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## Sweet Socks for Sugar Free Feet By Erssie Major



These sweet coloured socks are designed as candy for diabetics that won't send the sugar levels rising. Made from an SWTC soysilk yarn that contains cotton and chitin as well as super wash wool they are soft and lightweight but still able to wick away any moisture. The chitin is made from crab shells and has antibacterial properties.

If you know any diabetes sufferers, you will probably have heard how important it is for them to take care of their feet and that they experience swelling, numbness and pain (neuropathy) as well as thin skin or infections in wounds with poor healing. Of course socks are an important element in their foot care. Socks should be tubular without any seams and knitted in the round in the right stitch for softness with minimal ribbing. These socks have a small ribbed panel along the gusset to provide some extra room. The wider than normal toe is closed using Kitchener stitch and is completely seamless and the heel is a short row heel with no seams or ribbing. This is an ideal sock for beginners to try and an easy but satisfying quick sock for the experienced to knit in an interesting variegated yarn whilst watching TV or chatting. Diabetics can never have too many socks, so the more you knit the better. See end of pattern for more tips.

### Size

Women's Small (Medium, Large)

Based on cuff widths

7 inches (18cm), [7 ½ inches (19cm), 8 inches (20cm)]

And foot lengths of

Small: 8 ½ inches (22cm) Medium: 9 ½ inches (24cm) Large: 11 ½ inches (29cm)

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Mix and match, if you are knitting for small feet but wider ankles, then cast on for the larger size but knit a shorter foot length.

Sock above shown in size Medium

## Materials

SWTC TOFUtsie 50% Super wash Wool/25% SOYSILK brand fiber/22.5% Cotton/  
2.5% Chitin (made from shrimp and crab shells!)

1 x 100g skein of TOFUtsie yarn in

Shade 728 Three Feet Short (oranges/reds)

Shade 725 Foot in the Door (blues/yellows)

Shade 723 Put Your Foot Down (purple and blues)

1 set of 5 dpns in size US1 (2.5mm) or size needed to achieve gauge

1 set of 5 dpns or straight needles in size US 2 (3mm) for casting on

1 wool/darning needles for closing toe and weaving in ends

1 stitch marker if required

## Gauge

34 sts x 42 rows = 4 ins<sup>2</sup> (10cm<sup>2</sup>)

## Abbreviations (see end of pattern)

## Cuff

Using US 2 (3mm) dpns or needles, CO 60 (64, 68) sts and mark beginning of round with a stitch marker if necessary.

Change to US1 (2.5mm) dpns and \*K2 P2, rpt from\* around. This sets rib pattern

Work rib pattern for a total of 12 rows

Make sure that 15 (16, 17) sts are on each dpn, i.e. front of sock is on dpns 1 and 2 and back of sock is on dpns 3 and 4 and continue in stocking stitch with ribbed panel as follows

## Leg

**Next round: Dpn 1:** (P1, K1) 4 times, P1, K to end of dpn

**Dpn 2:** K to last 9 sts, P1, (K1, P1) 4 times

**Dpn 3 and 4:** K all sts

This sets pattern for ribbed panels inside a stockinette (stocking stitch) sock

Continue in pattern for a total of 52 (58, 60) rnds

Next rnd, knit across dpns 1 and 2 in pattern as normal, then stop for heel

## Heel

Dpns 1 and 2 have the ribbed panel sts and front of sock sts

Slip the remaining 30 (32, 34) heel sts onto the 3<sup>rd</sup> dpn for the heel.

In stockinette (stocking stitch) and on these heel sts:

**RS of work:** K to last stitch wrap as follows;

Slip last st purl-wise, bring yf, slip st back to LH needle again, put yarn back between needles, and turn work so that yarn is correct place to start a purl row

This will be referred to as wrap and turn (W and T) for both the RS (above) and WS (below) rows

P to last stitch W and T

K to last stitch unwrapped on previous row W and T

P to last stitch unwrapped on previous row W and T

Rpt these 2 rows until you have 10 (10, 11) stitches wrapped on each side, and 10 (12, 12) sts unwrapped in the centre. You are now ready to start knitting across and picking up the wraps to turn the heel

### Turn Heel

\*K to first wrapped stitch, pick up wrap, knit and turn

P to first wrapped stitch pick up wrap, knit and turn

Repeat from \* for all wrapped stitches except for last 2 (1 either side of heel)

### Next row (knit row)

Knit to wrapped stitch; pick up wrap, knit stitch as normal. Continue to knit in rounds i.e. start knitting rib panel on next dpn (previously set aside)

Knit across both dpns of front of foot in pattern, until you reach the wrapped stitch at the beginning of the heel on the other side, pick up wrap, and knit as usual.

Continue knitting in rounds and return to dividing between 4 dpns if you wish, until foot measures 2.5 cm less than total foot length desired

## Toes

Now prepare for toe

Place top of foot sts on two dpns, and bottom of foot sts on 2 dpns

K 3 rnds in stockinette (stocking stitch) i.e. K every stitch without rib

Start decreasing right side of top of toe as follows

Dpn 1: K1, SSK K to end

Dpn 2: K to last 3 Sts, K2tog, K1

Dpn 3: K1, SSK K to end

Dpn 4: K to last 3 Sts, K2tog, K1

Continue decreasing every round as above until 20 (20, 24) sts remain; cut the yarn so that there is a long tail to graft the stitches as follows.

## Closing the Toe – Kitchener Stitch

This method is the best way of grafting the stitches so that they are continuous around the toe with no seam therefore less rubbing. It is very easy to do but needs concentration and should be done all in one sitting.

Arrange so that top of foot sts are on one dpn, and bottom of foot sts are on another dpn with the yarn tail on the bottom RH side

Hold the 2 needles parallel to each other with the yarn tail at the back right hand side

Thread yarn through a darning needle

Thread the yarn/needle through the 1<sup>st</sup> st on back needle K- wise

Leave st on needle

\*Thread yarn/needle through 1<sup>st</sup> st on front needle K- wise and take st off needle

Thread yarn/needle through next st on front needle P-wise and leave st on needle

Thread yarn/needle through next st on back needle P-wise take off st off needle

Thread yarn/needle through next st on back needle K-wise and leave st on needle

Rpt from \* until all sts have been taken of the needles, then take yarn tail through to

wrong side of toe on the inside of sock and secure

## Finishing

Weave in all ends.

Wash sock in a very mild non irritating detergent (a baby bathing product is good) and leave sock on a blocker to dry, or pin sock out on a towel to the dimensions required and leave to dry.

## Abbreviations

K: Knit, P: Purl, K - wise: Knit wise, P - wise: Purl wise  
 K2tog: Knit 2 together (decrease), Dpn: double pointed needle, Rpt: repeat, Rnd: round, MC: Main Colour  
 CC: Contrast Colour, Sts: stitches, Pm: place marker  
 Sl m: slip marker, Cont: continue  
 Beg: Beginning, St st: Stocking Stitch (stockinette)  
 Rem: remaining, RS: right side, WS: Wrong side



## Tips for knitting for those with swollen feet

Use large needles for the cast on edge 3mm or more  
 Keep ribbing at top very small e.g. about 5-12 rows K2 P2  
 Keep all over stitch very plain e.g. stocking stitch with small panels of pattern

Keep the leg fairly short, so foot is covered but ankles are free

Leave a wide toe, most wedge toes get you to decrease down to quite a point and that is not necessary. You can knit more rows than required for the toe to get the length, then leave at least one third of your stitches on needles and use Kitchener seam for smoothness

Use a non wool or slippery type of yarn like the soysilk and perhaps a cotton element like TOFUtsie as they breathe well but are also softer

Wear shoes a couple of sizes bigger than necessary and make sure homemade socks don't cause the foot to get squashed as they are thicker than manufactured socks

## The Designer

Erssie Major has enjoyed knitting and crochet on and off since she was 4yrs old and she loves to write simple knitting and crochet patterns for on line magazines, print magazines and books. She lives with her partner and two rescued greyhounds. Her blog ***Skeinspotting: A World of Erssie Knits*** on her website <http://www.erssieknits.com> documents her knitting adventures as well as knitting patterns, book and yarn reviews, links to other free patterns and craft community websites and the Erssie Knits gallery. She also writes a blog about rescued greyhounds where occasionally her interests in knitting and dogs overlap resulting in amusing photo collections of hounds in knitwear. Erssie has a long term chronic illness with disabilities and as such is committed to the idea of knitting as therapy. You can contact her via her email address; [erssiemajor@yahoo.co.uk](mailto:erssiemajor@yahoo.co.uk).



US\$3 or GBP£1.50

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