



firestarter

designed by Yarnissima
www.yarnissima.com

“I’m the firestarter, twisted
firestarter....hey, hey, hey...”
(*The Prodigy*)

Dear sock knitters, thank you all...

To celebrate the launch of ‘Yarnissima’, I’d like to share the Firestarter with you as a free download. It includes my special focus: an exciting gusset, naturally shaping your hand knit sock, fully belonging to the pattern, bringing out the best of your precious yarn. The Firestarter is meant to be knit toe-up on a circular needle.

Hand dyed, beautiful variegated yarn hardly needs anything but a couple of smart details. And because of that, the Firestarter not only has plenty of stockinette, but both sides of the foot have twisted stitches that will pop out beautifully and nevertheless keep you busy. By the time you reach the purled gusset, the side cable will split up. After turning the heel, the cable will twist back together, smoothly ‘locking’ the gusset. The ribbed cuff has a tiny bit of shaping.

The short-row toe starts with a provisional crochet cast-on. The side cables use a twisted-stitch technique that is easy to master: you do not need a cable needle!

I have included separate, detailed instructions for the provisional crochet cast-on-toe and the technique ‘*cabling without a cable needle*’. Easily mastered, this skill will save huge amounts of time.



Blue Moon Fiber Artists, Socks That Rock



On the last page you'll find a separate, easy-reference chart of the side cable pattern to cut out and laminate...

SIZE

M = European foot size 37-38, US 7 - 8

To obtain gauge and to make the socks larger or smaller, use needles one or two sizes larger or smaller. Lengthen or shorten the foot as necessary. Take your time to make a swatch.

FINISHED SIZES

Total Foot Length - 24 - 24.5 cm's

Total Gusset Length (including heel turn!) 12 cm's

Foot circumference - about 20 cm's

Ankle circumference - 27 cm's

YARN

ANY Blue Moon Fiber Arts®, 'Socks That Rock'TM lightweight sock yarn (colours I used were 'Firebird' and 'Flower Power', part of the Rockin' Sock Club 2007)). These socks also look magnificent when knitted with Wollmeise sock yarn.

NEEDLES

80 or 100 cm - 30 or 40 inch 2.50 mm and 3.00 mm / US # 1.5 or 2 circular needle(s) or set(s) double-point needles or size needed to obtain gauge

NOTIONS

Stitch markers
Tapestry needle

GAUGE

32 sts x 41 rows = 10x10 cm's or 4x4 inches in pattern stitch

SKILL REQUIREMENTS

Crochet cast-on, turning short rows, twisted or travelling stitches, knitting in the round, chart reading. Separate instructions are given for the provisional crochet cast-on and the 'cabling without a cable needle' technique.

PATTERN NOTES

The socks are worked toe-up on one circular needle. Use two circulars or dpn's if preferred.

Additional information: www.knittinghelp.com, see 'advanced techniques'

CROCHET CAST ON

(See detailed instruction notes on page 6 for additional explanation)

Using contrasting waste yarn, work a crochet chain several st longer than the number of stitches to be cast on. Starting 1 or 2 st from the end of chain and using working yarn, pick up and k 1 st in the back loop (the bump) of each st. Proceed until the required number of st have been worked. Later, the chain will be unravelled and the resulting live st picked up.

| St(s) | Stitch(es) |
|--------|--|
| St st | stocking stitch, stockinette |
| K | Knit |
| k-wise | Knitwise |
| P | Purl |
| p-wise | Purlwise |
| Ktbl | Knit through the back loop |
| M1 | Make 1 |
| M1p | Make 1 purlwise |
| RS | Right side |
| WS | Wrong side |
| Sl | Slip |
| ssk | Slip, slip, knit 2 slipped stitches together through the back loop |
| w&t | Wrap and turn |
| M | Marker |

Toe

Using provisional crochet cast on, CO 30 sts. See page 6 for more detailed instructions

Row 1: k 30, turn

Row 2: Sl 1 pwise, p 28, wrap & turn.

Row 3: Sl 1 kwise, k28, wrap & turn.

Row 4 - 17: Work as for rows 2 and 3, working each row 1 st shorter than the last

Row 18: Sl 1 pwise, p14 across the live st to the first wrapped, unworked st. On this st, place the wrap on your left needle and purl it together with the wrapped st. Wrap the next st so that it now has a double wrap, turn your work.

Row 19: Slip the first double-wrapped st, knit across to the first unworked, wrapped st. Place the wrap on the left needle and knit it together with the wrapped st. Wrap the next st, turn.

Rows 20 - 31: Work as for rows 18 and 19, working each row 1 st longer than the last, either knitting or purling the sts together with the double wraps.

Row 32: Sl 1 pwise, P 28, pick up double-wrapped st, turn

Row 33: Sl 1 kwise, k 28, pick up double-wrapped st: 30 st on needle

With RS facing, place provisionally cast-on sts on needle one by one and carefully remove crochet chain at the same time. You'll see that there's 29 st, so you need to increase 1 st to get the total of 60 st.

In next set-up round, place markers:

K1tbl, p1, k1tbl, p1, PM, k1tbl, k20, k1tbl, PM, p1, k1tbl, p1, k1tbl. Repeat this sequence for the other needle and don't forget the markers.

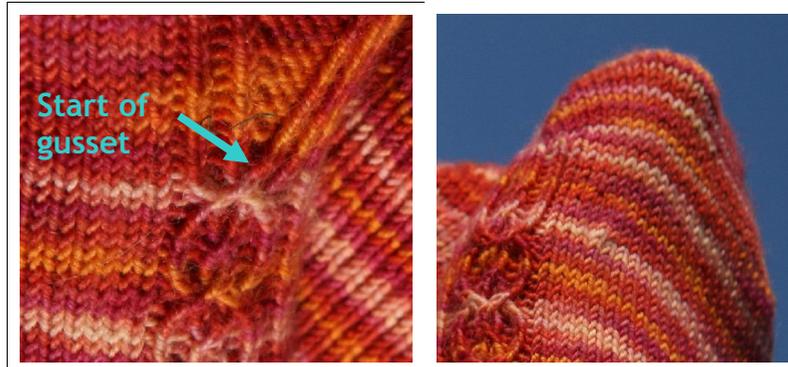
Decide which needle will be upper foot needle and which will be the foot sole needle. Mark upper foot needle. As indicated in the chart, 4 sts of the cable pattern are at the end of the foot sole needle, and 4 sts of the cable pattern are at the beginning of the upper foot needle. To be able to work the cable pattern, you need to rearrange the stitches:

Instep

Round 1: while working chart, work to marker, and transfer these 4 sts to the foot sole needle. Work to end of needle. On next needle, work to marker and transfer these sts to upper foot needle. 30 sts on both needles, with patterned sts at the ends of the needles. Only with the sts rearranged, you'll be able to work the cables in the chart.

Repeat pattern 5 times until work measures 12 cm's.

The gusset will be created in between the cables (see photos), starting exactly at row 9 in the chart.



Gussets

The gusset, including the heel turn, measures 12 cm's. While making the gussets, you'll only be working row 1 of the chart all the time without cabling.

Keep markers in place.

Next round, round 1: work 22 sts to M, work 4 sts of row 1 of chart, M1P, work other 4 sts of chart, M, work 22 sts to M, work 4 sts of chart, M1P, work other 4 sts of chart: 62 sts.

Round 2 and all even rounds: work sts

Round 3: on left side of foot work across to M, work 4 sts, p1, M1P, work to M, work 22 sts; on the side for the right gusset work across to M, work 4 sts, M1P, p1, work to M: 64 sts.

Round 5 and all uneven rounds: (for left gusset:) work across to M, work 4 sts, p all previously increased p sts, M1P, work to M, work 22 sts; (for right gusset:) work 4 sts, M1P, p all previously increased p sts, work 4 sts

Round 35: (for left gusset) work across to M, work 4 sts, p17, M1P, work 4 sts, (for right gusset) work across to M, work 4 sts, M1P, p17, work 4 sts. (96 sts in total).

You are now at the beginning of the 22 foot sole sts and ready to turn the heel. Transfer sts in such a way, that the 22 sts between markers are on one needle.



The Firestarter Gusset

Turning The Heel

The heel turn is worked back and forth on the foot sole needle over the central knitted 22 sts between markers. The gusset sts are picked later.

Row 1(RS): k1tbl, k20, wrap& turn (W&T)

Row 2(WS): Sl first st p-wise, p20, W&T

Row 3(RS): Sl first stitch k-wise, working each row 1 st shorter than the last, w&t

Row 4(WS): Slip 1st st p-wise, working each row 1 st shorter than the last, w&t

Rows 5 - 12: repeat rows 3 and 4 until there are 10 'live' and 6 wrapped on the left side and 6 wrapped st on the right side of your RS needle, w&t.

On row 13(RS), work 1 round as follows: Sl 1 kwise, k10, [on next wrapped st, pick up st plus wrap and knit these two together] repeat 6 times (6 wrapped sts in total picked up); work next 4 sts, p18 (the gusset), work 30 sts, p18 (other gusset), work 4 sts, pick up remaining 6 wrapped sts, but knit the wraps and the sts together *through their back loops*.

You are ready to knit the heel flap.

Creating The Heel Flap, picking up the gusset stitches

The heel flap is created working back and forth. At the same time, you'll pick up the gusset stitches:

Row 1 (RS): k16, work 3 sts, k2tog tbl, do **not** wrap next st, turn

Row 2 (WS): sl 1, work 3 sts, p22, work 3sts, p2sts tog, turn

Row 3 (RS): sl 1, work 3 sts, [sl 1, p2] 7 times, sl 1, work next 3 sts, k2tog tbl, turn

Row 4 (WS): sl 1, work 3 sts, [p1, k2] 7 times, p1, work next 3 sts, p2 tog, turn

Repeat rows 3 and 4 to pick up all gusset sts: 60 sts.

You are now in your 37th row. You have just decreased all purled *right* gusset sts. Work across to next marker.

On RS, arrange sts similar to how you 'dislocated' them after the toe, right before making the instep (see [Instep](#)). Keep markers in place. This will allow you to make the cables again.

The ribbing as set up in the heel flap at the back of the leg will be continued, but the slipped sts will be knitted, not slipped, through the back loop. At the same time, start cabling pattern as if you were in row 11 exactly.

In the first 5 rounds, continue ribbing only on the back of the leg, the front side is in st st. After 5 rounds, start ribbing patt also on front of the leg between markers, keeping cable pattern intact: [k1tbl, p2] 7 times, k1tbl. After 3 cable repeats, change to 3.00 mm circular needle to add some shaping to upper leg.

Then after another 2 repeats (so 5 repeats in total), in row 9 of patt chart, change both side cables by adding 1 st in the middle:

Marker, work 4 sts, M1P, work 4 sts, marker (see photo below)

increase 1 p st here



CUFF & BINDOFF

Fold sock in half at heel turning area. Leg and foot section should at least be the same length. Make cuff longer to minimize yarn leftovers if desired, but at least 3 cm's.

To bind off, take strand of yarn from the end of your yarn ball. With the yarn held double, bind off loosely in pattern rib. Cut yarn. Weave in all ends. Block lightly if desired. Wear with pride.

PROVISIONAL CROCHET CAST ON

Using smooth, contrasting waste yarn, crochet a chain several chain stitches longer than HALF the number of knit stitches you need. Cast off last stitch and cut yarn.

Tie a knot in this tail of yarn. You will unzip this provisional cast on later by undoing and pulling on this end. The knot identifies the right end.

With sock yarn and circular needle, knit 1 stitch into each 'bump' in the back side of the chain until you have your required number of stitches. You'll shape the toe with short rows, knitting back and forth. In the first half of the toe, the rows get shorter. To avoid holes, be sure to work yarn snugly on each row.

Row 1 (RS): Knit to the last stitch. Wrap & turn (w&t) last st: move the working yarn as if to purl and slip the last st from the left needle to the right needle. Turn work.

Row 2 (WS): Slip the first, unworked st from the left needle to the right needle. Purl across until last stitch; w&t: move the working yarn as if to knit and slip last st. Turn.

Row 3 (RS): Slip the first st, knit across to the last st before the unworked st; w&t.

Row 4 (WS): Slip the first st, purl across to the st before the unworked st, w&t.

Repeat Rows 3 and 4 until there are 8, 10 or 12 (however wide you

prefer your toe) 'live' middle stitches. At the WS, the toe is half done.

Proceed to second half of the toe (rows will get longer):

Row 1: Purl across the live st to the first unworked, wrapped st. On the next st, pick up the wrap and purl it together through the back loop with the wrapped st. Wrap the next st so that it now has two wraps, turn.

Row 2: Slip the first double-wrapped st, knit across to the first unworked, wrapped st. Pick up the wrap and knit it together with the wrapped st. Wrap the next st (has two wraps now), turn.

On each next row pick up both wraps and knit or purl them together with the st. Continue until all st have come 'alive'.

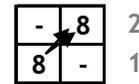
Place provisional stitches: Stick the point of the needle in the stitch below the crochet chain, working towards working yarn. Unzip the chain, one stitch at a time, as you stick the tip of the needle in each stitch, moving each stitch onto the needle.

Count stitches. On your first round after short row toe shaping, you may want to pick up an extra stitch or two between the 'live' stitches and the stitches you've picked up from the cast-on. To avoid holes, be sure to work yarn snugly on first round.

TRAVELLING STITCHES

Twisted stitches will exchange places, or travel over their background - usually purl - on every round. All knit stitches are knitted through the back of the loop. Traditional twisted stitch motifs generally avoid crossing more than two stitches in any given twist or crossing.

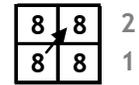
RIGHT TRAVELER



Travelling to the right, worked over 2 sts:

In row 2: Work to the purl st before the K1tbl symbol. With right needle, insert tip into k st on the front side of your work. Pull the left needle out of these 2 sts. The purl st falls free behind your work. Pick this free st up at once with the tip of your left needle. Place k st back on the left needle. Knit this stitch through the back loop. Purl the next stitch.

RIGHT CROSS

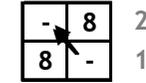


Travelling to the right, worked over 2 sts:

In row 2: Work to the first k st before the arrowed K1tbl symbol. With right needle, insert tip into k st on the front side of your work. Pull the left needle out of these 2 sts. The k st falls free behind your work. Pick this free st up at once with the tip of your left needle. Place k st back on the left needle.

Knit this stitch through the back loop. Knit the next st tbl.

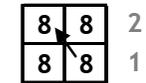
LEFT TRAVELER



Travelling to the left, worked over 2 sts:

In row 2: Work to the ktbl symbol. With right needle, insert tip into the p st at the back side of your work. Pull the left needle out of these 2 sts. The k st falls free on the front side of your work. Pick this free st up at once with the tip of your left needle. Place p st back on the left needle and p it. Next stitch ktbl

LEFT CROSS



Travelling to the left, worked over 2 sts:

In row 2: Work to the ktbl symbol. With right needle, insert tip into the k st at the back side of your work. Pull the left needle out of these 2 sts. The k st falls free on the front side of your work. Pick this free st up at once with the tip of your left needle. Place k st back on the left needle and ktbl.

An excellent video of this technique can be seen on YouTube:
http://www.youtube.com/watch?v=Fokn_CJp4EY
 (courtesy of WendyKnits)



a little bit about yarnissima

Marjan Hammink founded Yarnissima in March 2007. The name Yarnissima represents her deep and lasting love for beautiful yarns and what can be created with them.

She lives in the Netherlands with her husband and three young sons. She's been knitting for as long as she can remember.

As a small child, her grandmother patiently taught her the art of knitting and crochet.

She vividly remembers all the socks and beautiful pullovers that flew off her granny's long, steel needles. Her mother - herself a multi-talented crafter/quilter/designer - taught her the finesses. And most importantly: "Only work with the finest material and tools. This will go through your hands for hours and hours."

And all these years, knitting has always stayed with her.

Recently, an infatuation with the beautiful, hand dyed Rohrspatz & Wollmeise yarns from Claudia in Germany, inspired her to design her own patterns.

Literally, the socks walked off her needles.

Yarnissima's fine footwear designs are down-to-earth, but always with an unexpected little twist somewhere. And as the Wollmeise's yarns are playful in themselves, they hardly need any embellishments.

