

# Burning Stripes

by Susan Luni

These socks are lit with excitement generated by easy bright stripes in long color runs. The design features a boomerang heel (looks tricky but is easier than a standard short row heel) and a striped toe. The contrasting seam

stitch not only provides an easy way to carry the unused color, it also secures both colors of yarn and hides the "jog" normally seen when knitting multi-row stripes in the round.



**Materials:** Shoppel-Wolle Zauberball (75% superwash wool, 25% nylon; 459 yd [420 m]/100 g) # 1993 Crème of Chocolate (MC), # 1874 Burnt Almonds (CC), 1 ball each.

**Gauge:** 34 st and 44 rounds = 4"/10 cm. in st st Take time to save time, check gauge.

**Needles:** US 1 (2.25 mm), set of 5 dpns, or size needed to obtain correct gauge.

**Size:** 6.5" (8", 9")/16.5 cm (20 cm, 23 cm) foot circumference

**Notions:** Stitch marker, tapestry needle, waste yarn (opt.).

## Abbreviations and Special Stitches

**backwards yarn over:** Yarn over the needle from the front to the back when knitting, from the back to the front when purling.

**CC:** Contrasting color.

**k2tog:** Knit two stitches together. When preceded by royo, reorient the yarn over and knit it and the next stitch together so that the yarn over hangs loosely over the stitch being made on the wrong side of the work.

**k:** Knit.

**kss:** Knit seam stitch.

**MC:** Main color.

**p2tog tbl:** Purl two stitches together through the back loops, when preceded by royo, reorient the yarn over and purl it and the next stitch through the back

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loop so that the yarn over hangs loosely over the stitch being made on the wrong side of the work.

**p:** Purl.

**pss:** Purl seam stitch.

**red text:** Use contrast yarn.

**royo:** Reorient yarn over – slip yarn over purlwise, slip yarn over back to left needle so it is not twisted, i.e. the front leg of the stitch is to the right and on top of the needle.

**ss:** Seam stitch (See detailed instructions in Notes, pg. 3.).

**ssk:** Slip 1 knitwise, slip 1 knitwise, knit these two slipped stitches together through the back loops. When the second stitch is a backwards yarn over, work as slip one knitwise, slip one purlwise, knit these two slipped stitches together through the back loops.

**st:** Stitch.

**St st:** Stockinette stitch.

**yo&k:** Yarn over and knit – with yarn in front of needle, bring yarn over the needle to the back, knit the first stitch of the row.

**yo&p:** Backwards yarn over and purl – with yarn behind needle, bring yarn over needle to the front, purl first stitch.

### Stripe Pattern:

Rounds 1-4: With MC, knit.

Rounds 5-8: With MC, k1, with CC, knit around.

Round 9: Repeat Round 1.

Rounds 10-12: With CC, k1, with MC, knit around.

Round 13: With CC, knit around.

Rounds 14-16: Repeat rounds 5-7.

**Notes:** These socks are knitted from the cuff down to the toe. The heel is a short row heel, allowing the socks to be knit toe-up if desired. Any other sock yarn with long color changes may be substituted for a similar effect.

*This pattern is written for an intermediate knitter who is skilled in sock knitting and in short row heels. Adventurous beginners should read the pattern notes below before casting on and follow the tutorial on pgs. 8-9 to practice knitting a boomerang heel.*

### Sizing

Except for the cuff, these socks are knit in stockinette stitch, thereby making size adjustments in the leg or foot simply a matter of increasing or decreasing stitches on either side of the seam line. Adjustments in sizing can be made by adding or subtracting multiples of 4.

The 3x1 ribbing used in the cuff is not as elastic as a 2x2 ribbing. Check the cuff size before starting to knit the leg. If the cuff seems too tight, cast on more stitches and decrease as needed in the leg.

The heel sizes may be adjusted. Those who need less room at the ankle may find a better fit by knitting a smaller heel, such as knitting a 40-stitch heel on a 9"/23 cm sock. Check your gauge before knitting the heel. Different gauges may require a different stitch count at the end of Section 1 of the heel. If your gauge differs, end Section 1 when the middle of the heel measures 1½"/4 cm wide.

To close holes and allow more room in the ankle, pick up additional stitches between the heel and the instep, either in the boomerang rounds or in the first round knit after the heel. These extra stitches can be decreased as needed to narrow the foot.

### Seam Stitch

**Begin Seam Stitch:** At the end of the fifth round, knit the first stitch of round 6 with MC. After knitting this stitch, drop MC down and to the back of the work, pick up CC and pull CC over the stitch just knit. Knit the second stitch of the round with CC. On the next round, knitting the contrast stitch by pulling MC up and over the strand of CC will trap the strand of CC between the contrast stitch and the working end of MC, joining the seam across the color change without holes.

**Continue Seam Stitch:** When changing colors, knit the first round entirely with the new color. Knit the first stitch of the next 3 rounds with the contrasting color.

**Heel Seam Stitch:** On the first purl row of the heel, purl back toward the beginning of the previous round. Purl the seam stitch in yarn CC. (When purling across the back of the work, stitch order is reversed, making the seam stitch the last stitch before the beginning/end of round marker if a marker is used.)

In the fourth round of yarn CC, the one knit following the heel, there is no contrasting seam stitch. There is a seam stitch in the first round of MC that follows the fourth round of CC. The solid line of CC is continued down the sole of the foot across the next stripe of MC. After this round, knit the seam stitch as before.

### Backwards yarn overs

Begin the first purl row of the heel and each subsequent short row with a backwards yarn over, making the first stitch a rather tight yarn over and stitch pair. (A backwards yarn over and knit stitch pair is made by starting with the yarn in front of the needle, bringing the yarn over the needle to the back of the work and knitting the next stitch. A backwards yarn over and purl stitch pair is made by starting with the yarn behind the needle, bringing the yarn over the needle to the front of the work and purling the next stitch. Backwards yarn overs use less yarn, tightening the stitch pair and providing a small loop to join the gaps between short rows.) A wrap or double-stitch may be substituted for the backwards yarn over, as long as the stitches in the first boomerang round and the following short rows are worked to hide the wraps.

### Reorienting yarn overs

Reorient the yarn over by slipping it knit wise from the left to the right needle and returning it to the left needle. (Reorient stitches prior to k2tog, ssk, or p2tog tbl to eliminate twisting and to properly hang the yarn over behind the stitch with which it is knitted, on the wrong side of the work. Yarn overs have to be reoriented because they were knit as backwards yarn overs). Knit together the reoriented yarn over and the next stitch, which is part of the next stitch and yarn over pair. This leaves the next yarn over to be reoriented and knit with the next stitch, closing the gap created by the short rows.





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### Instructions:

**Cast on:** Using twisted German or other preferred cast on, and MC cast on 56 (68, 76) stitches.

**Cuff:** *Note: See **ss**, seam stitch definition, on page 2 and seam stitch section in notes on page 3 for an explanation working the color change at the beginning of rounds 5-8 and 10-12.*

Being careful not to twist stitches, join to knit in the round. Place marker for beginning of round. Begin knitting in k3, p1 ribbing, working rounds 1-16 of Stripe Pattern (Special Stitches, pg. 2). Repeat rounds 9-16 for a total of 24 rounds knit, 6 stripes, 3 in each color. The cuff should measure at least 2"/5 cm in length.

**Leg:** Change to stockinette, knitting each round and maintaining color sequence and seam stitch (ss) as described in Stripe Pattern until leg measures 7"/18 cm or desired length. At the recommended row gauge, there will be 10 stripes of MC and 10 stripes of CC. Knit one more stripe with MC. (Omit this last stripe if you wish to reverse the colors in the heel.) Knit one round with CC.

**Heel:** The boomerang heel is worked on 60 percent of the stitches, a total of 34 (40, 46) stitches. *Note: A tutorial is provided on pgs. 8-9 for those who have never knit a short row heel or who wish to practice a boomerang heel prior to knitting this heel in the sock.*

Figure 1—First Boomerang Round at Heel Turn (See pg. 8 for details.)



### Section 1

All odd-numbered rows are right-side rows. All even-numbered rows are wrong-side rows. Work Section 1 beginning with row 1, then skip to row 14 (8, 2).

Row 1: **kss**, k16 (19, 22), turn.

Row 2: yo&p, p21, **pss**, p23, turn.

Row 3: yo&k, k22, **kss**, k21, turn.

Row 4: yo&p, p20, **pss**, p22, turn.

Row 5: yo&k, k21, **kss**, k20, turn.

Row 6: yo&p, p19, **pss**, p21, turn.

Row 7: yo&k, k20, **kss**, k19, turn.

Row 8: yo&p, p18, **pss**, p20, turn.

Row 9: yo&k, k19, **kss**, k18, turn.

Row 10: yo&p, p17, **pss**, p19, turn.

Row 11: yo&k, k18, **kss**, k17, turn.

Row 12: yo&p, p16, **pss**, p18, turn.

Row 13: yo&k, k17, **kss**, k16, turn.

Row 14: yo&p, p15, **pss**, p17, turn.

Row 15: yo&k, k16, **kss**, k15, turn.

Row 16: yo&p, p14, **pss**, p16, turn.

Row 17: yo&k, k15, **kss**, k14, turn.

Row 18: yo&p, p13, **pss**, p15, turn.

Row 19: yo&k, k14, **kss**, k13, turn.

Row 20: yo&p, p12, **pss**, p14, turn.

Row 21: yo&k, k13, **kss**, k12, turn.

Row 22: yo&p, p11, **pss**, p13, turn.

Row 23: yo&k, k12, **kss**, k11, turn.

Row 24: yo&p, p10, **pss**, p12, turn.

Row 25: yo&k, k11, **kss**, k10, turn.

Row 26: yo&p, p9, **pss**, p11, turn.

Row 27: yo&k, k10, **kss**, k9, turn.

Row 28: yo&p, p8, **pss**, p10, turn.

Row 29: yo&k, k9, **kss**, k8, turn.

Row 30: yo&p, p7, **pss**, p9, turn.

Row 31: yo&k, k8, **kss**, k7, turn.

Row 32: yo&p, p6, **pss**, p8, turn.

Row 33: yo&k, k7, **kss**, k6, turn.

Row 34: yo&p, p5, **pss**, p7, turn.

Row 35: yo&k, k6. 12 plain stitches remain in center of heel.

Boomerang round 1: **kss**, k6, (**royo**, **k2tog**) 10 (13, 16) times, k2 tog last yo with first instep stitch, k20 (26, 28), ssk last instep stitch with first yo in heel, (**ssk**) 10 (13, 16) times, k7. (see Figure 1, page 5.)

Boomerang round 2: **k56** (68, 76).

### Section 2

All odd-numbered rows are right-side rows. All even-numbered rows are wrong-side rows. Work Section 2, ending with row 20 (26, 32). Work row 33.

Row 1: **kss**, k7, turn.

Row 2: yo&p, p6, **pss**, p8, turn.

Row 3: yo&k, k7, **kss**, k7, royo & k2tog, turn.

Row 4: yo&p, p7, **pss**, p8, royo & p2tog tbl, turn.

Row 5: yo&k, k8, **kss**, k8, royo & k2tog, turn.

Row 6: yo&p, p8, **pss**, p9, royo & p2tog tbl, turn.

Row 7: yo&k, k9, **kss**, k9, royo & k2tog, turn

Row 8: yo&p, p9, **pss**, p10, royo & p2tog tbl, turn

Row 9: yo&k, k10, **kss**, k10, royo & k2tog, turn.

Row 10: yo&p, p10, **pss**, p11, royo & p2tog tbl, turn.

Row 11: yo&k, k11, **kss**, k11, royo & k2tog, turn.

Row 12: yo&p, p11, **pss**, p12, royo & p2tog tbl, turn.

Row 13: yo&k, k12, **kss**, k12, royo & k2tog, turn.

Row 14: yo&p, p12, **pss**, p13, royo & p2tog tbl, turn.

Row 15: yo&k, k13, **kss**, k13, royo & k2tog, turn.

Row 16: yo&p, p13, **pss**, p14, royo & p2tog tbl, turn.

Row 17: yo&k, k14, **kss**, k14, royo & k2tog, turn.

Row 18: yo&p, p14, **pss**, p15, royo & p2tog tbl, turn.

Row 19: yo&k, k15, **kss**, k15, royo & k2tog, turn.

Row 20: yo&p, p15, **pss**, p16, royo & p2tog tbl, turn.

Row 21: yo&k, k16, **kss**, k16, royo & k2tog, turn.

Row 22: yo&p, p16, **pss**, p17, royo & p2tog tbl, turn.

Row 23: yo&k, k17, **kss**, k17, royo & k2tog, turn.

Row 24: yo&p, p17, **pss**, p18, royo & p2tog tbl, turn.

Row 25: yo&k, k18, **kss**, k18, royo & k2tog, turn.

Row 26: yo&p, p18, **pss**, p19, royo & p2tog tbl, turn.

Row 27: yo&k, k19, **kss**, k19, royo & k2tog, turn.

Row 28: yo&p, p19, **pss**, p20, royo & p2tog tbl, turn.

Row 29: yo&k, k20, **kss**, k20, royo & k2tog, turn.

Row 30: yo&p, p20, **pss**, p21, royo & p2tog tbl, turn.

Row 31: yo&k, k21, **kss**, k21, royo & k2tog, turn.

Row 32: yo&p, p21, **pss**, p22, royo & p2tog tbl, turn.

Row 33: yo&k, k16 (19, 22), **kss**, **k22**, royo & k2tog with 1st instep stitch

**Foot:** Begin knitting in the round again, knit the remaining yarn over together with the last stitch of the instep and completing the fourth round of CC. Resume stripe pattern for foot, remembering to work the seam stitch (ss). When foot measures 2"/5 cm less than desired length, begin toe.

**Toe:** Divide stitches evenly, half for sole and half for instep. Begin decreases on the first round of a color change.

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### Note: Toe Length

*Row gauge will affect toe shaping. A 68-stitch sock will require 21 rows to knit the toe, but a 56-stitch sock will only require 15. An easy check is the approximate number of stripes—4 stripes for 56 stitches, 5 for 68. Measure your stripes to determine toe length.*

Round 1: K across sole sts to 3 stitches before the beginning of the instep stitches, k2tog, k1. Begin the instep stitches with k1, ssk, knit across to 3 stitches before sole stitches, k2tog, k1. Begin sole stitches with k1, ssk, knit to the end of round.

If continuing the stripes through the toe, begin the next round by knitting the first stitch with the contrast yarn. If knitting a solid toe, the contrast yarn can be cut at this point.

Round 2: Knit.

Repeat rounds 1 and 2 until 32 stitches remain, then repeat round 1 until 20 stitches remain.

Graft toe stitches closed with kitchener stitch.

**Finishing:** Use tapestry needle to weave in ends. Block as desired.

### Appendix: Practice Heel Instructions

If you have never knit a short row heel, practice knitting a boomerang heel before knitting your sock. To knit the practice heel, cast on 34 stitches on a dpn. With a second dpn, knit one row. Knit the heel following the instructions in Section 1, beginning with row 14. Marking the center with a stitch marker will help keep your place if you are not using contrast yarn for the seam stitch.

Figure 1 on pg. 5 shows the beginning of the first boomerang round, after completing the “k6”. Notice the yarn over and stitch pairs on the right needle and the color change across the top needle. The stitch of the next yarn over and stitch pair has been knit, leaving the yarn over as the next loop to be knit. This yarn over will be knit together with the next stitch, closing the gap between the short rows.

Complete Section 1. You will be at the center of the heel on the right side. Slip the marker and work the first boomerang round, modifying the instructions as follows:

K1, (royo & k2tog) 10 times, knit the last yarn over, using a knitted or backwards loop cast on to cast on the instep stitches, knit the first yarn over of the heel, ssk 10 times, k7.



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Work the second boomerang round, knitting the stitches cast on in the first round. After knitting the second boomerang round, you will begin to work in rows again. Finish the heel following the instructions in Section 2, ending with row 20. Knit row 33. Your practice heel should look like the one in figure 2 below.

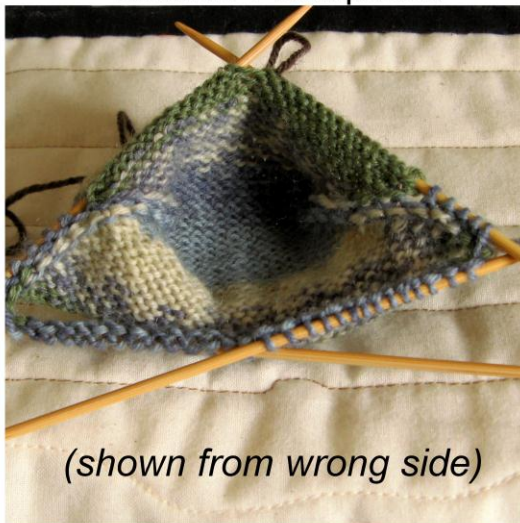
Figure 2 - knitting a practice boomerang heel



Section 1 completed



Boomerang rounds completed



(shown from wrong side)

Section 2 in progress



Boomerang heel completed

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