

### Kitchener Stitch :

#### Preparation

Thread a blunt sewing needle with the tail yarn. Pass the needle through the first stitch on the front needle as if to purl and pull it right through. Leave that stitch on the needle. Then pass the needle through the first stitch on the back needle as if to knit and pull it right through. Again, leave that stitch on the needle. Now you are ready to graft the stitches together as follows:

#### Kitchener Stitch

**Step 1** - pass the sewing needle through the first stitch on the front needle as if to knit and slip it off the needle

**Step 2** - pass the sewing needle through the next stitch on the front needle as if to purl and leave the stitch on the needle

**Step 3** - pass the sewing needle through the first stitch on the back needle as if to purl and slip it off the needle

**Step 4** - pass the sewing needle through the next stitch on the

back needle as if to knit and leave the stitch on the needle  
Pull the yarn through gently each time, you don't want to make it too tight.

Repeat steps 1-4 until you have grafted together all the stitches from the needles.

Repeat for sock 2 and voilà! Wear your new socks immediately and walk with a spring in your step the whole year round!

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*Head over Heels*

ALL STARS



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## TIPTOE SOCKS

These socks were designed using Head over Heels All Stars sock yarn from Stylecraft. Rows of pretty tulips, a colourful reminder of the bulb fields of The Netherlands, make this a dainty design, suitable for both self-striping and gradient sock yarns.

## FINISHED SIZE

Small (medium, large) adult foot 19cm (21.5cm, 24cm), 7½(8½, 9½) in, circumference

## YOU WILL NEED

1 x 100g Stylecraft Head over Heels All Stars 75% Superwash Wool, 25% Nylon  
Socks photographed in Splash 3920 & Woldgate 3916  
2.5mm double pointed needles (dpns) or circular needle if preferred  
Stitch markers and a blunt needle for grafting the toes and weaving in ends.

## TENSION

28 stitches and 40 rows = 10cm, 4in, over pattern

## ABBREVIATIONS

**k** knit  
**sl** slip  
**p** purl  
**k2tog** knit 2 together  
**st(s)** stitch(es)  
**yo** yarn over  
**RS** right side  
**PM** place marker  
**WS** wrong side  
**rep** repeat  
**p2tog** purl 2 together  
**psso** pass slipped

stitch over the stitch  
you just made by  
knitting two together  
**ssk** slip the next two  
stitches knitwise one  
at a time from the  
left needle to the  
right needle and knit  
the two together  
through the back of  
the loops  
**m1** lift the yarn  
between the stitch  
just worked and the  
next stitch and put it  
on the left needle,  
then knit into the  
back of this loop to  
make another stitch  
**cm** centimetre(s)  
**mm** millimetre(s)  
**in** inch(es)  
**g** grammes

## TIPTOE CUFF

Cast on 50 (60, 70) stitches and divide them over 3 or 4 dpns. Place a marker before the first stitch to mark the start of the round and join to work in the round. Work in rib as follows:

**Round 1** - \*k1, p1, repeat from \* to end of round.

Repeat last round a further 9 (11, 15) times or until cuff is desired length.

## LEG

**Round 1** - \*k3, p2, repeat from \* to end of round.

**Round 2** - as round 1

**Round 3** - as round 1

**Round 4** - as round 1

**Round 5** - \*yo, sl1, k2tog, psso, yo, p2, repeat from \* to end of round.

**Round 6** - as round 1

Repeat these 6 rounds a further 7 (9, 11) times - 48 (60, 72) rounds in total, or until the leg is the desired length, ending on round 6.

Small and large sizes only, on final round 6, pattern to the last 2 stitches. Before working those stitches, m1 to create an extra stitch - 51 (60, 71) sts.

## HEEL FLAP

The heel flap is worked flat, back and forth over half the stitches. Leave the remaining stitches on the other dpns. You will be working the heel flap across the stitches you have just finished knitting.

Remove stitch marker, turn your work so the wrong side is facing you.

**Row 1 (WS)** - sl1, p25 (29, 35) and turn. 26 (30, 36) sts.

**Row 2 (RS)** - \*sl1, k1, rep from \* to end of needle and turn.

Repeat these two rows a further 13 (14, 16) times. The heel flap should have 28 (30, 34) rows.

## HEEL TURN

**Row 1 (WS)** - sl1, p14 (16, 19), p2tog, p1 and turn

**Row 2 (RS)** - sl1, k5, ssk, k1 and turn

**Row 3 (WS)** - sl1, p6, p2tog, p1 and turn

**Row 4 (RS)** - sl1, k7, ssk, k1 and turn

Repeat rows 3 and 4 to continue shaping the heel flap, working one more stitch each row until you have worked all the stitches from the heel flap.

**Small (and large) sizes only**, work final 2 rows of heel flap as follows:

You will have 18 (22) sts remaining before starting these two rows.

**Row 1 (WS)** - sl1, p12 (18), p2tog, p1 (0)

**Row 2 (RS)** - sl1, k6 (8), k2tog, k5 (8), ssk, k1 (0)

There will be 15 (18, 19) stitches on the heel flap.

## GUSSET

Pick up and knit the 14 (15, 17) stitches down the side of the heel flap. PM. Work across the 25 (30, 35) stitches across the top of the foot with the leg pattern, beginning on row 1. PM. Pick up and knit the 14 (15, 17) stitches up the side of the heel flap. Knit across the 15 (18, 19) stitches of the heel flap to finish the round. You should have 68 (78, 88) stitches.

**Round 1** - knit down the side of the heel flap until you are 3 sts away from the marker, k2tog, k1, slip marker and work across the top of the foot in the leg pattern, slip marker, k1, ssk and knit to the end of the round.

**Round 2** - knit down the side of heel flap to the marker, slip marker, work in leg pattern across the top of the foot, slip marker, knit up the side of the heel flap and knit to the end of the round.

Repeat these two rounds until you have 50 (60, 70) stitches remaining. Then continue without any more decreasing for approximately 42 (42, 42) rounds, or until the foot is the correct length, finishing with round 6 of the leg pattern. If necessary, knit a couple of rounds in stocking stitch before starting the toe. The toe that you will knit will measure approximately 4 cm (4.5 cm, 5cm) from this point.

## TOE

**Round 1** - Knit round to the last 3 stitches before the marker, k2tog, k1, slip marker, k1, ssk, knit across the top of the foot to 3 stitches before the marker, k2tog, k1, slip marker, k1, ssk, knit to the end of the round.

**Round 2** - Knit a round.

Repeat these two rounds until you have 22 (24, 26) stitches remaining. Rearrange these stitches evenly onto two dpns, 11 (12, 13) on each needle, so that the top and bottom of the sock lie flat. Cut the yarn, leaving a tail of 25cm and graft the stitches together using Kitchener stitch as instructed below. Weave in the ends from the toe and cuff inconspicuously on the WS.