Norwegian Socks:

Dale Heilo 1 ½ balls color A, 1 ½ balls color B 1 ball color C

5 Size 2 US double pointed needles

Gauge: 6 sts to the inch, 8 rows to the inch

Cast on 60 stitches in color A

K2 P2 ribbing for 5 rows in color

Pattern 1: blank is A, x is C

| | | | X | | |
|---|---|---|---|---|---|
| | | x | | X | |
| | x | | x | | X |
| x | x | x | x | x | X |
| | x | | x | | X |
| | | x | | X | |
| | | | X | | |

K 1 row of A

Pattern 2: blank is A x is C 0 is b

| | | | | | |
|---|---|---|---|---|---|
| X | | | | | |
| 0 | X | | | | |
| x | 0 | x | | | |
| 0 | x | 0 | X | | |
| x | 0 | x | 0 | X | |
| 0 | x | x | x | X | x |
| X | x | 0 | 0 | 0 | X |
| X | X | 0 | 0 | 0 | X |

| x | X | 0 | 0 | 0 | X |
|---|---|---|---|---|---|

K2 Rows B

Then continue on to pattern 3

Pattern 3: blank is b 0 is a - a little different than my other color keys..

| | | | 0 | | | 0 | | | 0 | | | | | 0 | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | 0 | 0 | | | | 0 | 0 | | | | | 0 | 0 | 0 | |
| | | | 0 | 0 | 0 | | 0 | 0 | 0 | | | | | 0 | | | |
| | | | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | | | | | | |
| 0 | 0 | 0 | 0 | | 0 | 0 | 0 | | 0 | 0 | 0 | | 0 | 0 | 0 | 0 | |
| | 0 | 0 | 0 | 0 | | 0 | 0 | | 0 | 0 | | 0 | 0 | 0 | 0 | | |
| | | 0 | 0 | 0 | 0 | | 0 | | 0 | | 0 | 0 | 0 | 0 | | | |
| | | | 0 | 0 | 0 | 0 | | | 0 | 0 | 0 | 0 | | | | | |
| | | | 0 | 0 | 0 | 0 | | 0 | 0 | 0 | 0 | | | | | | |
| | 0 | | | | | 0 | | | | | 0 | | | | | | |
| | | | 0 | 0 | 0 | 0 | | 0 | 0 | 0 | 0 | | | | | | |
| | | 0 | 0 | 0 | 0 | | | 0 | 0 | 0 | 0 | | | | | | |
| | 0 | 0 | 0 | 0 | | 0 | | 0 | | 0 | 0 | 0 | 0 | | | | |
| | 0 | 0 | 0 | 0 | | 0 | 0 | | 0 | 0 | | 0 | 0 | 0 | 0 | | |
| 0 | 0 | 0 | 0 | | 0 | 0 | 0 | | 0 | 0 | 0 | | 0 | 0 | 0 | 0 | |
| | | | 0 | 0 | 0 | 0 | | 0 | 0 | 0 | 0 | | | | | | |
| | | | 0 | 0 | 0 | | | 0 | 0 | 0 | | | | | 0 | | |
| | | | 0 | 0 | | | | | 0 | 0 | | | | | 0 | 0 | 0 |
| | | | 0 | | | 0 | | | 0 | | | | | 0 | | | |

2 rows of B

Pattern 4: b is 0, c is x

| x | x | x | O | X | O |
|---|---|---|---|---|---|
| O | O | O | x | O | X |
| X | x | X | O | x | O |

2 rows of B

THEN ONLY 3 ROWS OF PATTERN 5……. ONE SET OF FLEUR DE LIS…

pattern 5: a is blank.. b is O

| O | O | O | O |  | O |
|---|---|---|---|---|---|
| O | O | O |  |  |  |
| O | O | O | O |  | O |
| O |  | O | O | O | O |
|  |  |  | O | O | O |
| O |  |  | O | O | O |

Then divide out 30 stitches for heel keep others just on the needle

Working back and forth in A do heel stitch, knit one slip one, across row, slipping first stitch as if to purl.. ..purl back.. do this for 24 rows end on knit row

Turn Heel: Purl 17 P2tog, slip 1 turn – next row: slip 1, knit 5, ssk, k1 turn

slip 1 purl 6, p2tog , p1 turn

slip 1 knit 7, ssk, k1, turn

keep going, working one more stitch each row till all used up = 18 stitches

Pick up 14 stitches on each side of heel and using your other 30 stitches go back to knitting in the round. I find it easiest to use 5 double pointed needles, having the 30 foot stitches on 2 (15 each) and the 46 foot stitches on the other 2 (14+9 = 23 sts per needle)

1. Starting from the middle of the foot, knit to within 3 stitches of needle 1, k2 tog knit 1 in color a…. the last stitch of this needle is always a….working in alternating color a and color b then knit across 2 needles for foot continuing in pattern 5

Then on the 4ᵗʰ needle, knit 1 in A – the first stitch in this needle is always a, then ssk, then finish in alternating a and b color.

2. knit a round with no decreases, on foot needle knit color a stitches in b, and b sts. in a : key – a is blank b is 0

| | 0 | | 0 | | 0 |
|---|---|---|---|---|---|
| 0 | | 0 | | 0 | |
| | | | | | |

Repeat these two rows until there are 15 stitches on each of the foot needles…. Then continue just row 2, no decreases until desired length.. for a ladies US size 8 shoe fit, I did 6 repeats of the pattern 5:

For the Toe, change to color c and decrease 8 stitches across row… 2 per needle… I worked my toes in garter stitch, trying out a theory of Lucy Neatby's that garter stitch toes are longer wearing…. After 3 ridges of garter stitch, begin decreasing at each side of tow.. end of needle 1, beginning of needle 2 end of needle 3 beginning of needle 4 – every other row until 20 stitches are left

Kitchener stitch together. You could do a stockinette toe just as easily… after 4 rows begin decreases and continue to 20 stitches….

Make another!

3/24/2001 Barb Burri's Norwegian Socks

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