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*Nenah  
Galati*



*Nenah Galati is  
passionate about knitting;  
and equally passionate  
about sharing her  
enthusiasm!*

Nenah Galati, as well as many other knitting enthusiasts have expressed that knitting is a form of therapy that encompasses the spiritual as well as satisfying many needs of the busy folks we have become.

Nenah feels it is an honor to share her knitting knowledge with others as she knows the joy and comfort that can come from the "World of Knitting" and looks upon this opportunity as a "calling". She hopes her DVDs will bring people together to knit and form new friendships!

### Sock I Menu:

- Introduction
- Long Tail Cast On
- Welcome
- Let's Get Started
- Cast On / Ribbing / Leg
- Heel Flap
- Turning The Heel
- Picking up the Gusset
- Toe Decreases
- Kitchener
- Contact Information

Knitting Korner

SOCK I

Nenah Galati



# Sock I

*How to Knit Socks  
on Two Circular  
Needles*

With

*Nenah  
Galati*



**Step-By-Step  
Demonstrations**

**Written Instructions**



**KNITTING KORNER PRESENTS: HOW TO KNIT SOCKS ON 2 CIRCULAR NEEDLES DVD - WRITTEN INSTRUCTION**

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**Materials Needed:** Two Size 3 - 20" circular needles (Addi Turbos if possible)  
Sport weight or DK weight yarn for 2 socks  
Two size 3 DP needles; 2 St Markers, tapestry needle

**STITCH EXPLANATION:** *(REFER TO DVD)* SSK, purl wise: slip one stitch, slip next stitch from left to right needle, insert left needle into front of these two stitches and knit the back needle. You can also knit the back loop of these Sts. (This is a decrease with a left slant).

Using sport weight or DK weight yarn, and Size 3 needle: (Size for Woman)  
Loosely CO to 1 circular needle:

Small 48 Sts, Medium 56 Sts, Large 64 Sts

*Please see DVD for demonstration:*

1. Slide all of these Sts to the other end of this needle
2. Transfer one-half of these Sts to the other circular needle (purl wise)
3. Slide Sts on both needles to other end of needles
4. Make sure all Sts are not twisted - kissing each other
5. Switch 2 end Sts as demonstrated in DVD

**CUFF:** *(REFER TO DVD)*

Now begin K2, P2 around, end with P2, relax that needle and begin K2, P2 with the other circular needle. Continue K2, P2 both needles.

You are now working on the cuff, do this for 2" or desired length of cuff.

To know which needle to use, remember, find working yarn, DO NOT use that needle, that needle remains relaxed and you knit with the other needle.

**LEG PART OF SOCK:** Once you have reached the desired length of cuff *(talked about in DVD)* you may now knit straight until desired length, between 7-8 inches, (be sure to include the 2 inches of cuff into this 7-8").

**HEEL FLAP:** *Please see DVD for demonstration:*

**USING ONE NEEDLE ONLY, TURNING WORK,** the other circular needle remains relaxed for the next 2-1/2 inches.

Row 1: \*Slip 1, Knit 1\* repeat, end with knit St, now turn work

Row 2: \*Slip 1, Purl all Sts\* to end, now turn work

Repeat these 2 rows for 2-1/2" measured from needle down

**BE SURE AND END THIS PART WITH A PURL ROW**

**TURNING THE HEEL:** (This procedure can be confusing as you will have Sts on both ends of the same needle.)

*Please see DVD for demonstration:* (always count slip Sts as 1<sup>st</sup> stitch)

Row 1: Slip 1, Knit to 2 Sts past middle (count slip St as 1) SSK, K1, turn

Row 2: Slip 1, Purl ½ Sts (from knits Sts in row 1), P2 together, P1 turn

There will now be a gap on both the knit side and the purl side.

Row 3: Slip 1, knit to St before gap, SSK St before and after gap tog, K1, turn

Row 4: Slip 1, purl to St before gap, Purl St before and after gap tog, P1, turn

Repeat Rows 3 and 4 until all Sts are on one side of this needle. If one end has more Sts just continue to work until all are on one side of needle.

End after a knit row, Row 1.

**IMPORTANT: PLEASE COUNT AND WRITE DOWN # OF STS ON HEEL FLAP**

**PICKING UP THE GUSSET:** *Please see DVD for demonstration:*

Slide Sts to end where point of needle, drop other end of this circular needle and begin to pick up the Sts along the left side. You will go under two loops, and then knit St onto needle and do so until you reach V, (almost to the other circular) and then you will go down one row and in the center of the St to avoid a hole and pick up that last St. At this point you will place a marker, and now using the other circular needle (this is the first time you will be knitting with the both circular needles instead of just one) knit half of the stitches from that needle, then relax that needle.

Using the other circular needle, knit those remaining Sts onto the other end of that needle, place marker, and pick up Sts along the other side, coming to the V stitch first. When you get to the heel flap, you will for the second time use both needles and knit ½ of the Sts from the heel flap onto that needle and then relax both needles. Take a deep breath, congratulations – hardest part is over!

**GUSSET DECREASES:** *Please see DVD for demonstration:*

These decreases are done **ONLY** on the heel side of each marker.

Always start and end at the heel. This will mark the beginning of a round.

Start at heel and knit one round straight

1a indicates left side needle using heel as starting point

1b indicates next needle which will end at the heel

**Needle 1a:** K to within 3 Sts of marker, K2 tog, K1, transfer marker, K to end of that needle, now relax that needle.

**Needle 1b:** K to marker, transfer marker, K1, SSK, K to end, now relax that needle.

Now knit even (all Sts) both 1a and 1b needles.

You will be doing one complete round of decreases and then one complete round of knitting straight until you have the same number of stitches on both side of the marker, *see DVD for clarification*

Once you have the same number of Sts on both side of the marker you will knit straight for \_\_\_\_ inches, using the chart below. Continue to transfer markers.

SHOE SIZE	KNIT TO INCHES
5 - 5-1/2	6-1/4 inches
6 - 6-1/2	6-3/4 inches
7 - 7-1/2	7 inches
8 - 8-1/2	7-1/4 inches
9 - 9-1/2	7-3/4 inches
10-10-1/2	8 inches

Using the above chart, you can knit a perfect-fitting sock. It is recommended that you use yarn that is specifically for socks, which generally contains mostly wool with some nylon for strength, and keeps toes warm in winter and cool in summer! There is also available cotton sock yarn with spandex.

**TOE DECREASES:** *Please see DVD for demonstration:*

These decreases are done on both sides of the marker, whereas the gusset decreases were done only on the heel side. You will decrease one full round, (both circular needles) and then a knit even full round (all Sts) using both circular needles.

**Needle 1a:** K to within 4 Sts of marker, K2 tog, K2, transfer marker, K2, SSK, K to end, now relax needle

**Needle 1b:** K to within 4 Sts of marker, K2 tog, K2, transfer marker, K2, SSK, K to end, now relax needle

Knit even (all Sts) on both needles 1a and 1b

Repeat decrease round, knit even round, until there are 4 Sts on each side of each marker, total of 16 stitches.

**TOE GRAFTING:** *Please see DVD for demonstration:* (DP – double point)  
Place sock on table with working yarn on front left-hand side. Now place the 4 Sts from the back needle, right hand side on DP needle and remove marker, now go to front needle and place 4 Sts onto same DP needle and remove that marker. Using another DP needle place 4 Sts (where working yarn is) and now knit the last 4 Sts onto that DP Cut 12” tail, thread tapestry needle, arrange so working yarn is on back needle, bring the yarn to front and:  
**(IT IS BEST TO NOT BE INTERRUPTED WHEN DOING THE NEXT PART!)**  
Take tapestry needle from the back and place in front St as if to purl. Leave that St on, and now to go the back and place tapestry needle as if to knit through St, leave St on, and go to front and begin: (Kitchener stitch)

**FRONT: FIRST ST ON NEEDLE, AS IF TO K SLIP ST OFF NEEDLE**

**FRONT: NEXT ST ON NEEDLE, AS IF TO P, LEAVE IT ON**

Now go to the back needle

**BACK: FIRST ST ON BACK NEEDLE, AS IF TO P, SLIP ST OFF NEEDLE**

**BACK: NEXT ST ON BACK NEEDLE, AS IF TO K, LEAVE IT ON**

Now go to the front needle

Repeat this process until all Sts are worked, tuck in rabbit ear , weave tail to inside of sock and weave in. Now go to top of sock and weave in tail.

**CONGRATULATIONS!**

You can use this pattern for anklets, baby/child socks, or finger weight yarn. You will just need to make some adjustments. For finger weight yarn, and size 1 or 2 needle, you CO for small: 56 Sts, for medium 64 Sts and large 72 Sts. For a man’s sock, I usually cast on 80 Sts. Everything else remains the same, except for toe grafting, leave on 5 Sts (total of 20) instead of 4 Sts. (16). For adult anklet, cast on is the same depending on whether you are using sport weight or finger weight yarn. You will do ribbing for about one-half an to one inch, then do one purl round and begin the heel flap, pattern remains the same.

For a baby sock CO around 20-24 Sts, do ribbing for about 1” and heel flap for about 1”, body of sock between 2-3 inches, rest of pattern remains same. Child, CO around 32-36 Sts, do ribbing for about 1-1/2 “and heel flap for about 1-1/2”, body of sock between 4-5” then pattern remains same.

*Happy Knitting*

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# Knitting Korner

Hi: I sincerely hope this DVD brings you hours of enjoyment. Please consider sharing with friends and family. You have my permission to make copies of the written instruction, so everyone can have a copy. I think you will be surprised at the "magic" that can happen when folks get together to knit!

Best wishes,

*Nurah*