

Double Yarn Socks

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for AT&T Fiber to the World Yarn Club¹ and Wool-Aid²



Sizes: Finished foot length of 7/8/9/10+ inches to fit children from 8 to 16 years old.

Yarn: Socks are knit using two strands of yarn. For a pair you will need approximately 150/180/200/220 yards of worsted weight 100% wool AND the same amount of sock weight yarn that is a blend of wool and up to 25% nylon for strength. For the worsted strand, a strong, multi-ply wool (or blend of wool and other animal fiber such as alpaca) is preferred, such as Cascade 220 or Paton's Classic Wool. Single-ply yarns, such as Lamb's Pride worsted, are not as strong. Avoid white or light colors.

Needles: Double pointed needles in size 5 and 7. The smaller needles are used to knit the cuff, heel, and toe where a tight, dense fabric is necessary to provide strength. The larger needles are used for the leg and middle of the foot where a more flexible fabric is desirable. Use any combination of needle sizes that achieves this result.

Abbreviations: **k**=knit; **p**=purl; **k1tbl**=knit one through back loop; **k2tog**=knit two together; **p2tog**=purl two together; **ssk**=slip the next two stitches knitwise, insert left needle into the fronts of these 2 stitches, and knit them together (or you can substitute a k2tog for ssk)

Cuff & Leg

Using smaller needles and both strands of yarn, cast on 32/36/40/44 stitches.

Row 1: *K1 p1, repeat from * across all stitches, keeping stitches on a single needle.

Divide stitches evenly onto three needles and join to knit in the round; mark start of round.

Row 2: *K1tbl, p1, repeating from * for entire round.

Continue single twisted rib pattern for about 8 rounds or until cuff measures 1.5 inches.

Change to larger needles and knit leg in stockinette stitch until it measures approximately 7/8/9/10 inches from start of cuff.

Heel Flap

Arrange stitches so that first needle to left of working yarn holds half of cast-on stitches to create the heel flap: 16/18/20/22 stitches. Divide remaining stitches evenly onto second and third needles for the instep stitches: 8/9/10/11 stitches on each needle.

Using two smaller needles, work back and forth on heel flap stitches only:

Row 1: *Slip 1, k1, repeat from * across.

Row 2: Slip 1, purl all stitches across.

Repeat Rows 1 and 2 until the heel flap forms a square, which should be approximately 9/10/11/12 *knit* rows (count the slipped stitches only). *Note: The shape of the heel flap is more important than the number of rows. A square heel flap helps the sock fit snugly around the ankle.*

Complete the flap with a Row 1 (knit row).

Heel Cup

Start the heel cup with the purl side facing you (still using smaller needles).

Row 1: Purl across until 6 stitches remain on left needle, p2tog, p1, turn (3 stitches remain on needle).

Row 2: Slip 1, knit across until 6 stitches remain on left needle, k2tog, k1, turn (3 stitches remain).

Row 3: Slip 1, purl to 1 stitch before last turn (visible by small gap), p2tog, p1, turn, (1 stitch remains).

Row 4: Slip 1, knit to 1 stitch before last turn (visible by small gap), k2tog, k1, turn, (1 stitch remains).

Row 5: Repeat Row 3, ending with p2tog.

Row 6: Repeat Row 4, ending with k2tog.

You should now have 10/12/14/16 stitches on your heel needle (Needle #1).

Heel Gusset

Note: Directions refer to "left" and "right" assuming the back of the leg and heel flap is facing you.

Change to larger needles and, using the fourth needle, pick up and knit approximately 9/10/11/12 stitches along the left edge of the heel flap (1 stitch for each "link" in the slipped stitch "chain" that should be apparent on the edge).

Move the picked-up stitches to Needle #1.

Knit onto a single needle (Needle #2) the 16/18/20/22 instep stitches from second and third needles.

With another needle (Needle #3) pick up and knit approximately 9/10/11/12 stitches along the right edge of the heel flap AND then, using the same needle, knit half of the stitches from the heel cup.

You should now have the same number of stitches (approx. 14/16/18/20) on the needles on each side of the heel flap (Needles #1 and #3) and the start of your round is now the middle of the heel cup.

Round 1: Knit all stitches.

Round 2: a. Needle #1: Knit to within 3 stitches of the end of Needle #1, k2tog, k1.

b. Needle #2: Knit all stitches (the instep stitches).

c. Needle #3: K1, ssk, knit to end.

Repeat Rounds 1 and 2 until there are 8/9/10/11 stitches on each side of the gusset. Instep stitches remain unchanged and total stitch count should now be the same as your cast-on.

Foot & Toe

Knit all rounds until foot measures 6/7/8/9 inches from back of heel or 1.5 inches shorter than desired length.

Change to smaller needles, knit 3 rounds, and then decrease for toe shaping as follows:

Round 1: a. Needle #1: Knit to last 3 stitches, k2tog, k1.

b. Needle #2: K1, ssk, knit to last 3 stitches, k2tog, k1.

c. Needle #3: K1, ssk, knit to end (center of heel).

Round 2: Knit

Repeat Rounds 1 and 2 until there are a total of 12/12/16/16 stitches left.

Cut yarn, leaving a 5-inch tail; using tapestry needle, thread through remaining stitches, draw tight to close the toe, or graft stitches using the Kitchener stitch.

Weave in ends and immediately cast on for the second sock of the pair. *When weaving in the cast-on tail at the cuff, close the small gap that remains from knitting one row before joining to knit in the round.*

¹ The AT&T Fiber to the World Yarn Club is an employee-organized and company-encouraged group dedicated to knitting and crocheting for charities in the US and around the world. This pattern was developed to help knitters make long-wearing, warm socks for charity and is provided to Wool-Aid in support of its mission. The pattern is intended for personal or charity use only. Ravelry: fibertotheworld.

² Wool-Aid is a community of knitters and crocheters whose mission is to provide wool socks, sweaters, vests, mittens, hats, and blankets to children who live in the coldest climates and have the least access to resources. We work with organizations that put the human imperative first; that provide aid regardless of the race, creed, or nationality of the recipients; and that do not use aid to further a particular political or religious viewpoint. Ravelry: wool-aid.