

Real Love

A travelling twisted-stitch sock, written for adventurous knitters, bold of heart.



Please note: This is the first knitting pattern I have written, and I wrote it simply for my own use, but decided to release it for you to enjoy, if you like it. I only include one size in this pattern, with the caveat that my foot is wide, and the gauge is quite fine. To downsize the socks for narrower feet, you may choose to eliminate the pattern motifs along the sides of the sock, i.e. the rightmost motif on the Leg Chart, and the small motif along either side of the Instep Chart. This will eliminate nearly two inches from the circumference of the sock, at the given gauge. Please swatch (or if you are one of those knitters who don't swatch, do the cuff and a repeat or two, then try it on for fit. The leg contains the same number of stitches as the foot, so it will be a fairly good indicator of how the sock will fit.) I assume that anyone taking on the challenge of this sock pattern is at least somewhat experienced in knitting socks, so my instructions take that into consideration. That being said, I hope you enjoy them and I would love to see the finished product!

Ankle/Foot circumference: 8 inches, unstretched -- these socks will stretch to fit a 10-inch foot

Gauge: 10 st and 12 rows per inch in stockingette, in the round

Yarn: Jawoll Superwash Solid (4 ply fingering, 75% wool/18% nylon/7% acrylic), 2 balls for one pair of socks, or any other very fine fingering weight yarn that will give you gauge.

Needles: US1 (2.25 mm) or whatever size gives you gauge. I used one long circular, for Magic Loop. Use DPNs for this pattern at your own risk, as there are numerous travelling stitches.

N.B.: ALL KNIT STITCHES in this sock are TWISTED knit stitches (i.e. knit through the back loop) with the exception of the sole stitches and the decrease stitches along the gussets and toes. Every knit stitch on the pattern charts is a twisted knit stitch.

CO 96 stitches and join in the round on your chosen needles, being careful not to twist the cast-on row.

Cuff & Leg: Begin with the Leg Chart, row 1. Knit this row 10 times for the ribbing of the sock cuff and then begin knitting the chart with row 4. Knit to row 14 and then repeat rows 1 to 14 until the sock leg is the length you desire. I had four repeats for a 5-inch leg. If your foot is narrower and shorter than mine, you may have more repeats here, without worrying about running out of yarn.



Heel Flap: At end of the final leg round, follow the Leg Chart, row 1, for the first 5 stitches of the next round. This spot becomes your new start-of-round. (If you are downsizing the sock and have eliminated the side motifs, *do not* move the start-of-round over 5 stitches.) At this point, you are going to work a heel flap, back and forth, using the Instep Chart. Over the next 48 stitches, follow row 1 of the Instep Chart. (The final 5 stitches on this needle are not part of the heel flap and will be transferred to the sole needle.) Repeat row 1, knitting flat over 48 stitches. On the WS rows, remember to leave your knit stitches *untwisted* and twist the *purls*, so they will be correctly oriented when viewed from the RS. Knit the heel flap to 2.5 inches, or the appropriate length for the height of your instep. End ready to start a WS row.

Heel Turn:

Row A: Sl1, p26, p2tog, p1, turn.

Row B: Sl1, k7, k2tog, k1, turn.

Row C: Sl1, p to within 1 st of turning gap, p2tog, p1, turn.

Row D: Sl1, k to within 1 st of turning gap, k2tog, k1, turn.

Repeat Rows C and D until all stitches have been consumed, ending having completed a final RS row.



Gussets: The start-of-round will now be at the center of the sole. With RS facing, pick up approximately

one stitch for every other row of the heel flap. Place a marker here. Knit across instep needle, beginning Instep Chart at row 1. Place a second marker at the end of the instep stitches. Pick up the same number of stitches for the other side of the gusset, and knit across the sole to the start-of-round. Decrease gusset as follows:

Gusset Row A: Knit across sole to 2 stitches before beginning of instep. K2tog. Knit instep stitches in pattern, following Instep Chart. SSK. Knit to end of round.

Gusset Row B: Knit across sole stitches. Knit instep stitches in pattern, following Instep Chart. Knit to end of round.

Repeat rows Gusset Row A & Gusset Row B until you have 48 stitches left in the sole. (You should be back to 96 stitches in total, 48 in the sole and 48 in the instep.)

Instep: Continue to follow Instep Chart for the instep of the sock and knit the sole stitches until the sock is 2 inches shorter than your foot length. End on row 14 of the Instep Chart. If you complete row 14 without enough room for another repeat before you reach the 2-inch mark, repeat row 1 of the Instep Chart as many times as you need to, until you are at the correct length.



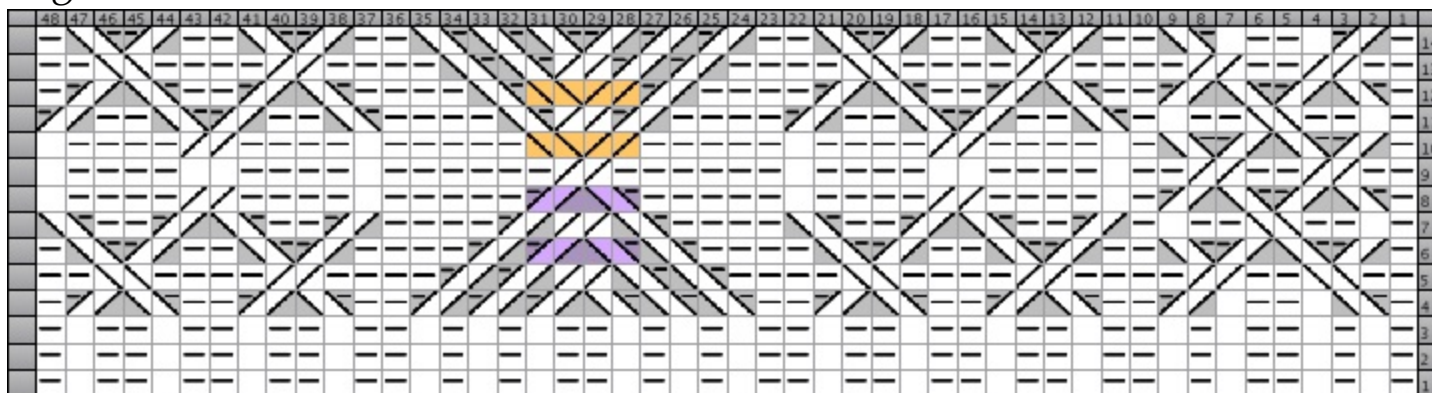
Toe: Decrease for toe as follows:

Toe Row A: Knit sole to three stitches before first marker. SSK, K1. Knit, untwisted, the first stitch past the marker. SSK. Follow pattern as set for row 1 (i.e. knit the knits and purl the purls) across instep until last three stitches before second marker. K2tog. Knit the final stitch before the second marker, untwisted. Then K1, SSK, knit to end of round.

Toe Row B: Knit sole stitches to first marker. K2. Follow pattern as set across instep to last two stitches before second marker. K2. Knit sole stitches to end of round.

Repeat rows Toe Row A & Toe Row B until a total of 28 stitches are left, 14 on sole and 14 on instep. Graft sole stitches to instep stitches using kitchener stitch and weave in ends. Make the second sock and wear them with pride!

Leg Chart:



Leg Chart:

Round 1: p1, k1, p1, k1, p2, k1, p1, k1, p2, k1, p2, k1, p2, k1, p2, k1, p1, k1, p1, k1, p2, k1, p1, k1, p1, k1, p2, k1, p2, k1, p2, k1, p2, k1, p1

Round 2: p1, k1, p1, k1, p2, k1, p1, k1, p2, k1, p2, k1, p2, k1, p2, k1, p1, k1, p1, k1, p2, k1, p1, k1, p1, k1, p2, k1, p2, k1, p2, k1, p2, k1, p1

Round 3: p1, k1, p1, k1, p2, k1, p1, k1, p2, k1, p2, k1, p2, k1, p2, k1, p1, k1, p1, k1, p2, k1, p1, k1, p1, k1, p2, k1, p2, k1, p2, k1, p2, k1, p1

Round 4: p1, t2f, k1, p2, k1, t2b, p2, t2f, t2b, p2, t2f, t2b, p2, t2f, t2b, p2, t2f, t2b, p1

Round 5: p2, 11lc, p2, 11rc, p4, 11rc, p4, 11lc, p4, t2f2, 11rc, t2b2, p4, 11rc, p4, 11lc, p2

Round 6: p1, t2b, t2f, t2b, t2f, p2, t2b, t2f, p2, t2b, t2f, p4, t2f2, t2b2, p4, t2b, t2f, p2, t2b, t2f, p1

Round 7: p1, k1, p2, 11lc, p2, k1, p1, t2b, p2, t2f, t2b, p2, t2f, p4, t2f, 11rc, t2b, p4, t2b, p2, t2f, t2b, p2, t2f

Round 8: p1, t2f, t2b, t2f, t2b, p1, k1, p4, 11rc, p4, k1, p5, t2f, t2b, p5, k1, p4, 11rc, p4, k1

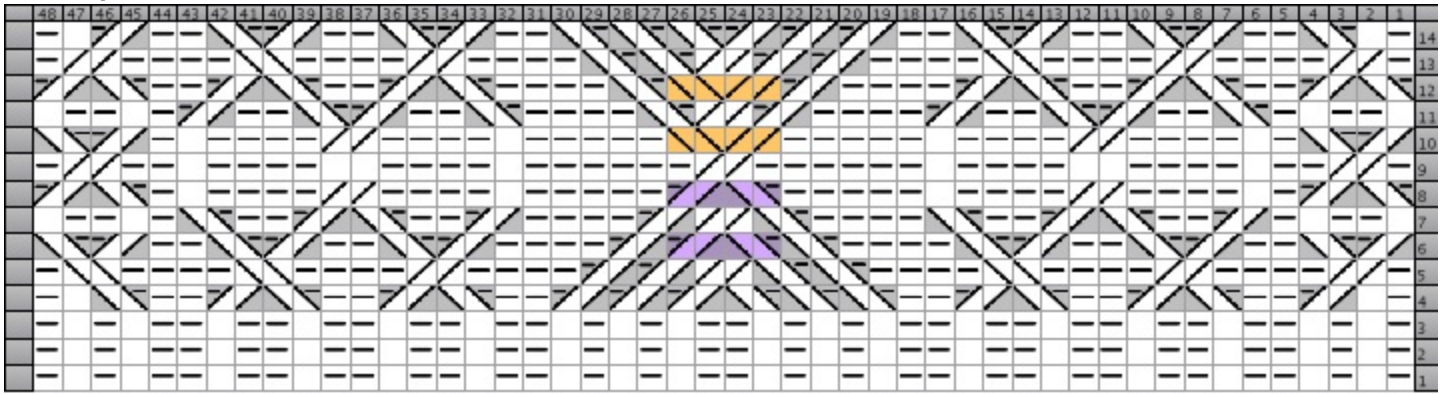
Round 9: p2, 11rc, p2, 11rc, p2, k1, p4, k2, p4, k1, p6, 11rc, p6, k1, p4, k2, p4, k1

Round 10: p1, t2b, t2f, t2b, t2f, p1, k1, p4, 11rc, p4, k1, p5, 11rc, 11lc, p5, k1, p4, 11rc, p4, k1

Round 11: p1, k1, p2, 11lc, p2, k1, p1, t2f, p2, t2b, t2f, p2, t2b, p4, t2b, 11rc, t2f, p4, t2f, p2, t2b, t2f, p2, t2b







Round 12: p1, t2f, t2b, t2f, t2b, p2, t2f, t2b, p2, t2f, t2b, p4, t2b, 11rc, 11lc, t2f, p4, t2f, t2b, p2, t2f, t2b, p1
 Round 13: p2, 11rc, p2, 11rc, p4, 11rc, p4, 11lc, p4, t2b2, 11rc, t2f2, p4, 11rc, p4, 11lc, p2
 Round 14: p1, t2b, k1, p2, k1, t2f, p2, t2b, t2f, p2, t2b, t2f, p2, t2b3, t2f3, p2, t2b, t2f, p2, t2b, t2f, p1

Instep Chart:



Instep Chart:

Round 1: p1, k1, p1, k1, p2, k1, p2, k1, p2, k1, p2, k1, p1, k1, p1, k1, p2, k1, p1, k1, p1, k1, p2, k1, p2, k1, p2, k1, p2, k1, p1, k1, p1
 Round 2: p1, k1, p1, k1, p2, k1, p2, k1, p2, k1, p2, k1, p1, k1, p1, k1, p2, k1, p1, k1, p1, k1, p2, k1, p2, k1, p2, k1, p2, k1, p1, k1, p1
 Round 3: p1, k1, p1, k1, p2, k1, p2, k1, p2, k1, p2, k1, p1, k1, p1, k1, p2, k1, p1, k1, p1, k1, p2, k1, p2, k1, p2, k1, p2, k1, p1, k1, p1
 Round 4: p1, k1, t2b, p2, t2f, t2b, p2, t2f, t2b, p2, t2f3, t2b3, p2, t2f, t2b, p2, t2f, t2b, p2, t2f, k1, p1
 Round 5: p1, 11rc, p4, 11rc, p4, 11lc, p4, t2f2, 11rc, t2b2, p4, 11rc, p4, 11lc, p4, 11lc, p1
 Round 6: t2b, t2f, p2, t2b, t2f, p2, t2b, t2f, p4, t2f2, t2b2, p4, t2b, t2f, p2, t2b, t2f, p2, t2b, t2f
 Round 7: k1, p2, k1, p1, t2b, p2, t2f, t2b, p2, t2f, p4, t2f, 11rc, t2b, p4, t2b, p2, t2f, t2b, p2, t2f, p1, k1, p2, k1
 Round 8: t2f, t2b, p1, k1, p4, 11rc, p4, k1, p5, t2f, t2b, p5, k1, p4, 11rc, p4, k1, p1, t2f, t2b
 Round 9: p1, 11rc, p2, k1, p4, k2, p4, k1, p6, 11rc, p6, k1, p4, k2, p4, k1, p2, 11rc, p1
 Round 10: t2b, t2f, p1, k1, p4, 11rc, p4, k1, p5, 11rc, 11lc, p5, k1, p4, 11rc, p4, k1, p1, t2b, t2f
 Round 11: k1, p2, k1, p1, t2f, p2, t2b, t2f, p2, t2b, p4, t2b, 11rc, t2f, p4, t2f, p2, t2b, t2f, p2, t2b, p1, k1, p2, k1
 Round 12: t2f, t2b, p2, t2f, t2b, p2, t2f, t2b, p4, t2b, 11rc, 11lc, t2f, p4, t2f, t2b, p2, t2f, t2b, p2, t2f, t2b
 Round 13: p1, 11rc, p4, 11rc, p4, 11lc, p4, t2b2, 11rc, t2f2, p4, 11rc, p4, 11lc, p4, 11rc, p1
 Round 14: p1, k1, t2f, p2, t2b, t2f, p2, t2b, t2f, p2, t2b3, t2f3, p2, t2b, t2f, p2, t2b, t2f, p2, t2b, k1, p1

Key:	
 1/1 Left Cross 11lc slip 1 stitch to cable needle in front of work, knit next stitch, knit stitch from cable needle	 Purl p Purl
 1/1 Right Cross 11rc slip 1 stitch to cable needle in back of work, knit next stitch, knit stitch from cable needle	 Twist2Back t2b cross 2nd in front over 1st stitch, ktbl stitch in front purl st in back
 Knit k Knit	 Twist2Front t2f cross 1st in front over 2nd stitch, purl st in back ktbl stitch in front

* *Important Note:* on both charts, there are some stitches highlighted in colour, either orange or purple (on rows 6, 8, 10, and 12.) Stitches highlighted in orange indicate that you are crossing a knit stitch over a purl stitch, but both stitches will be knit (i.e. a purl turns into a knit with this cross.) Stitches highlighted in purple indicate that you are crossing a knit stitch over a knit stitch, but the background stitch will be purled (i.e. the background knit stitch turns into a purl with this cross.)

Credits: Stitch motifs used in this sock are from *Twisted-Stitch Knitting: Traditional Patterns & Garments from the Styrian Enns Valley* by Maria Erlbacher (Author), Meg Swansen (Editor), Amy Detjen (Editor) -- Forgotten Love (#94), Double Chain (#166), and Plum Pit (#142).