

FootballSoxx

LANG
YARN S
Quality since 1867

Example size 8 (41–42), 4-ply

MATERIALS:

LANGYARNS TWINSOXX 909.0595 – 909.0603.

QUANTITIES, STITCHES, NEEDLE SIZE AND MEASUREMENTS for other sizes can be adjusted easily using our table. The amount of yarn required will vary according to the pattern chosen and length of leg.

CAST ON, CUFF AND LEG

Cast on 64 sts, arrange these sts evenly over 4 needles = 16 sts on each of the 4 needles. Work in K2:P2 rib until color changes and then stockinette st up to about 7" (18 cm) length.

HEEL

Knit in reinforcement yarn to strengthen the heel (and the toe, if desired).

THE SIMPLE HEEL

Heel width = 4 sts more than half of the total number of sts ($64 \div 2 = 32 + 4 = 36$ sts, round up if an odd number). Take the sts of needles 1 and 4 together, and in addition take 2 sts from needle 2 and 2 sts from needle 3.

Heel height = * On the RS, knit to the last 2 sts, sl1, k1, psso, turn, sl1 purlwise (with the yarn **in front** of your work), purl to the last 2 sts, p2tog, turn, sl1 knitwise (with the yarn **at the back** of your work) *. Rep from * to *, until you have reached half of the initial number of sts on one needle ($64 \div 4 = 16 : 2 = 8$ sts, round up if an odd number). Work to the center of a RS row (= beginning of rnd).

SIDE INCREASES (left-leaning):

Take a new needle and knit up the rest of the sts (4 sts), then inc along the dec sts as follows: skip the first dec, then insert needle in every dec and draw a loop, then inc 1 more st, to avoid a hole. Knit the sts of needles 2 and 3, then pick up sts along the other side in the same way, i.e first inc 1, and at the end skip the last dec, work 4 more sts = 64 sts. Now continue working over all sts without decreasing for instep.

FOOT LENGTH

Work stockinette st on the round until the entire foot measures 8¾" (22 cm).

SIMPLE DECREASE

With a number of sts of 50 or less begin the toe with **4 sts between decreases**, for a number of sts from 50 to 60 begin with **5 sts between decreases** for the toe, for a number of sts over 60 begin the toe with **6 sts between decreases**.

6 sts between decreases: On the first rnd work as follows: * k6, k2tog, rep from * to end – then work 6 rnds without decreasing.

5 sts between decreases: On the next rnd: * k5, k2tog, rep from * to end – then work 5 rnds without decreasing.

4 sts between decreases: On the next rnd: * k4, k2tog, rep from * to end – then work 4 rnds without decreasing. Now work **3 sts between decreases** (* k3, k2tog, rep from * – then 3 rnds without decreasing), **2 sts between decreases** (* k2, k2tog, rep from * – then 2 rnds without decreasing), **1 st between decreases** (* k1, k2tog, rep from * – then 1 rnd) and then **no sts between decreases** (* k2tog, rep from *). Break yarn, pass the end through the rem sts and fasten off.

4ply

Shoe size	21-22	23-24	25-26	27-28	29-30	31-32	33-34	35-36	37-38	39-40	41-42	43-45
Yarn required + ADDI dpns 2.5mm (US 2)	50 g	50 g	50 g	50 g	50 g	100 g	100 g	100 g	100 g	100 g	100 g	100 g
Cast on (sts)	44	46	48	50	52	54	56	58	60	62	64	66
Leg length (to max. cm)	4	5	5	10	10	15	15	20	20	25	25	25
Heel width (sts)	20	22	22	24	24	26	26	28	28	30	30	32
Heel length (rows)	18	20	20	22	22	24	24	26	26	28	28	30
Heel sts to pick up each side (sts)	9	10	10	11	11	12	12	13	13	14	14	15
Foot length to toe dec (cm)	10.5-11	12-12.5	13-13.5	14.5-15	14.5-15	15.5-16	17-17.5	18.5-19	19.5-20	19.5-20	21-21.5	22-23
Toe decrease (4 st, 5 st, 6 st)	4 st	4 st	4 st	4 st	5 st	5 st	5 st	5 st	5 st	6 st	6 st	6 st