



Cascade Heritage
Golden Sock



Designed by Nenah Galati

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By Nenah Galati

This fun sock is easy to knit using two circular needles and a slip stitch technique.

Materials Recommended:

Cascade Heritage Sock Yarn

Two Size 1 or 2, 20" Circular Needles

2 Stitch Markers as well as a tapestry needle

Terms: **SKPO** - Sl 1, K1, Pass Slip Stitch over Knit Stitch; **YO** - Yarn over; **Wrap Stitch**- Work to the stitch to be wrapped, slip this St to RH needle, bring yarn front between needles, slip St back to LH needle, turn work. **FYI:** Having a YO at the end of the row is awkward but workable!

Cast On Amounts (this relate to the size of ankle/leg)

Small to Medium: 60; Medium to large 72

Loosely CO _____ Sts to 1 Circular Needle

Slide all of these Sts to the other end of this needle.

Transfer one-half of these Sts to the other circular needle (purlwise).

Slide Sts on both needles to other end of needles.

Make sure all Sts are not twisted – kissing each other, Switch 2 end Sts.

Ribbing for 2 inches (or whatever you prefer) *K1, P1 * all Stitches both needles.

(I recommend that you try the sock on after you have knit the ribbing and maybe 1 or 2 inches).

Leg Pattern:

Round 1: *K4, SKPO, YO* to end

Round 2: and all even rounds Knit all stitches

Round 3: *K3, SKPO, K1, YO* to end

Round 5: *K2, SKPO, K2, YO* to end

Round 7: *K1, SKPO, K3, YO* to end

Round 9: *SKPO, K4, YO* to end

Round 10: Knit all Stitches

Repeat these 10 Rounds for desired length of leg portion of sock.

Short Row Heel (or you may use Gusset Heel)

Short Row Heel: This is worked on 1 Circular Needle ONLY

After you have reached desired length for leg of sock K one round even both needles, then you are ready for to begin the process of wrapping Sts:

For CO of 60 Sts wrap 13 Sts; for CO of 72 Sts wrap 16; (RS – right side; WS wrong side). I recommend that you knit a couple of extra rows once wrapped stitches are completed.

With RS of Sock facing you K across to the 2nd St , wrap this St (2nd St,) turn work, With WS of sock facing you, K across to 2nd St, wrap this St, turn. RS will now be facing you, K to 3rd St and wrap this St,turn, WS facing you, K to 3rd St, wrap this St, turn. Now you will be knitting back and forth, wrapping the next St (4rd) on both the RS and WS and will continue until you have wrapped the designated number of stitches.

Once you have wrapped the designated number of stitches you will now start to work from the center down towards the end of the row as follows. Don't let this confuse you, it just means once you have wrapped the designated number, you will now continue to wrap stitches but you will begin to work from the center to the edge. So you will now be counting down from the outside edge, from say 11 to now you will wrap 10, than 9, counting from the center to the outer edge.)

On next RS row, knit to first wrapped St, K this St, wrap next St, turn work, repeat process on WS.

Repeat this row (knitting back and forth) continue in this manner until you wrapped the 2nd St, which is the Sts you started with, and knit 2 more rows.

Now relax that needle and begin knitting with the other circular needle, (You will need to pick- up 1 to 2 stitches, in the area between needles,area that looks like a V, before

you start knitting after you have turned your work and begin to K with the other circular needle, to avoid holes in your sock!

After you have knit 1-2 rounds, please decrease at either end of each sock to return to the original cast on amount, using toe decrease method.

If you desire, you can knit the above 10 Round pattern using the needles that are holding the top part of the sock, and knit straight on the bottom part until you begin toe decreases.

You can use the chart below to determine how many inches to knit foot part of sock prior to toe decreases, measuring from heel to Sts on needle, foot part only.

Shoe Size	Inches to Knit:
5 – 5-1/2	6-1/4 inches
6 – 6-1/2	6-3/4 inches
7 – 7-1/2	7 inches
8 – 8-1/2	7-1/4 inches
9 – 9-1/2	7-3/4 inches
10-10-1/2	8 inches

TOE DECREASES:

Once you have reached the correct amount of inches using chart above, you will begin toe decreases. These are worked on both ends of each needle, same procedure both needles.

K2, K2Tog, K to within 4 Sts of other end, SSK, K2

K even one complete round

Continue to knit a decrease Rnd and knit even Rnd until you have 10 stitches on each needle, total of 20.

TOE GRAFTING: Cut approximately 10" tail and thread tapestry needle

(IT IS BEST TO NOT BE INTERRUPTED WHEN DOING THE NEXT PART!)

Take tapestry needle from the back and place in front St as if to purl, leave that St on, now to go the back and place tapestry needle as if to knit through St, leave St on, and go to front and begin:

FRONT: FIRST ST ON NEEDLE, AS IF TO K SLIP ST OFF NEEDLE

FRONT: NEXT ST ON NEEDLE, AS IF TO P, LEAVE IT ON

Now go to the back needle

BACK: FIRST ST ON BACK NEEDLE, AS IF TO P, SLIP ST OFF NEEDLE

BACK: NEXT ST ON BACK NEEDLE, AS IF TOK, LEAVE IT ON

Now go to the front needle

Repeat this process until all Sts are worked, tuck in rabbit ear by turning sock inside out and then weave that end in and weave in cast on tail!