

R0174 • BAND SOCKS by Charles D. Gandy • ■■■■■ (EXPERIENCED)



Sizes: Socks are sized to fit Child's Medium (Child's Large, Adult Small, Adult Medium, Adult Large).

Finished Measurements: Foot Length (heel to toe): 7 (8, 9, 10, 10½)"

MATERIALS:

2, 50 g balls Schachenmayr Regia Color 4-Ply color A#07200 (A).

1, 50 g ball Schachenmayr Regia 4-Ply color #02205 (B).

Set of 4, Size 1 US (2.25 mm) double-pointed needles OR SIZE TO OBTAIN GAUGE.

Size C/2 crochet hook and waste fingering yarn (for provisional cast on).

Yarn needle, stitch markers.

Gauge: 32 sts = 4" [10 cm] in Stockinette st

Designer Notes: Three separate leg bands are worked first. The foot is worked next. The Leg is formed by joining the bands together (one at a time) beginning at the foot and working upwards to the cuff.

STITCH GLOSSARY

beg	begin
BO	bind off
CO	cast on
cont	continue
dec	decrease
dpn(s)	double-pointed needle(s)
fol	follows
K, k	knit
k2tog	knit 2 sts together
kwis	knitwise
LH	left hand
meas	measures
ndl	needle
P, p	purl
p2tog	purl 2 sts together
pwis	purlwise
rem	remain
rep	repeat
RH	right hand
rnd	round
RS	right side
sl	slip
ssk	slip 2 sts to the RH ndl; insert LH ndl into the fronts of both slipped sts and knit them tog as one
st(s)	stitch(es)
St st	Stockinette stitch
WS	wrong side

CROCHETED PROVISIONAL CAST ON

For a free video demonstration use this link:
[h t t p : / / w w w . y o u t u b e . c o m / watch?v=wUdM-mHWIAE&feature](http://www.youtubecom/watch?v=wUdM-mHWIAE&feature)

1. Using a smooth non-textured waste yarn of similar weight, with the crochet hook in the right hand and the working yarn in the left hand, make a slipknot followed by 3–4 chain sts. Holding the knitting ndl and the crocheted chain in the left hand, ★place the working yarn UNDER the ndl and the hook on TOP of the ndl.
2. Pick up a stitch with the hook.
3. Throw the yarn back under the ndl thus casting on one stitch on the ndl. Rep from ★ until the desired number of sts are on the knitting ndl.
4. Make 8–10 chain stitches and pull the yarn through the last stitch. **Note:** Make the last chain longer than the first one to easily identify at which end to start to unravel the chain when you need the live sts.

If you attempt to unravel from the end with the shorter chain, it will not work.

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5. After you have worked the piece and need to retrieve the live sts from the provisional cast on, simply unravel the longer chain and carefully pick up each stitch it becomes free.

GARTER STITCH GRAFTING

Garter Stitch Grafting, like the standard Kitchener Stitch Grafting, is easy once you understand the rhythm or routine in your mind and fingers.

Working with the same number of sts on two dpns, hold the ndls in the left hand with the purl ridge facing a purl ridge.

1. Thread a yarn ndl and insert into the first st on the front knitting ndl as if to purl. Leave this st on the front ndl.
2. Repeat step 1 on back ndl.
3. Pass yarn ndl through stitch on front ndl kwise and slip that st off. Next, on the same knitting ndl, pass the yarn ndl through the next st pwise and leave it on the front knitting ndl.
4. Repeat step 3 on back knitting ndl.
5. Repeat steps 3 and 4 until one st rem on both the front and back knitting ndls. Pass the yarn ndl through the front stitch kwise and slip off. Repeat on the back knitting ndl. Adjust the tension to match the tension of the work. Weave in all ends.

3-NDL YARNOVER BIND OFF METHOD

Holding the sts on two ndls (front and back) together (with WS facing), k2tog (first st on front ndl and first st on back ndl) twice; pass the first st on the RH ndl over the second st (as in a standard BO); ★yo; pass the first st over the yo; k2tog; BO one st. Rep from ★ until 1 st rem. Cut yarn, pass tail through last st and fasten off.

INSTRUCTIONS

LEG BANDS (make 3)

With A, crochet hook and waste yarn, using the Crocheted Provisional cast-on method, CO 12 (14, 16, 18, 20) sts. Work in Garter st (knit every row) until piece meas 5½ (6½, 7½, 8½, 9½)". Do not bind off. With a new ndl, remove the waste yarn from the provisional cast on and retrieve the 12 (14, 16, 18, 20) cast on sts. Using the Garter Stitch grafting method, graft the sts on both ndls together. Make a total of 3 bands.

HEEL FLAP

With waste yarn, CO 48 (56, 64, 72, 80) sts. Distribute onto dpns as foll: Ndl 1: 12 (14, 16, 18, 20);

Ndl 2: 24 (28, 32, 36, 40); Ndl 3: 12 (14, 16, 18, 20). Join to work in the rnd, being careful not to twist. PM to indicate beg of rnd. Work St st in the rnd (k every rnd) until piece meas ½" from CO. Hold sts on Ndl 2 for the instep. Cont working on Ndls 3 and 1.

Next rnd (RS): Beg on Ndl 3, ★sl 1 pwise, k1; rep from ★, working across Ndls 3 and 1 [24 (28, 32, 36, 40) sts on both ndls]. Turn work. Work back and forth in rows on Ndls 3 and 1.

Row 1 (WS): Sl 1 sts pwise, p to end.

Row 2 (RS): ★sl 1 pwise, k1; rep from ★ across. Rep Rows 1 and 2 for a total of 24 (28, 32, 36, 40) rows. Work (WS) Row 1 once.

TURNING THE HEEL (short rows)

Row 1 (RS): K14 (16, 18, 20, 22), ssk, k1, turn work.
Row 2 (WS): Sl 1 pwise, p5, p2tog, p1, turn.

Row 3 (WS): Sl 1 pwise, k until 1 st before the gap formed on last row, ssk (bringing together the st before and the st after the gap), k1. Turn.

Row 4 (WS): Sl 1 pwise, p until 1 st before the gap formed on last row, p2tog (1 st before the gap and 1 st after the gap), p1. Turn.

Rep Rows 3 and 4 until all sts have been worked, end after working (WS) Row 4. In some sizes, if the last 2 rows may not have a single stitch to knit or purl, end those 2 rows with either a decrease of ssk or p2tog [14 (16, 18, 20, 22) sts rem].

GUSSET

Beg with Ndl 3 and with RS facing, k7 (8, 9, 10, 11) sts across heel. With a new dpn (Ndl 1), k7 (8, 9, 10, 11) rem Heel Flap sts; cont with same ndl, pick up and k13 (15, 17, 19, 21) sts along the side of the Heel Flap [20 (23, 26, 29, 32) sts on Ndl 1]; work across Ndl 2 [24 (28, 32, 36, 40)] instep sts that have been on hold.

With another ndl (Ndl 3), pick up and k13 (15, 17, 19, 21) sts from opposite side of the flap, then k7 (8, 9, 10, 11) sts from the Heel Flap; pm for beg of rnd [20 (23, 26, 29, 32) sts on Ndl 3].

Rnd 1: K across sts on Ndl 1 to last 3 sts; k2tog, k1. Knit across sts on Ndl 2. On Ndl 3, k1, ssk, k to end.

Rnd 2: Knit around. Rep Rnd 1 and 2 until 12 (14, 16, 18, 20) sts rem on Ndl 1 and Ndl 3; St count on Ndl 2 is unchanged [24 (28, 32, 36, 40) sts]. Original number of sts restored.

FOOT

Cont in St st in the rnd until piece meas 5½ (6½, 7½, 8½, 9)" from the back of the heel to the base

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of the big toe or approx 1½" shorter than the desired length.

TOE

With B, beg toe as foll:

Rnd 1: K across Ndl 1 sts to last 3 sts; k2tog, k1. On Ndl 2, k1, ssk, knit across to last 3 sts; k2tog, k1. On Ndl 3, k1, ssk, k to end.

Rnd 2: Knit. Rep Rnds 1 and 2 until 5 (7, 8, 9, 10) sts rem on each Ndl 1 and Ndl 3; 10 (14, 16, 18, 20) sts rem on Ndl 2. Rep Rnd 1 until a total of 8 sts rem [4 sts on 2 ndls]. Graft end of toe using Kitchener stitch.

FINISHING

Working on the foot section, remove the waste yarn from the provisional cast on and retrieve the 48 (56, 64, 72, 80) cast on sts. Distribute sts evenly over 3 ndls.

With new dpns and along the row ends of Band 1, pick up and k48 (56, 64, 72, 80) sts. Distribute sts evenly over 3 ndls. With B, k 3 rnds. With A, knit one rnd. Do not bind off.

Join Band 1 to Foot

Place the WS of the Band 1 facing the WS of the foot and with A, work the 3-Ndl Yarnover Bind Off method.

Note: Using a standard bind-off method will not be stretchy enough to allow the sock to go over

the foot.

Attach Band 2 to Band 1

At top end of Band 1, pick up and K48 (56, 64, 72, 80) sts. Distribute sts evenly over 3 ndls. With new dpns, along the row ends of Band 2, pick up and k48 (56, 64, 72, 80) sts. Distribute sts evenly over 3 ndls. With B, k 3 rnds. With A, knit one rnd. Do not bind off.

Join Band 2 to Band 1

Place the WS of the Band 2 facing the WS of Band 1 and with A, work the 3-Ndl Yarnover Bind Off method.

Attach Band 3 to Band 2

At top end of Band 2, pick up and K48 (56, 64, 72, 80) sts. Distribute sts evenly over 3 ndls. With new dpns, along the row ends of Band 3, pick up and k48 (56, 64, 72, 80) sts. Distribute sts evenly over 3 ndls. With B, k 3 rnds. With A, knit one rnd. Do not bind off.

Join Band 3 to Band 2

Place the WS of the Band 3 facing the WS of Band 2 and with A, work the 3-Ndl Yarnover Bind Off method.

Cuff

With B, pick up and k48 (56, 64, 72, 80) sts at the top edge of Band 3. Distribute sts evenly over 3 ndls. Work St st in the rnd for 12 rounds to form a rolled edge. **Next rnd:** BO all sts. With yarn ndl, weave in all ends.