

Simple how-to sock knit

Regia

Materials

Using this Regia sock guide and table, you can work these socks using the following Regia qualities:

Regia 4ply & all other Regia yarns which knit to the tension 30 sts and 42 rows to 10cm (stocking stitch)

You will need:

2 x 50g balls of Regia yarn

Set of 5 x 2mm to 3mm double ended needles

Caution: It is essential to work to the stated tension, and we cannot accept responsibility for the finished product if any yarn other than the enclosed is used. Refer to chart for measurements and details.



Abbreviations & Descriptions

alt=alternatively, altog=altogether, cm=centimetres, col=colours, g=grams, K=knit, LH=left-hand, P=purl, rem=remaining, rev st-st=reversed stocking stitch, RH=right hand, RS=right side, sl-st=slip stitch, st(s)=stitches, st-st=stocking stitch, tbl=through back of loop, tog=together, WS=wrong side Round change = when all 4 needles have been worked, Welt = Ribbed section at the top of the sock, Stocking

Stitch (st-st) = When working in rounds, every row is knit (k), Open rows = Working backwards and forwards (one row K RS, one row P WS), Garter stitch = When working in rounds, one row P RS, one row K WS, slip=slide stitch without knitting

Gauge: 30st. and 42 rows/rounds stockinet stitch on 2-3mm needles=10cm

	Child Sizes												
UK Foot size	5/6	7/8	8/9	10/11	11.5/12	13/1	2/2.5	3/4.5	5/5.5	6/7	7.5/9	9.5/10.5	11/12
Cast on/sts per needle	44/11	48/12	48/12	52/13	52/13	56/14	56/14	60/15	60/15	64/16	64/16	68/17	72/18
Sts for heel	22	24	24	26	26	28	28	30	30	32	32	34	36
Height of heel in rows	20	22	22	24	24	26	26	28	28	30	30	32	34
Turning heel, arrangements of sts	7/8/7	8/8/8	8/8/8	8/10/8	8/10/8	9/10/9	9/10/9	10/10/10	10/10/10	10/12/10	11/12/11	12/12/12	
Sts to pick up on either side	11	12	12	13	13	14	14	15	15	16	16	17	18
Gusset decreases on every 3rd round	4x	4x	4x	5x	5x	5x	5x	5x	5x	6x	6x	6x	6x
Length of foot to start of toes (cm)	11,5	12,5	14	14	15,5	17	18	18,5	20	21	22	22,5	24
Decreases for toes after 1st decrease round													
on 4th round	---	---	---	---	---	---	---	1x	1x	1x	1x	1x	1x
on every 3rd round	1x	1x	1x	2x	2x	2x	2x	2x	2x	2x	2x	2x	2x
on every 2nd round	3x	3x	3x	3x	3x	3x	3x	3x	3x	3x	3x	4x	4x
on every round	4x	5x	5x	5x	5x	6x	6x	6x	6x	7x	7x	7x	8x
Total length of foot (cm)	14,5	15,5	17	18	19,5	21	22	23,5	25	26,5	27,5	28,5	30



Fig.1

Sock guide (see Fig. 1):

Casting on: cast on the number of stitches required evenly across 4 double pointed needles. The round change is at center back, thus between needles 4 and 1. This position is automatically marked by the initial thread.

Fig. 2 - Now work the leg in rounds. Work a short distance in rib pattern for welt (e.g. alt K1, P1 or alt K2, P2). The alteration of knit and purl stitches gives the welt some stretch. The leg can also be worked entirely in rib pattern, or in stocking stitch until work measures 10cm.

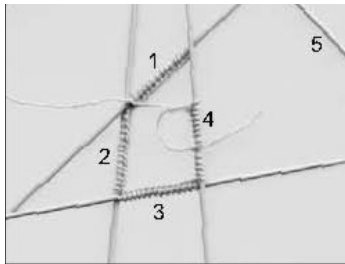


Fig.2

Round heel in stocking stitch:

Fig. 3 - Work the heel in stocking stitch in open rows over the stitches on needles 1 and 4. The first and last 2 sts may be worked in garter stitch, and the resulting ribs make counting the rows easier. Slip stitches of needles 2 and 3 onto a holder. If there are too many stitches on the 1st row of the heel, then these have to be decreased on 1st row. Work the heel the height given in the table.

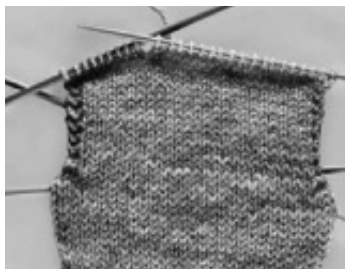


Fig.3

Fig. 4 - When turning the heel, work with 3 panels, arranging the sts on the needles as given in the chart "turning the heel, arrangements of sts". In the chart, the second number refers to the number of sts for the heel, the first and third numbers refer to the stitches for the outer panels. On the following RSrow K to last st but 1 from heel flap. *Work a slip decrease knitwise over last st of heel flap and the following stitch of outer panel, as follows: slip heel flap stitch knitwise, K next st of outer panel then pass slipped st over it purlwise (yarn at front of work), P all sts to last but 1 of heel flap. P this last st together with the following stitch of outer panel and turn. Slip 1st st of heel flap purlwise (yarn at back of work) and K all sts of heel flap to last 1. Repeat these decreases from * until all sts of outer panels have been used up, leaving just the stitches of heel flap - see Fig. 5. Continue in rounds over all stitches. Work in stocking stitch over sts on needles 1 and 4, and in stocking stitch over stitches on needles 2 and 3. Refer to chart for details.

Fig.4



Fig.5

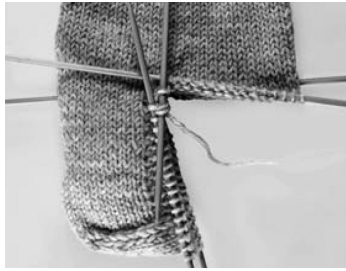


Fig.6

Fig. 6 - Arrange the heel sts evenly across 2 needles (needles 4 and 1), then with needle 1 pick up from the heel edge 1 st (1 st for every 2 rows on heel edge), then knit 1 st tbl between needles 1 and 2. Now work sts on needles 2 and 3 (upper foot). Then knit 1 st knitwise tbl between needles 3 and 4, and pick up 1 st into each heel edge st. Then work rem sts. There are now more sts on needles 1 and 4 than on needles 2 and 3, these being the sts for the gussets. Decrease these stitches for the gussets as follows: on the following 3rd round, or as given in the chart, work to 3 from the end of the needle 1 and K2 together, K1; on needle 4 work K1, then slip decrease knitwise over sts 2 and 3. Repeat these decreases as often as given in the table, resulting in the original number of stitches on needles 1 and 4.

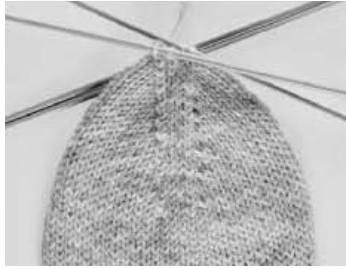


Fig.7

Now work the foot the length given in the chart (see length of foot to start of toes), then work toe decreases. For toe decreases work to 3 from end of needles 1 and 3 and K2 together, K1; on needles 2 and 4 work K1, then a slip decrease knitwise over the next 2 sts. Repeat these decreases as given in the chart until 8 sts remain. Bring the yarn through these sts, pull up firmly and fasten off.

Regia yarns are made with the highest quality materials, are machine washable, do not felt and are extremely durable. Ideal for knitting socks and garments, Regia is available in a variety of qualities, colours and effects - there is something for everyone!