



## HILDEGARD SOCKS

### Knitting Pattern



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### About the pattern

Great that you're planning to knit a pair of Hildegard Socks!



The socks are knit from the cuff down and feature an easy-to-knit and nice-to-look-at lace pattern. The heel is worked with a heel flap and the toe is kept very simple. The heel, the toe and the bottom of the foot are knit in stockinette stitch. The lace pattern also works great for toe-up knitting.

Happy knitting!

## Before you start

### Sizes

One repeat of the *Lace Pattern* consists of four stitches. This means that you can knit these socks with an arbitrary amount of stitches, as long as it is a multiple of four. For these instructions I picked three exemplary sizes:

**S** 56 stitches

**M** 60 stitches

**L** 64 stitches

### Gauge

28 sts × 40 rows = 10 × 10 cm

with 2.5 mm (US 1½) needles in stockinette stitch

### You'll need

- Set of 5 double pointed needles or circular needles in needle size 2.5 mm (US 1½) or size required to obtain gauge
- 2 stitch markers labeled A and B
- 100 g/420 m Fingering Weight yarn

### Abbreviations

<b>k</b>	knit
<b>p</b>	purl
<b>k2tog</b>	knit two together
<b>p2tog</b>	purl two together
<b>ssk</b>	slip, slip, knit: slip one stitch as if to knit, slip the next stitch as if to knit, knit those two stitches together through their back loops
<b>yo</b>	yarn over
<b>st</b>	stitch
<b>sts</b>	stitches
<b>m</b>	marker
<b>pm</b>	place marker
<b>sm</b>	slip marker
<b>CO</b>	cast on
<b>RS</b>	right side
<b>WS</b>	wrong side

## Lace Pattern

### Charted

-			-	
-	0	/	-	Round 3
-			-	
-	\	0	-	Round 1

*Read table from right to left.*

□	k
-	p
0	yo
\	ssk
/	k2tog



### Written

**Round 1** p1, yo, ssk, p1

**Round 2** p1, k2, p1

**Round 3** p1, k2tog, yo, p1

**Round 4** p1, k2, p1

## Here we go!

### Cuff

**CO** 56 (60, 64) sts and join to work in the round

**Round 1** p1, \*k2, p2\* repeat to last st, p1

**Repeat** *Round 1* 17 more times

### Leg

The *Lace Pattern* is worked over all sts, thus it is repeated 14 (15, 16) times in every round.

**Round 1** work Round 1 of *Lace Pattern* 14 (15, 16) times

**Round 2** work Round 2 of *Lace Pattern* 14 (15, 16) times

**Round 3** work Round 3 of *Lace Pattern* 14 (15, 16) times

**Round 4** work Round 4 of *Lace Pattern* 14 (15, 16) times

Repeat those 4 rounds until the leg has reached the desired length, end with *Round 4*.



## Heel

The heel is worked in rows with a heel flap and heel turn over 28 (30, 32) sts.

### Heel Flap

- Setup Row (RS)** k0 (1, 0), k28 (30, 32), place the following 28 (30, 32) sts to rest, turn work
- Row 1 (WS)** p28 (30, 32), turn work
- Row 2** k28 (30, 32), turn work
- Repeat** *Row 1* and *Row 2* 9 (10, 11) more times

### Heel Turn

- Row 1 (WS)** p16 (17, 18), p2tog, p1, turn work
- Row 2 (RS)** k6, ssk, k1, turn work
- Row 3** p7, p2tog, p1, turn work
- Row 4** k8, ssk, k1, turn work

Continue working in this manner (working one more stitch in every row) until there are 18 (18, 20) heel sts left.



### Sizes S and L only:

- Next Row** p to last 2 sts, p2tog.
- Next Row** k to last 2 sts, skk (= 16 (18, 18) heel sts)

### Gusset

With right side facing, pick up and knit 11 (12, 13) sts along the side of heel flap (= 1 stitch per 2 rows + 1 stitch between heel flap and foot), pm A, k across sts of top of foot as follows: k0 (1, 0), k Round 1 of *Lace Pattern* over next 28 (28, 32) sts (7 (7, 8) repeats), k0 (1, 0), pm B, pick up and knit 11 (12, 13) sts along the other side of the heel flap, k across heel sts (= 66 (72, 76) sts).

The top of the foot between marker A and marker B will now be worked in *Lace Pattern* (in size **M** the first and the last st of the top of the foot will be worked in stockinette stitch). The bottom of the foot, between marker B and marker A, will be worked in stockinette stitch. Meanwhile the gusset decreases are worked every second row between marker B and marker A at the bottom of the foot:

- Setup Round** k to m A, sm A, k0 (1, 0), k Round 2 of *Lace Pattern* over next 28 (28, 32) sts, k0 (1, 0)
- Round 1** sm B, k1, skk, k to 3 sts before m A, k2tog, k1, sm A, k0 (1, 0), k next Round of *Lace Pattern* over next 28 (28, 32) sts, k0 (1, 0) (= 64 (70, 74) sts)
- Round 2** sm B, k to m A, sm A, k0 (1, 0), k next Round of *Lace Pattern* over next 28 (28, 32) sts, k0 (1, 0)
- Repeat** *Round 1* and *Round 2* 4 (5, 5) more times (= 65 (60, 64) sts)

## Foot

You'll now continue working the *Lace Pattern* on the top, between marker A and marker B (knitting the first and last stitch of the top of the foot in stockinette stitch in size **M**), and stockinette stitch at the bottom of the foot between marker B and marker A.

**Round 1** sm B, k to m A, sm A, k0 (1, 0), k next Round of *Lace Pattern* over next 28 (28, 32) sts, k0 (1, 0)

**Repeat** *Round 1* until you have reached your desired length minus approximately 5 (5.5, 5.5) cm, end with Round 2 or Round 4 of *Lace Pattern*.

## Toe

The toe is knit in stockinette stitch. The beginning of the round is at marker B.

**Round 1** k to end, slip markers as you pass them

**Round 2** \*sm, k1, ssk, k to 3 sts before m, k2tog, k1\*  
repeat one more time

**Repeat** *Round 1* and *Round 2* 6 (6, 7) more times  
(= 28 (32, 32) sts)

**Repeat** *Round 2* 5 (6, 6) more times (= 8 sts)



Remove markers, cut yarn and thread it through the remaining 8 sts. Pull tight and make a knot.

## 2nd Sock

Work the second sock in exactly the same way.

## Finishing

Weave in loose ends and you're done :)

I hope you're happy with your socks and with these instructions. If you have feedback or comments, please drop me an email at [katharina@froebelina.de](mailto:katharina@froebelina.de).