

Ice Cream Sunday Socks

by Mary the Hobbit

Yes, they're supposed to be girly! Also light, airy, and short.

These short summer socks are worked from the top down. They have a short-row heel that uses the PGR method, but since short-row heels rarely fit my ginormous heels, I added mini-gussets to supply more stitches for the heel.

SIZE

Women's medium. Leg is about 7-1/2 inches around.

MATERIALS

- Lorna's Laces Shepherd Sock yarn, a summery color like Sherbet or Happy Valley. Photo shows Clara's Garden.
- Set of 4 or 5 dpns size 1 (2.25mm) and set of dpns size 2 (2.75mm).
- Tapestry needle for toe finishing

GAUGE

8 sts = 1 inch in stockinette
about 7 sts = 1 inch in Twisted Veil pattern. It's very stretchy!

ABBREVIATIONS

dbl st	double stitch = a pair of stitches formed from a yo and the stitch following it
dpn	double-pointed needle
EOR	End Of Round, a/k/a beginning of round
instep	the top of the foot
k3tog	knit 3 sts together
KV	Knit twisted Veil stitch (see Special Techniques)



LHN	Left-Hand Needle, the needle containing the stitches you're about to knit
LLinc	Left-Leaning increase: knit tbl into the left side of the stitch 3 rows below the one on the RHN
LRinc	Right-Leaning increase: knit into the right side of the stitch below the one on the LHN
ndl	needle
pm	place marker
RHN	Right-Hand Needle, the needle you're knitting with
rnd	round
RS	right side
sole	the bottom of the foot
ssk	slip 1 knitwise, slip another one knitwise, then knit the slipped sts together through the back loops
sssk	like ssk except slip 3 sts, one at a time
ssp	slip 1 knitwise, slip another one knitwise, then purl the slipped sts together through the back loops
sssp	like ssp except slip 3 sts, one at a time
st	stitch
tbl	through the back loop
WS	wrong side
yo	yarn over: with RS facing and yarn in back, bring yarn to front between the needles
yo bkws	yarn over backwards: with WS facing and yarn in front, put yarn between ndls to back, then over the RHN to purl the next stitch.

SPECIAL TECHNIQUES

KV is the weird twisted stitch you must learn to do in order to produce the mesh-like pattern. It's not difficult to execute, just hard to explain. (Like the Kitchener stitch...)

Step 1: Insert RHN into stitch as if to knit it.

Step 2: Bring yarn over inserted ndl as if to knit (counter-clockwise).

Step 3: Bring yarn down and around LHN tip clockwise, then up between ndls and back behind RHN in a figure 8. Working yarn is back where we started from.

Step 4: Bring yarn over inserted ndl again as if to knit.

Step 5: Knit the stitch: with RHN pull loop from Step 4 through under the top strands and drop crossed loops from LHN. You will have a little knot of twisted yarn behind the knitted stitch.

Step 6: Pull the working yarn to take up the slack from the twisted stitch.

Correct mount means to re-seat a yo stitch so that its right leg is in front. With stitch on LHN, insert tip of RHN into stitch as if to purl through the back loop and slip it to the RHN; then slide the stitch back onto the LHN in the new orientation.

LLinc and *LRinc* are explained in great detail in Cat Bordhi's book, *New Pathways for Sock Knitters*, q.v.

PATTERN

Twisted Veil:

R1: Knit

R2: KV all but last stitch, knit last stitch

R3: Knit

R4: KV all sts

R5: KV all but last stitch, knit last stitch

Twisted Veil pattern is based on Veil Stitch from Barbara Walker's book, *A Treasury of Knitting Patterns*. My version of the stitch pattern twists to the left in a major way. When worked flat, as written in the book, the WS rows twist it back the other way, but we're only doing the RS stitches. So the work biases to the left and the EOR starts out in center back and ends up way over to the side. That's why we knit only 8 sts before marking the instep.

After you practice working the stitch a few times it becomes fairly easy. Here's how Barbara Walker explains Veil Stitch:

Insert needle into the stitch as if to knit, then bring yarn from under the right-hand needle forward between the crossed needle points (i.e., to a "purl position" beneath the left-hand needle); then up in front of, and over the top of, the *left*-hand needle; then to the back over the top of the right-hand needle, then down in back and under the right-hand needle. Then knit the stitch, bringing out the last strand that was passed under the right-hand needle, and passing the point of the right-hand needle, as it is removed from the stitch, beneath and clear of the crossed strands still on the left-hand needle. As the stitch is completed, these strands are dropped off the left-hand needle to form the twisted base of the stitch.

For Continental knitters, the Tsarina of Tsocks describes alternate ways to perform it here:

<http://www.tsocktsarina.com/blog/?p=61>

Note: The last stitch of a KV round before a Knit rnd is knitted instead of KV-ed in order to make a smoother transition and minimize a visible "seam line". Don't ask how I found out about this...

DIRECTIONS

Cast on 54 sts using long-tail cast-on on larger needle. Arrange sts onto 3 or 4 dpns and join for working in the round.

Cuff

With larger ndls, work [k1,p1] ribbing for 4-6 rnds, however few you can get away with. I did 4 rnds.

Leg

Switch to smaller ndls. Work Twisted Veil Pattern for 2-1/2 or 3 inches. End with a Knit round.

Heel

Before getting down to business with short rows, we'll increase the number of sts by 8 for a roomier heel. The heel will be worked over 36 sts, which is fine for me but might be too many for you. Caveat knitter.

R1: K8, LLinc, pm for end of heel; KV 26 sts for instep; pm for start of heel, LRinc; k29. (30 heel sts)

R2: EOR is now at end of heel. Knit around.

R3: LLinc; KV 26 instep sts; LRinc, k31. (32 heel sts)

R4: Knit around.

R5: LLinc; KV 26 instep sts; LRinc, k33. (34 heel sts)

R6: Knit around.

R7: LLinc; KV 26 instep sts; LRinc, k35. (36 heel sts)

R8: Knit around.

R9: KV 26, set these instep sts aside while we do the short-row heel.

The heel uses the Priscilla Gibson-Roberts (PGR) technique, using yo's at the start of each row instead of wrap & turn at the end. This technique is explained in more detail in the book *Simple Socks: Plain and Fancy* by PGR herself, and in the pattern Priscilla's Dream Socks in the book *Favorite Socks*. See also the toe-up RPM socks on Knitty, link <http://www.knitty.com/ISSUEsummer06/PATTrpm.html>.

Short-row heel, decrease section

Working yarn is at beginning of heel sts = next 36 sts.

R1: k35, turn. (1 st unworked)

R2 (WS): yo bkws, p34, turn. (1 st unworked) The yo forms a double stitch with the stitch following it.

R3 (RS): yo, knit to dbl st, turn.

R4 (WS): yo bkws, purl to dbl st, turn.

Repeat R3 and R4 until there are 12 sts in the center, and 12 sts (11 dbl sts + 1 unworked st) on each side = 23 rows. Last row is a RS row; do not turn.

Short-row heel, increase section

R1 (RS): Knit first st of dbl st, correct mount of yo, k2tog (yo + first st of next dbl st), turn.

R2 (WS): yo bkws, purl to dbl st, purl first st of dbl st, ssp (yo + first st of next dbl st), turn.

R3 (RS): yo, knit to dbl st, knit first st, correct mount of 2 yo's, k3tog (2 yo's + first st of dbl st), turn.

R4 (WS): yo bkws, purl to next yo, sssp, turn.

R5 (RS): yo, knit to next yo, correct mount of 2 yo's, k3tog, turn.

Repeat R4 and R5 until all yo's have been used up, end with R4 = 24 rows. RS is facing.

R25: yo, knit across heel to last yo. Correct mount of yo and keep it on RHN, pick up a stitch by doing LRinc on the first instep stitch, move picked-up st and corrected yo back to instep ndl, and finally k3tog (yo + picked-up st + instep st). This st belongs to the instep. Knit across instep to last st. Slip the last instep st knitwise, pick up a stitch by doing LLinc on it, and slip the last yo knitwise to the RHN; finally knit the 3 sts through the back loops (instep st + picked-up st + yo) like an ssk. Knit to center of sole and pm for EOR.

Resume knitting in the round. From now on we'll work KV sts on the instep only, every other round.

The short-row heel is finished, and hopefully it fits. We still have 26 instep sts from before plus 36 sole sts in stockinette, for a total of 62 sts. We're going to do a micro-gusset to decrease down to 60 sts for the foot, while extending the instep pattern by 2 sts on either side.

Micro-gusset:

R1: k17, KV 28 (1 st from sole + 26 instep sts + 1 st from sole), k17. (28 instep sts, 34 sole sts)

R2: k15, k2tog, knit 28 instep sts; ssk, k15. (28 instep sts, 32 sole sts)

R3: k16, KV 28, k16.

R4: Knit around.

R5: k15, KV 30 (1 st from sole + 28 instep sts + 1 st from sole), k15. (30 instep sts, 30 sole sts)

R6: Knit.

There are now 60 sts total, half on the instep in pattern and half on the sole in stockinette.

Foot

Continue in this way, working sole sts in stockinette and KV-ing instep sts on alternate rounds through R20 or so, or even earlier if you're tired of doing KVs. From then on you can work the KV stitch on the instep every 3rd rnd. When the foot is about 2 inches short of the length you want it to be, switch to stockinette (knit all sts) and work another half-inch before starting the toe.

Update 6/27/09: I found an alternate toe shaping which seems to suit the swirliness of this sock - the Pointed Toe, adapted from directions given in *Knitting Vintage Socks*, by Nancy Bush. This toe shaping curves around to the left in the same direction as the Twisted Veil Stitch. Skip to [Pointed Toe](#) section below.

Wedge Toe

EOR is in the middle of the sole. Arrange the 60 sts on 3 or 4 dpns like this: 15-30-15 or 15 sts on each of 4 needles.

R1: Knit.

R2: On N1, knit to last 3 sts, k2tog, k1.

On instep, k1, ssk, knit to last 3 sts, k2tog, k1.

On N3 or N4, k1, ssk, knit to EOR.

Repeat R1 and R2, decreasing 4 sts every other rnd, until you're down to 24 or 20 sts.

Knit the rest of the sole sts onto one needle. Graft toe closed with the Kitchener stitch. Weave in yarn ends kthxbye.

Pointed Toe

If you have fairly square toes, knit a few more rounds before starting the Pointed Toe shaping, because it will end in a sharp point.

EOR is in the middle of the sole. Arrange the 60 sts on 4 dpns so that there are 15 sts on each needle.

R1: * k7, sl1, k1, pssso, k6 * Repeat for each needle. (*4 sts decreased*)

R2-3: Knit.

R4: * k7, sl1, k1, pssso, k5 * Repeat 4 times. (*52 sts left*)

R5-6: Knit.

R7: * k7, sl1, k1, pssso, k4 * Repeat 4 times.

R8, R10, R12, R14: Knit.

R9: * k7, sl1, k1, pssso, k3 * Repeat 4 times. (*44 sts left*)

R11: * k7, sl1, k1, pssso, k2 * Repeat 4 times.

R13: * k7, sl1, k1, pssso, k1 * Repeat 4 times.

R15: * k7, sl1, k1, pssso * Repeat 4 times. (*32 sts left*)

R16: K7, * sl1, k1, pssso, k6 * 3 times. There is one stitch left before EOR. Remove marker and just keep working around from now on.

R17: sl1, k1, pssso, k6;

then * sl1, k1, pssso, k5 * 4 times;

then * sl1, k1, pssso, k4 * 4 times;

then * sl1, k1, pssso, k3 * 4 times;

etc. Continue like this until there are 5 sts left, or until you can't deal with it anymore.

Cut yarn, leaving a 6-8" tail. Thread yarn on a tapestry needle and pull yarn through the remaining 5 sts, then do it once more. Pull yarn end to inside of sock and weave it in. Weave in the other yarn end too.

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