy Jickets' Band Heel found here:

<http://criminyjickets.blogspot.com/2007/08/band-heel-generically.html>

Any Heel will be worked on 30 stitches:

To Center heel: K 15, turn Sl 1, p 29 (this centers the seam at the back of the heel)

Flap:

R1: Sl 1, K to end

R2: Sl 1, P to end

Repeat these two rows a total of 14 times.

Shaping the flap:

R1: Sl 1, K 9, K2tog, K 6, SKP, K 10

R2: Sl 1, P to end

R3: Sl 1, K 8, K2tog, K 6, SSP, K 9

R4: Sl 1, P to end

R5: Sl 1, K 7, K2tog, K 6, SSK, K 8

R6: Sl 1, P to end

R7: Sl 1, K 6, K2tog, K 6, SSK, K 7

R8: Sl 1, P to end

(Double check: Count the remaining stitches. It should be 22.)

The turn.

R1: Sl 1, K 13, SSK, turn.

R2: Sl 1, P 6, P2tog, turn.

R3: Sl 1, K 6, SSK, turn.

Repeat R2 and R3 until 8 stitches remain.

Sl 1, K to end.

Pick up 11 stitches along side of flap (one in each slipped stitch). Knit across instep, and pick up 11 stitches along other side of flap. Knit 4.

--Or Heel Flap with Gusset--

Heel Flap

Row 1: Sl 1, K to end of needle

Row 2: Sl 1, p across

Repeat 2 rows 15 times, about 2 ½"

End with Right Side Row

Heel Turn

Row 1: Sl1 p16 p2tog p1

Row 2: Sl1 k5 k2tog k1

Row 3: Sl1 p6 p2tog p1

Repeat Rows 2-3 working one more st before decrease until all have been worked.

Pick-up Instep Stitches

With right side still facing, pick up sts in along left edge of heel flap (my happy number is 16 picked up sts). K across instep sts (top of foot) and combine needles 2 & 3 (new needle #2). Pick up same number of sts along right edge of heel as on left edge.

Knit even 1 round.

GUSSET

Round 1:

First needle: k to last 3 sts, k2tog, k1

Second needle: work even across

Third needle: k1 ssk, k to end of rnd.

Round 2: k

Repeat rnds 1 and 2 til st count is 60, 15 on needle 1, 30 on needle 2, 15 on needle 3

After the heel is worked, make sure the center of the heel is the beginning of the round. I like to have the first quarter of my stitches on one needle (#1), my instep (top half of the foot) stitches all on a second needle (#2), and remaining quarter on a third needle (#3). It's just my way of keeping track of where I am and where I need to decrease.

Foot:

Work in stockinette stitch until sock is 2 inches less than desired length (I've found 7" fits **most** female feet, 8" **most** male)

Toe:

Toe Decrease

Round 1:

First needle: k to last 3 sts, k2tog, k1

Second needle: k1, ssk, k to last 3 sts, k2tog, k1

Third needle: k1 ssk, k to end of rnd.

Round 2: k

Repeat Rounds 1 & 2 til 32 sts remain.

Work Round 1 until 12 sts remain.

Break yarn and turn sock inside out to work 3 needle BO.

Glossary:

K: Knit

P: Purl

Sl: Slip (all stitches slipped purlwise unless noted)

CBL8F: slip 4 stitches knitwise to cable needle and hold to front of work, knit next 4 stitches, k stitches from needle

SSK: Slip Slip Knit, slip 2 stitches knitwise to right needle, insert left needle and knit the 2 stitches together

K2tog: Knit 2 stitches together