



**Spring Garden Socks (W160)  
Using Cascade Fixation Pattern**



# Spring Garden Socks (W160)

**Materials:** 2 balls of Fixation by Cascade Yarns (98.3% cotton, 1.7% elastic), 50 grams/186 yards (shown in Hawaiian Splendor, #9442), size 2 (2.75 mm) and 3 (3.25 mm) double pointed needles, size 5 (3.75 mm) needle for casting on.

**Gauge:** 7 st/in using size 3 needles and 8 st/in using size 2 needles in stockinette stitch. Please take time to knit a swatch and check your gauge. Adjust to a larger or smaller needle if needed.

## Abbreviations:

k - knit

p - purl

\* - repeat the instructions between the \*'s as many times as indicated

yo - yarn over

RT - right twist. Knit the second of two stitches on the left needle, then knit the first of the two stitches. Slip both stitches off the left needle.

k1B - knit stitch through the back

k2T and k3T - knit two stitches together and knit 3 stitches together, respectively

p2T - purl 2 stitches together

ssk - slip 2 stitches individually as if to knit then knit the two stitches together through the back of the loops

skp - slip 1 stitch, knit 1 stitch, pass the slipped stitch over the stitch worked

sk2p - slip 1 stitch, k2T, pass the slipped stitch over.

**Channel Island Cast On:** Make a slip knot using strands from two balls of yarn, slip it onto your needle, then tighten it down. The tails should be about 2 feet long. At this point you will have 4 strands of yarn - 2 tails and 2 going to the balls. \*Wrap the 2 tails twice around your left thumb counterclockwise so that the strands connected to the needle lie in front of your thumb. Hold one strand that goes to a ball and the needle in your right hand. Wrap the single strand in front of and then over the needle as if you were making a yarn over. Next, insert your needle up into the 2 loops on your thumb and wrap the single strand around the needle as if you were knitting a stitch. Pull this loop back through the thumb loops and tighten. Repeat from the \* until you have the number of stitches required.

**Leg:** Using a size 5 needle cast on 60 stitches using the Channel Island cast on described below. After casting on, cut the single strand that was used for casting on and use the other single strand going to a ball of yarn as your working yarn. Divide the stitches evenly onto 4 size 3 needles (place a marker at the start of the round so you always know where you are) and work in Leaf and Vines Pattern Stitch (see below) for 20 rounds. Change to size 2 needles and continue working in the established pattern for an additional 40 rounds.

## Leaf and Vines Pattern Stitch:

1. \*k2, yo, k5, yo, sk2p, yo, k5, yo\* 4 times

2. \*RT, k15\* 4 times

3. \*k2, yo, k1, k2T, p1, skp, k1, yo, p1, yo, k1, k2T, p1, skp, k1, yo\* 4 times

4. \*RT, k3, p1, k3, p1, k3, p1, k3\* 4 times

5. \*k2, yo, k1, k2T, p1, skp, k1, p1, k1, k2T, p1, skp, k1, yo\* 4 times

6. \*RT, k3, p1, k2, p1, k2, p1, k3\* 4 times

7. \*k2, yo, k1, yo, k2T, p1, skp, p1, k2T, p1, skp, yo, k1, yo\* 4 times

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8. \*RT, k4, p1, k1, p1, k1, p1, k4\* 4 times
9. \*k2, yo, k3, yo, sk2p, p1, k3T, yo, k3, yo\* 4 times
10. \*RT, k13\* 4 times

**Heel Flap:** Starting at the beginning of the next round, k13, knit 2 stitches together. Turn your work and p27, purl 2 stitches together. This will give you 28 stitches total for the heel flap. Work the heel flap as follows: Row 1 - \*slip 1 purlwise, k1,\* across the row; Row 2 - slip 1 purlwise, purl 27. Repeat these two rows until the heel flap measures 2.5 inches, ending with a wrong-side (purl) row.

#### Heel:

1. k16, ssk, k1, turn
2. sl1, p5, p2T, p1, turn
3. sl1, knit to 1 stitch before the gap, ssk, k1, turn
4. sl1, purl to 1 stitch before the gap, p2T, p1, turn

Continue working rows 3 and 4 until all of the heel stitches have been worked. You should have 16 heel stitches remaining.

**Gusset and Foot:** Knit across the 16 heel stitches, pick up 18 stitches along the gusset edge, place a marker, knit the first 2 instep stitches together, knit across the next 26 instep stitches, knit the last 2 instep stitches together, place a marker, pick up 18 stitches along the second gusset edge, then knit to the center of the heel - the end of the round. You should have 80 stitches. The gusset is formed by decreasing 1 stitch on either side of the instep every other round as follows: Round 1 - knit around; Round 2 - knit to 3 stitches before the first marker, k2T, k1, knit the instep stitches, k1, ssk, knit to the center of the heel. Work these 2 rounds until 58 stitches remain. You can remove the 2 markers on either side of the gusset at this point. Continue working until the foot measures 2 inches shorter than the desired total length. Divide the stitches on 4 needles so that you have 14 stitches (with the beginning of the round marker in the middle) on needle 1, 15 stitches on needle 2, 14 stitches on needle 3, and 15 stitches on needle 4.

**Toe:** This method of working a toe avoids the need to graft stitches together at the end. Work as follows: Round 1 - \*knit to the last 2 stitches on a needle, k2T\*, repeat for all 4 needles; Round 2 - knit. Work these 2 rounds until 34 stitches remain, then work just round 1 until 5 stitches remain. Cut the yarn, thread the cut end onto a tapestry needle, then pass through the remaining stitches and tighten. Weave in the yarn end on the inside of the toe.

**A Word About Fit:** Socks should have a firm fabric and fit snugly on the foot. This helps them wear longer, and they will be more comfortable. The instructions as written will make a sock that comfortably fits someone that measures 11.25 inches around the calf where the cuff will hit and 8.25 inches around the ball of the foot. You can adjust the fit by changing (or not changing) needle size, or by decrease more or fewer stitches at the gusset. One of the great things about making socks is the ability to get a truly custom fit.