

HELIX



by Sylvia Roozeboom

Helix means screw, spiral or snail shell. Staggering the slip stitch each time creates a spiral in the knitting. The pattern is very simple but gives a very nice effect. This stitch was chosen to bring out the speckled yarn, but it is very nice to use in a combination of 1 main color with various leftovers. switch to another contrast color after each row with the main color. This makes this pattern an ideal stash buster!



small (S), medium (M), large (L) and extra-large (XL)
foot circumference: 22 (23, 24, 25)cm.



Basic color: 60-70 gram undyed Wol met Verve Basic Sock (100gr/ 420m) 75% virgin wool, 25% nylon

Contrast color: 15-20 gram Wol met Verve Basic Sock



size 2.5mm /US 1.5 needles
or size needed to obtain correct gauge.



tapestry needle
stitchmarkers



33 stitches and 43 rows is 10cm, in stockinette stitch
using 2.5mm/US 1.5 needle

PATTERN NOTES

These socks are worked cuff down, with a heel flap and gusset. You can knit these using a short circular needle, a long circular needle using the magic loop method or using dpn's.

Directions are given for size S, the directions for M, L and XL are in brackets. If there are no brackets in the description, then that part of the pattern applies to all sizes.



ABBREVIATIONS

rs right side

ws wrong side

bor beginning of round

st(es) stitch(es)

k knit

k2tog knit 2 stitches together

p purl

p2tog purl 2 stitches together

m marker

pm place marker

sm slip marker

wyif with yarn in front

wyib with yarn in back

sl slip one stitch purlwise with yarn in back

ssk slip 2 stitches knitwise and knit them together

<https://www.youtube.com/watch?v=RGwcYW3GG3M>



Pattern upper foot:

Size S+L: (p2, k2) to 2 stitches before end of upperfoot, p2

Size M+XL: p1, (k2, p2) to 3 stitches before end of upperfoot, k2, p1

INSTRUCTIONS

Cuff

Cast on 60 (64, 68, 72) st using a loose cast on method and join to work in the round, be careful not to twist.

Row 1-12: (k1, p1) repeat to end of row

Leg

Row 13-15: using cc (k3, sl 1) to end of row

Row 16: using bc, k to end of row

Row 17-19: using cc (sl1, k3) to end of row

Row 20: using bc, k to end of row

Row 21-23: using cc k1, (sl1, k3) to 3 st before end of row, sl1, k2

Row 24: using, k to end of row

Row 25-27: using cc, k2, (sl1, k3) to 2 st before end of Row, sl1, k1

Row 28: using bc, k to end of row

Continue to repeat rows 13-28. The slip stitch is staggered 1 stitch to the left, which creates the spiral pattern. Do this until the leg part has reached the desired height. Break cc, and continue knitting with bc.

Heel Flap

The heel flap is worked over 30 (32, 34, 36) st., knitted flat on one of the needles. There are 30 (32, 34, 36) sts left on the other needle for the instep/upper foot.

Row 1(RS): k1, (sl1, k1)) 14 (15, 16, 17) times, sl1 wyif, turn.

Row 2(WS): k1, p28 (30, 32, 34), sl1 wyif, turn.

Repeat row 1 and 2, 13 (14, 15, 16) times.

Turning heel

Continue working back and forth, turning heel using short rows as follows:

Row 1 (RS): k17 (17, 19, 19), ssk, k1, turn.

Row 2 (WS): sl1 wyif, p5 (3, 5, 3), p2tog, p1, turn.

Note that there is a small gap between the working and unworked stitches.

Row 3 (RS): sl1 wyib, k1 to 1 st before gap, ssk (1 st on each side of gap/closing the gap), k1, turn.

Row 4 (WS): sl1 wyif, p to 1 st before gap, p2tog, p1, turn.

Repeat row 3 and 4 until all stitches haven been worked, ending with a WS row. You will have 18 (18, 20, 20) st left.

Gusset

Row 1 (RS): k 9 (9, 10, 10), pm (BOR),k9 (9, 10, 10). Pick up and knit 14 (15, 16, 17) sts on the edge of the heel flap, make 1 extra st between heel flap and instep, follow pattern for upperfoot/instep 30 (32, 34, 36)st, pm, make 1 extra st between instep and heel flap and pick up and knit 14 (15, 16, 17) st on the edge of the heel flap, k9 (9, 10, 10). This is the new beginning of the round

Row 2: Sm, k to 2 sts before m, k2tog, sm, k to m (instep), sm, ssk, k to m (BOR).

Row 3: k all stitches (sm all markers) or choose to knit a ribbing pattern for the upperfoot (k2, p2)

Repeat row 2 and 3 until there are 30 (32, 34, 36) st left(sole), there are 60 (64, 68, 72) st in total

Foot:

Continue knitting row 3 (gusset) until the foot is 5 (5.5; 5.5;6) cm/ 2 (2.2; 2.2; 2.5) inches shorter than the desired length

**Toe**

Row 1: sm,(k to 3 st before m, ktog, k1, sm, k1, ssk,) , repeat one more time, k to BOR.

Row 2: sm, k all stitches.

Repeat row 1 and 2 until you have a total of 32 (34, 36) st.

Now repeat row 1 until there are 16 (14, 16) st left.

K4 (3, 4) (to the side of the toe) Cut yarn, leaving a long tail. Use Kitchener Stitch(es) to close the toe.

Video Kitchener stitch:

<https://www.youtube.com/watch?v=W7i5JwEReW0>

Weave in all ends.

Knit the second sock! (if I can do it, you can do it too!)

Enjoy your knitting!

Sylvia

