



Change it Up

By Denise Bein Kroll

Three patterns in one



Pattern Details: a trio of tricks for transforming Self-striping yarns with texture.

With all the wonderful yarns available now, it is simpler than ever to create a pair of beautiful striped socks. Alas, knitting plain old stockinette to get the striping can get a little boring (gasp!) and sometimes you just want to change it up a bit.

These patterns transform the stripes into something a little more challenging and fun by adding texture and/or movement in the stitches as the stripes are knitted.

Details:

A plain sock pattern is provided. Separate directions are included for each pattern option with the charts. Explore, play, have fun!

Difficulty: Intermediate

Size: Women's
Medium

Gauge: 32 st / 40 rows
= 4" in stockinette (in
the round)

Materials:
**1 Skein Any self-
striping sock yarn**

Samples shown in:
Design Line by
Schachenmeyr Regia,
Fingering / 4 ply, 75%
Wool, 25% Nylon, 459
yards / 100 grams
Trekking XXL by Zitron,
Fingering / 4 ply, 75%
Wool, 25% Nylon, 459
yards / 100 grams
Opal Smile by Zwerger
Garn, Fingering / 4 ply,
75% Wool, 25% Nylon,
465 yards / 100 grams
Opal Sweet & Spicy by
Zwerger Garn,
Fingering / 4 ply, 75%
Wool, 25% Nylon
464 yards / 100 grams
Inertia Self Striping
by String Theory
Colorworks
Fingering / 4 ply
80% Merino, 20% Nylon
400 yards / 100 grams

Needles: US 1
(2.25mm) circular 32"
or set of 4 dpn

Notions: stitch marker,
row counter, darning
needle

Agate adds a bit of texture to stripes with a slip stitch pattern to give a little pop to the striped section



Frolic This pattern uses a combination of increases and decreases to break up the appearance of the self-striping yarn. A ridge of purl stitches also creates movement in the horizontal line.

Uprising adds vertical movement with a combination of texture and slip stitches.



Photo by Jikon Lai

Directions:

Cast on 60 (64) stitches and work k1, p1 ribbing for 10 rounds unless otherwise specified.

Work legs as specified for chosen sock option.

Heel set up:

The heel is worked back and forth on first 30 (32) stitches unless otherwise noted, *select a heel flap option for a custom look:*

Heel Flap Options**Slipped Stitch:**

Row 1: S1, K1 to end
 Row 2: S1, P to end
 Repeat these 2 rows until 32 total rows have been worked

Reverse Slip stitch:

Row 1: S1WYIF, K1 to end
 Row 2: S1, P1, to end
 Repeat these 2 rows until 32 total rows have been worked

Eye of Partridge:

Row 1: S1, K1 to end
 Row 2: S1, P to end
 Row 3: S1, *S1, K1, repeat from * to last two stitches, k2
 Row 4: S1, P to end
 Repeat these 4 rows until 32 total rows have been worked

Turn heel:

Row 1: S11, knit 17(18), SSK, K1; turn work
 Row 2: S11, purl 7, P2tog, p1; turn work
 Row 3: S11, knit to one stitch before gap formed by turn, SSK, K1, turn work
 Row 4: S11, purl to one stitch before gap formed by turn, P2tog, P1, turn work
 Repeat last 2 rows until 18 (20) stitches remain (for 60 stitch size, there will be no K1/P1 after the decrease on the last repeat).

Knit across remaining heel stitches.

Gusset:

Pick up 17 or 18 stitches on each side of heel flap, *resuming pattern on instep* and adjusting stitches on needles so that beginning of round is at center of heel. Stitches are grouped as follows:

For circular: half the heel stitches, picked up stitches (marker) half the instep stitches (needle break), half the instep stitches, (marker) picked up stitches, half the heel stitches.

For dpns; half the heel stitches plus picked up stitches on needle 1, all instep stitches on needle 2 and half the heel stitches plus picked up stitches on needle 3.

Regardless of needle type, the gusset decreases will be worked as follows:

Round 1: Knit to 3 stitches before beginning of instep, K2tog, K1, knit instep, K1, SSK, knit to end

Round 2: Knit all stitches

Work these two rounds until 60 (64) stitches remain

Foot:

Continue working on foot in pattern on instep as specified, until you have sufficient length to reach base of big toe

Toe shaping:

Round 1: Knit to 3 stitches before beginning of instep stitches, k2tog, k1, k1, ssk, knit to 3 stitches before end of instep stitches, k2tog, k1, k1, ssk, knit to end

Round 2: Knit all stitches

Repeat rounds 1 & 2 until 32 stitches remain, then round 1 only until 20 stitches remain. Use Kitchener stitch to graft toes closed. Knit 2nd Sock and enjoy!

Charts

Abbreviations and Terms:

Key



Knit
k



Knit Front Back
kfb

Knit in Front and Back in same stitch



Purl 3 Together
p3tog



Slip With Yarn In Back
slip wyib



No Stitch
x



Purl
p



Yarn Over
yo



Central Double Decrease
cdd



Slip With Yarn In Front
slip wyif

slip 2 sts, knit 1, pass 2 slip sts over

Tip: This key covers all three pattern options; it might be helpful to highlight the symbols that pertain to the chosen option/chart. Color coding symbols could also be helpful

Agate



Agate

Cuff:

Work 10 rounds K1, p1
Ribbing

Leg Set up:

*p1, k1, k25, p1, k1, p1
repeat from *

Now work chart as follows: Work rounds 1-29 once, then 2-29 once (for a shorter cuff stop after round 30)

Foot:

Continue working foot for approximately 66 rounds from end of heel (work chart rounds 2-29 twice, then 2-10 once) knit one round.

For a shorter foot, work as many rounds as needed, ending after round 5, 15, or 29) work additional knit rounds if needed.

Medium Size

30	29	28	27	26	25	24	23	22	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1		
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Round 1: k1, p1, k5, slip wyif, k7, slip wyif, k7, slip wyif, k5, p1

Round 2: k1, p1, k4, slip wyif, k1, slip wyif, k5, slip wyif, k1, slip wyif, k5, slip wyif, k1, slip wyif, k4, p1

Round 3: k1, p1, k3, slip wyif, k3, slip wyif, k3, slip wyif, k3, slip wyif, k3, slip wyif, k3, slip wyif, k3, p1

Round 4: k1, p1, k2, slip wyif, k5, slip wyif, k1, slip wyif, k5, slip wyif, k1, slip wyif, k5, slip wyif, k2, p1

Round 5: k1, p1, k1, slip wyif, k7, slip wyif, k7, slip wyif, k7, slip wyif, k1, p1

Round 6: k1, p1, k5, slip wyif, k7, slip wyif, k7, slip wyif, k5, p1

Round 7: k1, p1, k4, slip wyif, k1, slip wyif, k5, slip wyif, k1, slip wyif, k5, slip wyif, k1, slip wyif, k4, p1

Round 8: k1, p1, k3, slip wyif, k3, slip wyif, k3, slip wyif, k3, slip wyif, k3, slip wyif, k3, slip wyif, k3, p1

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Round 9: k1, p1, k2, slip wyif, k5, slip wyif, k1, slip wyif, k5, slip wyif, k1, slip wyif, k5, slip wyif, k2, p1

Round 10: k1, p1, k1, slip wyif, k7, slip wyif, k7, slip wyif, k7, slip wyif, k1, p1

Round 11: k1, p1, k5, slip wyif, k7, slip wyif, k7, slip wyif, k5, p1

Round 12: k1, p1, k4, slip wyif, k1, slip wyif, k5, slip wyif, k1, slip wyif, k5, slip wyif, k1, slip wyif, k4, p1

Round 13: k1, p1, k3, slip wyif, k3, slip wyif, k3, slip wyif, k3, slip wyif, k3, slip wyif, k3, slip wyif, k3, p1

Round 14: k1, p1, k2, slip wyif, k5, slip wyif, k1, slip wyif, k5, slip wyif, k1, slip wyif, k5, slip wyif, k2, p1

Round 15: k1, p1, k1, slip wyif, k7, slip wyif, k7, slip wyif, k7, slip wyif, k1, p1

Round 16: k1, p1, k2, slip wyif, k5, slip wyif, k1, slip wyif, k5, slip wyif, k1, slip wyif, k5, slip wyif, k2, p1

Round 17: k1, p1, k3, slip wyif, k3, slip wyif, k3, slip wyif, k3, slip wyif, k3, slip wyif, k3, slip wyif, k3, p1

Round 18: k1, p1, k4, slip wyif, k1, slip wyif, k5, slip wyif, k1, slip wyif, k5, slip wyif, k1, slip wyif, k4, p1

Round 19: k1, p1, k5, slip wyif, k7, slip wyif, k7, slip wyif, k5, p1

Round 20: k1, p1, k1, slip wyif, k7, slip wyif, k7, slip wyif, k7, slip wyif, k1, p1

Round 21: k1, p1, k2, slip wyif, k5, slip wyif, k1, slip wyif, k5, slip wyif, k1, slip wyif, k5, slip wyif, k2, p1

Round 22: k1, p1, k3, slip wyif, k3, slip wyif, k3, slip wyif, k3, slip wyif, k3, slip wyif, k3, slip wyif, k3, p1

Round 23: k1, p1, k4, slip wyif, k1, slip wyif, k5, slip wyif, k1, slip wyif, k5, slip wyif, k1, slip wyif, k4, p1

Round 24: k1, p1, k5, slip wyif, k7, slip wyif, k7, slip wyif, k5, p1

Round 25: k1, p1, k1, slip wyif, k7, slip wyif, k7, slip wyif, k7, slip wyif, k1, p1

Round 26: k1, p1, k2, slip wyif, k5, slip wyif, k1, slip wyif, k5, slip wyif, k1, slip wyif, k5, slip wyif, k2, p1

Round 27: k1, p1, k3, slip wyif, k3, slip wyif, k3, slip wyif, k3, slip wyif, k3, slip wyif, k3, slip wyif, k3, p1

Round 28: k1, p1, k4, slip wyif, k1, slip wyif, k5, slip wyif, k1, slip wyif, k5, slip wyif, k1, slip wyif, k4, p1

Round 29: k1, p1, k5, slip wyif, k7, slip wyif, k7, slip wyif, k5, p1

Round 30: k1, p1, k27, p1

Large Size

32	31	30	29	28	27	26	25	24	23	22	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1		
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Directions:**Round 1:** k1, p1, k5, slip wyif, k7, slip wyif, k7, slip wyif, k5, p1, k1, p1**Round 2:** p1, k5, slip wyif, k1, slip wyif, k5, slip wyif, k1, slip wyif, k5, slip wyif, k1, slip wyif, k5, p1, k1**Round 3:** k1, p1, k3, slip wyif, k3, slip wyif, k3, slip wyif, k3, slip wyif, k3, slip wyif, k3, slip wyif, k3, slip wyif, k3, p1, k1, p1**Round 4:** p1, k3, slip wyif, k5, slip wyif, k1, slip wyif, k5, slip wyif, k1, slip wyif, k5, slip wyif, k3, p1, k1**Round 5:** k1, p1, k1, slip wyif, k7, slip wyif, k7, slip wyif, k7, slip wyif, k1, p1, k1, p1**Round 6:** p1, k6, slip wyif, k7, slip wyif, k7, slip wyif, k6, p1, k1**Round 7:** k1, p1, k4, slip wyif, k1, slip wyif, k5, slip wyif, k1, slip wyif, k5, slip wyif, k1, slip wyif, k4, p1, k1, p1**Round 8:** p1, k4, slip wyif, k3, slip wyif, k3, slip wyif, k3, slip wyif, k3, slip wyif, k3, slip wyif, k3, slip wyif, k4, p1, k1

Round 9: k1, p1, k2, slip wyif, k5, slip wyif, k1, slip wyif, k5, slip wyif, k1, slip wyif, k5, slip wyif, k2, p1, k1, p1

Round 10: p1, k2, slip wyif, k7, slip wyif, k7, slip wyif, k7, slip wyif, k2, p1, k1

Round 11: k1, p1, k5, slip wyif, k7, slip wyif, k7, slip wyif, k5, p1, k1, p1

Round 12: p1, k5, slip wyif, k1, slip wyif, k5, slip wyif, k1, slip wyif, k5, slip wyif, k1, slip wyif, k5, p1, k1

Round 13: k1, p1, k3, slip wyif, k3, slip wyif, k3, slip wyif, k3, slip wyif, k3, slip wyif, k3, slip wyif, k3, p1, k1, p1

Round 14: p1, k3, slip wyif, k5, slip wyif, k1, slip wyif, k5, slip wyif, k1, slip wyif, k5, slip wyif, k3, p1, k1

Round 15: k1, p1, k1, slip wyif, k7, slip wyif, k7, slip wyif, k7, slip wyif, k1, p1, k1, p1

Round 16: p1, k3, slip wyif, k5, slip wyif, k1, slip wyif, k5, slip wyif, k1, slip wyif, k5, slip wyif, k3, p1, k1

Round 17: k1, p1, k3, slip wyif, k3, slip wyif, k3, slip wyif, k3, slip wyif, k3, slip wyif, k3, slip wyif, k3, p1, k1, p1

Round 18: p1, k5, slip wyif, k1, slip wyif, k5, slip wyif, k1, slip wyif, k5, slip wyif, k1, slip wyif, k5, p1, k1

Round 19: k1, p1, k5, slip wyif, k7, slip wyif, k7, slip wyif, k5, p1, k1, p1

Round 20: p1, k2, slip wyif, k7, slip wyif, k7, slip wyif, k7, slip wyif, k2, p1, k1

Round 21: k1, p1, k2, slip wyif, k5, slip wyif, k1, slip wyif, k5, slip wyif, k1, slip wyif, k5, slip wyif, k2, p1, k1, p1

Round 22: p1, k4, slip wyif, k3, slip wyif, k3, slip wyif, k3, slip wyif, k3, slip wyif, k3, slip wyif, k3, slip wyif, k4, p1, k1

Round 23: k1, p1, k4, slip wyif, k1, slip wyif, k5, slip wyif, k1, slip wyif, k5, slip wyif, k1, slip wyif, k4, p1, k1, p1

Round 24: p1, k6, slip wyif, k7, slip wyif, k7, slip wyif, k6, p1, k1

Round 25: k1, p1, k1, slip wyif, k7, slip wyif, k7, slip wyif, k7, slip wyif, k1, p1, k1, p1

Round 26: p1, k3, slip wyif, k5, slip wyif, k1, slip wyif, k5, slip wyif, k1, slip wyif, k5, slip wyif, k3, p1, k1

Round 27: k1, p1, k3, slip wyif, k3, slip wyif, k3, slip wyif, k3, slip wyif, k3, slip wyif, k3, slip wyif, k3, p1, k1, p1

Round 28: p1, k5, slip wyif, k1, slip wyif, k5, slip wyif, k1, slip wyif, k5, slip wyif, k1, slip wyif, k5, p1, k1

Round 29: k1, p1, k5, slip wyif, k7, slip wyif, k7, slip wyif, k5, p1, k1, p1

Round 30: p1, k29, p1, k1

Frolic



Frolic

Cuff and Leg:

Work **10 rounds K2, P1 ribbing (K2, P2 for 64st size)**, and then work 9 repeats of chart pattern (or to the desired length, ending on chart round Z)

Heel set up (60 st size only):

Purl 1 round, then K15, turn work, Purl 30 heel flap will be worked on these 30 stitches.

Rearrange remaining stitches on needles as necessary.

Large / 64 st size:

The instep chart is used for both the leg and instep. **Do not work heel set up.** Work heel stitches on first 32 stitches per basic sock pattern. Work chart for top of foot pattern after completing heel.

LEG

30	29	28	27	26	25	24	23	22	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1			
																															7	
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																																3
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Round 1: p30**Round 2:** k30**Round 3:** p30**Round 4:** k8, kfb, k1, cdd, k1, kfb, kfb, k1, cdd, k1, kfb, k8**Round 5:** k30**Round 6:** k1, yo, p2, p3tog, p2, yo, kfb, k1, cdd, k1, kfb, kfb, k1, cdd, k1, kfb, yo, p2, p3tog, p2, yo, k1**Round 7:** k30

Tip: Count the stitches on rounds 5 and 7 to ensure no stitches are lost or gained on pattern rounds

Instep

30	29	28	27	26	25	24	23	22	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1				
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																																	2
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Round 1: p30**Round 2:** k30**Round 3:** p30**Round 4:** kfb, k1, cdd, k1, kfb, k16, kfb, k1, cdd, k1, kfb**Round 5:** k30**Round 6:** kfb, k1, cdd, k1, kfb, yo, p2, p3tog, p2, yo, k2, yo, p2, p3tog, p2, yo, k2, cdd, k1, kfb**Round 7:** k30

Uprising



Photo by Jikon Lai

5	4	3	2	1	
			∇		6
			—	∇	5
			—	—	4
∇					3
—	∇				2
—	—				1

(Repeat 12 times around leg)

Round 1: k3, p2

Round 2: k3, slip wyib, p1

Round 3: k4, slip wyib

Round 4: p2, k3

Round 5: slip wyib, p1, k3

Round 6: k1, slip wyib, k3

Uprising

Cuff:

Work K2, P2 ribbing for 12 rounds, then, begin pattern on leg.

Leg:

Work 12 chart repeats around leg for number of rounds needed to achieve desired length to start of heel.

Foot:

Work 6 chart repeats (centered) on instep stitches only until desired length to start of toe.

For a 64 st sock:

K1, work 6 chart repeats (30 st), K2, work 6 chart repeats, K1. (Knit stitch columns will line up on sides of leg). Work number of rounds needed to achieve desired length.