



KRAEMER

Spun in
Nazareth,
Pennsylvania

EXPERIENCE



Intermediate

YARN

Natural
Skeins
Wilma

100% Superwash



Merino

Fingering

GAUGE

8 sts x 11 rows = 1"

in Stockinette St

Four Double Pointed
Needles US 2 (2.75)
Or size to obtain
gauge

Darning Needle for
weaving in ends

Two Stitch Twist Socks

by Judy Head



Wilma, the thinnest of the Kraemer sock yarns, gives you 8 stitches per inch for this 2 Stitch Twist sock. The stitch is not difficult to master and makes a very elastic sock.

Feel free to substitute any of the sock yarns from the Natural Line or try the Saucon Sock. For the photo sock, Wilma was dyed using Rit dye.

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Special Abbreviation:

2stTwst—K2tog leaving sts on LH needle, K first st again, sl both sts from needle

2 Stitch Twist Pattern:

Rnd 1: * 2stTwst, P 2, K 2, P 2 *

Rnd 2: * K 2, P 2 *

Rnd 3: * K 2, P 2, 2stTwst, P 2 *

Rnd 4: * K 2, P 2 *

Rep Rnds 1-4 for st patt

Socks (make 2)

Holding 2 dpns together for elasticity, cast on 64 [72] sts. Remove one needle and divide sts onto 3 needles as follows:

Move first 16 [18] sts onto another needle (Needle #1)

Move last 16 [18] sts onto another needle (Needle #3)

There will be 32 [36] sts rem on the original needle (Needle #2)

Join into a rnd, being careful not to twist CO. Place mrkr at the beg of the rnd.

Leg:

Work K 2, P 2 ribbing for 1". Work Stitch Patt until sock is 6" or desired length.

Work sts on Needle #1 and be ready to work Needle #2 for **Heel Flap**.

Heel Flap:

Work back and forth on Needle #2 with the 32 [36] heel sts only:

Row 1 (RS): *Sl 1 st pwise, K 1* rep to end of row

Row 2 (WS): Sl 1, P to end of row

Rep these 2 rows until **Heel Flap** is 2½" or longer if needed. End ready to work a RS row.

Turn the Heel:

Row 1 (RS): Sl 1, K 17 [19], ssk, K 1, turn

Row 2 (WS): Sl 1, P 5 [7], P2tog, P 1, turn

Row 3: Sl 1, K 6 [8], ssk, K 1, turn

Row 4: Sl 1, P 7 [9], P2tog, P 1, turn

Row 5: Sl 1, K 8 [10], ssk, K 1, turn

Cont to K one more st or P one more st than the previous row, until 18 [20] sts rem.

Next Row (RS): K2tog, K until 2 sts rem, ssk (16 [18] sts).

Gusset:

Pick up approx 20 sts along the left edge of the **Heel Flap**, placing them on an empty needle (Needle #1). If the heel flap is longer than 2½" pick up more sts if needed. Make sure the sts are sitting properly on the needle and not twisted.

Combine the sts from the next two needles onto a single needle, 32 [36] sts across the instep (Needle #2). Cont to work this needle in Stitch Patt as established.

Pick up 20 sts along the right side of the **Heel Flap** (or the same number as picked up along the left side). On that same needle, K the first 8 [9] sts from the top of the **Heel** (Needle #3). Move the rem 8 [9] sts of the top of the **Heel** onto Needle #1.

The arrangement of sts is:

Needle #1:	28 [31] sts (left heel)
Needle #2:	32 [36] sts (instep)
Needle #3:	28 [31] sts (right heel)



Two Stitch Twist Socks

Alternate these 2 rnds:

Rnd 1:

Needle #1: K
Needle #2: Work in Stitch Patt as established
Needle #3: K

Rnd 2 (dec rnd):

Needle #1: K until 3 sts rem, K2tog, K 1
Needle #2: Work in Stitch Patt as established
Needle #3: K 1, ssk, K to end

Rep these 2 rnds until 64 [72] sts rem (16 + 32 + 16) or [18 + 36 + 18].

Foot

Work even until sock is 2" less than desired length when measured from the back of the heel. Complete rnd and be ready to work Needle #1.

Toe

Alternate these 2 rnds:

Rnd 1 (dec round):

Needle #1: K until 3 sts rem, K2tog, K 1
Needle #2: K 1, ssk, K until 3 sts rem, K2tog, K 1
Needle #3: K 1, ssk, K to end

Rnd 2: K

Rep these 2 rnds until 32 sts rem (8+16+8). Then rep rnd 1 only until 16 sts rem (4+8+4).

With Needle #3, K the 4 sts from Needle #1. There will be 16 sts rem on 2 needles (8+8).

Weave Toe

Cut yarn, leaving 18" tail . Thread yarn on a darning needle and weave toe together as follows:

Hold the 2 dpns parallel with yarn tail on right. There is a Front Needle and a Back Needle.

Front Needle: With point of darning needle, go into first st as if to K, pull that st off dpn (do not pull yarn through at this time), go into next st as if to P and, leaving it on the dpn, pull the yarn through both sts.

Back Needle: With point of darning needle, go into first st as if to P, pull that st off dpn (do not pull yarn through at this time), go into next st as if to K and, leaving it on the dpn, pull the yarn through both sts.

Cont in this way, alternating between the Front Needle and Back Needle until there is only 1 st left on each dpn. Pull yarn through both of these sts. With the tip of the darning needle, starting with the first st at the right hand side of the toe, tighten the Kitchener sts to match the tension of the toe sts.

Weave in yarn tails.

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COMMONLY USED KNITTING ABBREVIATIONS

beg	begin	LH	left hand	sl	slip
BO	bind off	M1	make one (increase 1 stitch)	ssk	slip 1, slip1, knit 2 slipped stitches together
CC	contrasting color	MC	main color	st st	stockinette (stocking) stitch (1 row K, 1 row P)
CN	cable needle	P	purl	st(s)	stitch(es)
CO	cast on, cast off	p2sso	pass 2 slipped stitches over	tbl	through back of loop
cont	continue	P2tog	purl 2 stitches together (1 stitch decreased)	tog	together
dec(s)	decrease(s)/decreasing	patt rep(s)	pattern repeat(s)	WS	wrong side
dpn	double-pointed needles	patt(s)	pattern(s)	wyib	with yarn in back
eor	every other row	PM	place marker	wyif	with yarn in front
g st	garter stitch (K every row)	psso	pass slipped stitch over	yo	yarn over
inc(s)	increase(s)/increasing	pwise	purlwise	yon	yarn over needle
K	knit	rem	remain(ing)	()	repeat instructions in parantheses number of times indicated
K1, s1, pss0	knit one, slip one, pass slipped stitch over	rep	repeat	*	repeat instructions following asterisk as indicated or until end of row
K2tog	knit 2 together	RH	right hand	[]	instructions in square brackets refer to larger sizes
K2tog tbl	knit 2 together through back loop	rnd(s)	round(s)		
knitwise	knitwise	RS	right side		