NORDIK SOCKS

DIFFICULTY = Hard

YARN = **NORDIK SOCKS** by Laines du Nord, 1 ball = 2 identical socks
CIRCULAR NEEDLES = sizes 2.75 mm and 3.00 mm, with a thin and flexible 30 cm cable
OTHERS = darning needle, pins, scissors, stitch markers



SAMPLE

10 x 10 cm: 31 sts and 42 r worked in stockinette stitch using 2.75 mm needles

POINTS USED

Stockinette stitch in the round: knit all sts in every round.
Stockinette stitch flat (worked back and forth): knit on RS rows, purl on WS rows.
German short row stockinette stitch: worked as described in the heel section.

ABBREVIATIONS

RS = right side
WS = wrong side
SM = stitch marker
r = row(s)

st(s) = stitch(es)
w&t = “wrap and turn” (short-row technique)
k = knit
ktbl = knit through the back loop
yo = yarn over
tog = together
bind off = bind off(bind off the stitches using the skp technique).
rep = repeat/ing
foll = following

MEASURES

Fits shoe size 39/40

PROCEDURE

Toe Cast-On
Use circular needles with 2.75 mm tips.
Make a small slipknot and place it on one needle. Align the 2 needle tips parallel to each other, with the needle holding the slipknot on the
bottom. Using the tail, cast on 12 sts onto both needles by wrapping the yarn 12 times around both needles from outside to inside. At the end
of the wraps, hold the last wrap in place with your index finger and gently pull the bottom needle forward (the sts will remain on the cable).
Then, using this freed needle and the working yarn, knit 12 sts into the loops on the upper needle. Knit loosely to allow the sts to slide easily.
Gently pull the cable to realign the needles so that the needle with the 12 newly knit sts is on the bottom and the other with the 12 unworked
loops is on top. Pull the needle forward (leaving the 12 knit sts on the cable) and use it to knit 12 sts from the upper needle. Realign the 2
needles so that you have 12 knit sts on each needle. From the next round, begin increasing at each side. Always check that the working yarn
is coming from the lower needle.
Round 2: pull the lower needle forward and begin working the sts from the upper needle. The increases are always worked after the first st
and before the last one, then work as follows: k1, yo, k10, yo, k1. Pull the cable to reset the needles, rotate them so the working yarn and
knitted sts are now on the bottom. Pull the lower needle forward again and work: k1, yo, k10, yo, k1 on the upper needle. [28 sts total]
Round 3: knit all sts on both needles and work the 4 yo ktbl.

Rounds 4 to 15: repeat rounds 2 and 3, working across both needles in the same way. At the end of round 15, you will have 52 sts total (4
increases every other round, repeated 6 times).

Instep and Sole of the Sock

Realign the sts by positioning the needle with the working yarn behind the front needle. Pull the back needle forward and begin working across
the sts on the front needle.

Rounds 16 to 70 (13 cm): work in stockinette stitch, maintaining the same number of sts (26 sts on each needle)

From the next round, begin increasing the st count again to widen the sock body before shaping the heel. Set up as follows:

Round 71: k26 on needle 1. On needle 2: k1, yo, k24, yo, k1. [54 sts]

Round 72: knit all sts, working the 2 yo ktbl.

Round 73: k26 on the 1st needle, while on the 2nd needle work k1, yo, work k1 until 1 st remains, and yo and k1 in the last st.

Round 74: knit all sts, working the 2 yo ktbl.

Rounds 75 to 94: rep rounds 73 and 74, 9 times. [at the end of round 94: 26 sts on needle 1 and 52 sts on needle 2]

The 26 sts correspond to the instep, while the remaining 52 sts form the sides and the sole of the sock. Work the heel over the 26 center sts of
the 52 on Needle 2, and leave the remaining sts on hold. Place a SM at the first and 26th st of the heel section.

Heel

Work across the 26 heel sts using **German short rows** in stockinette stitch for a total of 14 rows.

R 1 (RS): knit to 1 st before the 2nd SM, w&t (the resulting double st counts as 1 st).

R 2 (WS): purl to 1 st before the SM, w&t.

R 3: knit to 2 sts before the double st, w&t.

R 4: purl to 2 sts before the double st, w&t.

Continue repeating r 3 and 4, decreasing 1 st in each row, until you are back to 12 sts, as at the toe. Switch to 3.00 mm needle tips, and work
26 sts in stockinette stitch for 14 r. In the first row, be sure to work across all 26 sts: 7 sts from the first short-row side, 12 remaining heel sts
and 7 sts from the second short-row side. Continue working over these 26 sts for 14 rows. While doing so, at the beginning and end of each
row, join the edge sts with the sts held at the end of round 94: insert the needle into the first (or last) st of the heel, then into the first (or last)
unworked st from those left on hold after round 94 and knit the 2 sts together to join. Once you have completed joining the first and last 13 sts from round 94, switch back to 2.75 mm needle tips and resume working in the round.

Leg

Work in stockinette stitch over the 52 total sts (26 sts on each needle) until you reach about mid-calf height (between ankle and knee) or just

before running out of yarn from the ball. Then bind off all sts loosely, leaving a long tail for sewing.

FINISHING

Fold the upper edge of each sock to the WS by about 1.5 cm and sew it in place using the yarn tail and a darning needle, making small,
invisible stitches. Weave in all ends. Work the second sock as given for the first one.

Both socks can be made from a single ball of yarn.

The sock is worked from the toe up to the top of the leg. For ease of description, each tip of the circular needle will be referred to as a “needle”.

PHOTOGALLERY



