

# WarmUp SOX

Ankle sock with deep ribbed fold over cuff of 2X2 rib, using the 2X1 needle arrangement for a tighter, more elastic rib, seamed at back of leg, knit from cuff to toe. The tension on the cuff is graded so it folds over nicely if you wish, but also, tighter at ankle to help sock stay on. Then everything is transferred to ribber and two rows are knit on rib bed only. The next step is to take part of each side off on waste yarn and then rehang it on the main bed to form the circle of the stockinette part of the sock. Heel is turned on knit bed with shortrows, using automatic wrap method. At the end of the sock, the toe is shaped with full fashioned decreases and then remaining stitches are grafted.

Sock is sized for Ladies 7.5, medium width. (see below for size adjustment)

## MACHINE

4.5mm with ribber

## YARN

Socka Colour by SchoellerStahl, 75% wool, 25% nylon; 210 m to 50g ball hand knitting yarn.

## GAUGE

T7, 30 sts and 36 rows stockinette to 10 cm/4in.

## NOTES

Circular or tubular knitting means that the double bed is knitting stockinette in the round, seamless. Check your gauge and stitch size settings by knitting a swatch on the double bed. For SilverReed machines, the tension setting on RB should be about 2 full numbers higher to get same stitch size as on MB. For Brother, it really depends on the ribber and there is no specific rule. Make a swatch to be sure. Tension settings in this pattern are for SilverReed. Brother, use Slide II throughout.

Setting for circular:

### SilverReed:

Punchcard: MB, cam to slip, left side lever back to triangle, right side lever forward to circle.

Electronic, MB, cam to C.

**Both:** RB, Left set lever to 0.

Right set lever to 1.

**Brother:** MB, right part button in. RB, left cam lever to P-R, right cam lever to N.

1. 36-0-35 n's.

Arrange for 2X2 (2X1) rib as below

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...||.||.||. ~ ||.||.||.||.||. ....  
-----  
...|.||.||.|| ~ .||.||.||.||. ....
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Swing H5, watch end needle arrangement.

*This is MAO's end needle rule for this type of rib, a single end needle on MB at right end and a single end needle on RB at left. This makes a nice neat, flat seam by 'mattress stitching' into half outside edge stitch on every row, working from inside.*

Manual wrap cast on, from left to right, wrapping yarn around MB n's counterclockwise and RB n's clockwise. RC000, T5/5, K1R. Hang comb and weights. TIP: if this isn't working, check the direction of your wrapping. It can be confusing, because the RB n's are pointing at the ceiling and it's easy to be thinking backward. If the yarn is breaking or the carriage is jamming up across the row, it's wrapped incorrectly. Remember, the main bed needles are wrapped counterclockwise, same as the 'e' wrap cast-on for the single bed.

T6/6, K20R. Tighten tension by one dot on both carriages every 5 rows to RC050. Continue at T4/4 to RC060. T5/5, K1R. T6/6, K1R. T7/7, K1R. T8/8, K1R. CAR.

2. Swing P. Transfer sts to RB, increasing at left to 36 n's; otherwise, there will be 2 sts on every third needle. No n's in WP on MB. Back to swing H. T0/8-10, K2R, stockinette (on rib bed only). Unravel 18 sts at carriage side. The main yarn will now be in position for circular knitting. Do not break yarn, but set aside. Remove comb and hang 3 separate claw weights. Put 18 sts at each end onto WY and release from needles. Take the 18 sts at right side and rehang onto #1 to 18 at right on knit bed, folding the knitting so the end stitch is on the first needle at right of centre. Repeat with 18 sts at left. This forms the circle.

**Advanced:**

*Use shadow lace transfer tool (jaws) to move stitches, without using the WY. Drop ribber all the way down. On MB, bring 18-0-18 n's to work. Pass carriage over to align needles and open latches. Return carriage to right side. Bring ribber back up. Using side 1 of 'jaws', pick 18 sts at right side from RB. Do not flip them to side 2. Drop, right side only, of ribber completely down. Rotate tool counterclockwise and place stitches on MB from 1 -18 at right of 0. Bring ribber back up. Repeat in reverse for left side.*

3. Add extra stitch at left on RB so there are 36 sts on each bed. Set to circular. RC000. CAR. T7/9. Knit circular to RC020. (10 rows each bed - adjust this amount if you want sock to come up higher on leg.)

4. Shape heel: use small claw weights directly under sts in WP to ensure they knit and keep adjusting them. Don't be afraid to drop rib bed part way to get claw weights up where they need to be. One downward click on drop lever on one side will open the bed about one inch, making more room to manoeuvre. RC000. CAR. Set to knit on MB only.

**Silver:** cam lever to stockinette, both set levers on rib carriage to 0.

**Brother:** both cam levers to P-R.

Set MB to hold. Turn rib tension to 0 (off, it's not knitting anyway). This will make it

easier to move carriages.

\*At carriage side bring 1 n to HP, K1R\*. Repeat from \* to \* to 8-0-8 n's in WP - RC020.

\*\*Return 1 n at opposite side to 'C' (UWP), K1R \*\*. Repeat from \*\* to \*\* to all n's on MB in WP - RC040. Pick up heel st from end RB n and put onto end n on MB to prevent hole.

5. RC000, set to circular. T7/9. Knit to RC096. (Ladies 7.5 - adjust length of foot here, plus or minus 10 rows per half size.)

6. 2 prong tool, dec 1 st each side both beds, K4R, 5X. This is decreasing 4 sts, 5X; 20 sts total.

7. RC116. Shape toe, 2 prong tool, dec 1 st, each side, both beds, K2R to 5-0-5 n's for width of toe. RC132. Cut MC, leaving 10 inch tail.

8. Turn RB off (see above). Add new needle at each side on MB. WY, K10R & drop. Put n's out of work. Repeat for RB sts. Sock will be right side out.

9. Graft toe.

10. Seam rib: working from wrong side, pick up half of outside edge stitch on one side, go into half outside edge stitch on other side. On same side, next row up, next half outside edge stitch across to other side. Continue in this manner, similar to mattress stitching, but going into every row and every half outside edge stitch once only. Done correctly this makes an almost invisible, flat seam that looks good from both right and wrong side.

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