

Bella Catena Italiana

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Materials:

1 ball (100 grams)Opal Uni Solid in White

2 US size #1 (2.25 mm) circular knitting needles 16" to 24"
(double pointed needles or Magic Loop method could also be used, as you choose)

Tapestry needle for weaving ends

Gauge:

10 stitches per inch and 12 rounds per inch in stockinette stitch
knitted in the round

Abbreviations:

CO	Cast on
K	Knit
P	Purl
P2tog	Purl two stitches together
K2tog	Knit two stitches together
YO	Yarn over
YO2	Yarn over two times
SSK	Slip, slip, knit
SI	Slip one stitch purlwise
BO	Bind off

Stitch Pattern – Italian Chain Rib:

This stitch results in a very stretchy fabric.

Round 1	P1, K4, P1
Round 2	P1, K2tog, YO2, SSK, P1
Round 3	P1, K1, K in the front of the 1 st YO and into the back of the 2 nd YO, K1, P1
Round 4	P1, YO, SSK, K2tog, YO, P1

Ribbing:

Two circulars were used here to knit two socks at once, and instructions will be given for that particular method. If using double pointed needles or Magic Loop method, distribute your stitches accordingly.

Cast on 60 stitches for each sock and distribute half onto one circular needle and half onto the other so that all the heel/sole stitches are on one needle and all the instep stitches are on the other. Work 12 rounds of ribbing as follows:

P1, K4, P1 around

Leg:

Begin the leg with Round 1 of the Italian Chain Rib stitch pattern, and knit until you reach your preferred leg length. Here, 15 pattern repeats were worked before beginning the heel. End after Round 4, ready to begin heel flap.

Stockinette Stitch Heel Flap:

Row 1 SI 1, K29

Row 2 SI 1, P29



Knit the heel flap to a length of 2½" by repeating rows 1 and 2 (15 elongated slipped stitches on each side of the heel flap). End with Row 2. Both heel flaps can be worked simultaneously, first across one sock and then across the other on the heel/sole needle.

Heel Turn:

Work the heel turns on one sock at a time. After turning the heel on sock #1, pick up the left side gusset stitches and then turn the heel and pick up gusset stitches on sock #2. Right side gusset stitches will be picked up after resuming knitting the instep.

Row 1	Sl 1, K17, SSK, K1
Row 2	Sl 1, P7, P2tog, P1
Row 3	Sl 1, K8, SSK, K1
Row 4	Sl 1, P9, P2tog, P1
Row 5	Sl 1, K10, SSK, K1
Row 6	Sl 1, P11, P2tog, P1
Row 7	Sl 1, K12, SSK, K1
Row 8	Sl 1, P13, P2tog, P1
Row 9	Sl 1, K14, SSK, K1
Row 10	Sl 1, P15, P2tog, P1
Row 11	Sl 1, K16, SSK
Row 12	Sl 1, P16, P2tog
Row 13	Sl 1, K17

Pick Up Gusset Stitches:

Pick up 15 stitches along the left edge of the heel flap, plus one extra stitch in the heel/instep joint. 16 gusset stitches picked up.

After turning both heels and picking up the left side gusset stitches, resume knitting in the round and continue the instep. Begin with Round 1 of the Italian Chain Rib stitch pattern and work it across the instep. After knitting across the instep on both socks, pick up 1 stitch in the right side heel/instep join and 15 stitches in the elongated slipped stitches.

Knit across the 18 heel stitches. Knit in the back loop of the first 14 left side gusset stitches (2 gusset stitches remaining), then K2tog. Knit across the instep stitches using Round 2 of the pattern. On the right side of the heel, SSK then K14 gusset stitches through the back loop. K9 and place a stitch marker to denote the beginning of rounds.

Knit across the remaining heel stitches and the work Round 3 of the instep stitch pattern.

Gusset Decreases:

Round 1	K to the last 2 stitches before the end of the sole stitches, K2tog, work the next round of the instep pattern, SSK, K to the marker
Round 2	K to the end of the sole stitches, work the next round of the instep pattern, K to the marker

Repeat Rounds 1 and 2 until 30 sole stitches remain, and then K all sole stitches and continue the instep stitches in the established pattern.

Toe:

When you are 2½" from the desired finished length of your sock, K 12 rounds in stockinette stitch for both instep and sole, then begin the toe decreases as follows:

Round 1	*K1, SSK, K to the last 3 stitches, K2tog, K1* around
Round 2	K

Repeat until there are 8 sole and 8 instep stitches left for each sock. Graft the toe closed using the Kitchener stitch. Weave all ends.