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## Knitted Pom Pom Socks with Wendy Bernard

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### Chapter 1 - Introduction

#### Overview

(upbeat instrumental music) - Hi, I'm Wendy Bernard. I'm an author and knitwear designer. I've written a custom knit series and Up Down All Around Stitch Dictionary. I love knitting because there are so many possibilities. One of the things I really, really like to make are portable projects. We're going to start out by measuring our gauge swatch to make sure we have the correct gauge. Then I'm going to show you how to make a pair of little footies with contrasting heels and toes. Finally we're going to make something pom-poms to finish off the socks. (upbeat instrumental music)

### Chapter 2 - Materials

#### Materials

- Here are the materials, the printed pattern, sock yarn in two colors, some scissors, some strong thread, tapestry needle, size one double pointed needles, measuring tape, 3/8 inch pom pom maker.

### Chapter 3 - Knit Socks

#### Cast on and knit the cuff

- Before we get started, let's talk a little bit about gauge. Anytime you knit a project, you need to check your gauge if you want the item to fit. If it doesn't matter if it fits or not, you don't have to bother too much with gauge. In the case of socks or clothing, you really, really should do a gauge swatch. What that means is that you will cast on with the needle size that the pattern tells you to. Cast on enough stitches to give yourself about four inches worth of fabric. You start out with a non-rolling edge. Maybe do a couple of rows of garter stitch. Maybe keep a couple of stitches on either side in garter stitch. Then do stocking net stitch in the in-between areas. Then go ahead and do another non-rolling edge and bind off. You take that swatch and what you do is you need to lock it. All that means is that you're going to put it in some water with a little suds or something. Let it soak up the water. Remove it. Then remove the water as well. Then lay it down flat. If you're making a lace project, you might pin it out to spread out the stitches. In this case, it's stocking net stitch. We don't want to really stretch it too much. We just want to let the swatch behave as if the socks will behave. Always, always check the fabric content and the tag that comes from the yarn. See if it's washable because if it's let's say something that you wouldn't be able to wash, obviously you wouldn't wet your swatch. Sock yarn typically is at least hand washable. Many, many times it's superwash which means that you can throw it in the washing machine if you really wanted to. Most of us who knit socks typically hand wash them and take really good care of them. I have my swatch here. Now I'm going to measure it. Let's say you don't have... I have four inches worth. Let's say you only have two inches worth. All you need to do is carefully lay down your measuring tape. You can count the two inches worth of stitches. Then multiply that by two to get your four inches. See if your gauge matches the one in the pattern. For the size that I'm knitting, I will be casting on 64 stitches. This is the contrast color. There are two colors in my sock. There's a blue color and there's a gray color. The gray is my contrast color. I'm adding a second needle because this is just the way that I cast on to double points. If you wanted to, you could cast on all your stitches onto one needle. Then just rearrange them. This just happens to be the way I do it. Five, six, seven, eight, nine. Now

I'm going to go to the third needle. Okay. Now I'm going to inspect it to make sure I'm not twisting anything. Everything looks in order. I'll be knitting in the round, one-by-one rib for the cuff for one inch in this contrast color. The first stitch is usually a little tricky. I got it. Oh, no I didn't. Here we go. All right. This is just one-by-one ribbing. It just means you knit one, purl one, knit one, purl one. Continue working your one-by-one rib in your contrast color for one inch. Then switch to your main color and work four rounds. It'll look something like this. I have my contrast cuff. I have four rounds stocking net stitch. I have rearranged per the instructions my stitches so that I have 32 stitches here. I have 16 here and 16 here. These 32 stitches are where the heel is going to go. Let's start the heel.

Turn the heel and shape the gusset

- Just a little note about making heels and hand knit socks, there are a bunch of ways to make a heel. The type of heel that we are making that requires us to slip some stitches, actually creates a stronger heel so that if you were to wear your socks with shoes, it won't get holes in it very easily. This is a sturdy heel that we're going to work on. Starting the heel with my contrast color yarn, per the instructions, I slip the first stitch onto the needle. Actually it's as if to purl, so you do it that way. And then you knit one. Then you slip, and then you knit. Slip, knit. Slip, knit. Go all the way across in this fashion. And then you're going to notice we're working flat and you're no longer working in the round because we have to create a heel flap. Then we end with a knit stitch. You'll notice that the main color might be a little loose, you can tug at it too. Tighten it up, when you're weaving your ends, you'll definitely be able to tighten it up. And then turning it to the wrong side, remember we're ignoring these stitches. These are the instep stitches. For the wrong side row of the heel flap, we always again slip the first stitch and then this one, we're just going to purl all the way across. Every stitch is purled other than the first stitch. You might notice it's a little tricky these first two rows or so, but once you create enough fabric and get yourself away from these other needles, it will be really easy going. This is the wrong side of the heel. Then do another right side row with a slip, and then a knit. You're going to repeat those last two rows until you have 32 rows completed and there should be 16 selvedge edge stitches. They look like chains along each end of your heel flap. Right before we turn the heel, let's take a look at what we have here. We have a nice, look at the chains. It's nice and sturdy, this is the part of the heel flap that will hit your shoes. I like the way it looks and like I said it's durable. Next thing that we're going to do is start turning the heel. To begin and your instructions will tell you, I will knit 18 stitches, just knit 'em. You're going to see we're not going to go all the way to the end of the row. One, two... 13. Okay the next thing that we do is we slip, slip, knit. When you slip, slip, knit, you slip two on their own as if to knit, and then you knit them together through the back loop. Then you knit one and without working anymore stitches, we turn to the wrong side. Now you have the wrong side of the heel flap facing you. Then next we slip one as if to purl. Just transfer it on to the other needle. Then you purl five. Once we've purled five, we purl two together. Do that one again, two together. Sometimes the yarn can be a little splity, so take your time when you're maneuvering the increases and decreases and then you purl one and without working these stitches, you turn with your right side facing again. You're going to see it take shape. This is really cool. You slip the first stitch. Then you're going to knit across and you don't have to count stitches anymore because I'll show you how to instinctively know when you need to do your SSK. See that gap? So I know that means I should do the SSK. Here. Try again. There you go. Knit one, that's another partial row. Turn to the back. Slip the first one, then I purl without having to count because I can see that gap, I'll show you. It's right here, see the gap? I just purl those two together to close the gap. Then I purl one, and then I continue. I just sort of keep repeating the same

thing. Then as I work, I get closer and closer to each of the ends. Eventually you'll see what happens. See how this heel cup is being created. Purl two together. Purl one, right side. Now we slip one. Continue working rows three and four until all of the stitches have been worked. You'll end with a wrong side row. You can see that there's a pocket here. The first step in starting the gusset is to change back to the main color and of course you're gonna break the contrast colored yarn. All those ends will be woven in later. First using your needle, knit across the heel stitches with your new color. All this is laid out in your instructions. With the same needle... I'm going to pick up a knit along this edge here. My instructions tell me to pick up 16 stitches along the edge. I skipped one so I'm gonna go back here. There we go. Then one last one here. So you can see it, we're going to begin working in the round soon. Then I'm going to knit across these two needles but I'm going to knit all of them onto one needle. Here we go. This is the instep. I'm almost to the end. Instead of working up the gusset by picking up stitches, I'm going to work down toward the heel with a third needle. Again 16 stitches need to be picked up along here. You wanna try to be as tight as possible here so you don't have a gap. Alright, I've got 16. Now this is the first needle, I'm going to go ahead and knit across half of the stitches on the needle just to even things up. Then I'm going to rearrange these so that they are on one needle. Just pop 'em on, you'll see why. Okay. The stitches are evenly distributed on three needles and now we will continue working in rounds and shape the gusset. Let me show you how this works. On the next round, we'll go ahead and work the stitches. All the way to three stitches before the end of the needle. See here, I've got a little bit of the gray stone so let me just fix that little mistake, there we go. Now see there are three stitches remaining on this needle and I'm going to knit two together. Again this is in the instructions to decrease along the right hand side of the gusset and then I'm gonna knit one. You're taking one stitch away, then these are the instep stitches. I just knit across those. There's just two in my case. Make it go across these. This is a shaping round that I'm working. You never do any shaping in the instep. These stitches are always just knit. Now with the next needle, on the first three stitches on this needle, we are going to do some shaping here. The gusset has shaping on both sides. In this case, instead of a knit two together, we are going to do an SSK which is a slip, slip, knit. First we knit the first stitch and then the next two stitches, you slip as if to knit, slip as if to knit and then you knit in the back of the stitch. Then you can see it slants down. Then you continue and you finish the round. Just go ahead and finish that round and then work a plain round and then you'll be ready to do another decrease round. You'll work your gusset shaping every other round until you have, well in my case, 64 stitches left. Go ahead and check your pattern. Then you work in rounds on the foot without doing anything, just knit straight until in my case it measures seven and a half inches. Of course again check your size and your pattern. Then we'll be ready to work our toe.

### Shape the toe and finish sock

- OK, I've worked the foot to the proper length and then I switched to the contrast color. When you switch to your contrast color you will begin toe shaping immediately. What I've done here however, I did a few of the decrease rounds so you could see how it looks. But before we dive in, let me show you some things on the sock. This is the instep, and we can see of course our one-by-one ribbed cuff. And as I said before, you can see that I've switched to the contrast color and I did a couple of the toe shaping units and the gusset. The gusset is actually this triangular shape section. This is what it will look like when you've gotten as far as we've gotten here. These shaping units actually pull the sock together and give it shape. So you can see that nice line. You can also see that this is where the gusset shaping ended, and it was here where we continued to work in rounds without

doing any shaping. There are three needles and the needle numbers are laid out in your pattern. This is needle one, two and three. I have just completed a plain round and now I'm going to work a shaping round. So, what I do with this is I go ahead and, let me just fix this stitch. I go ahead and I work the stitches all the way to three stitches before the end of this needle. And then I slip, slip knit. And then I knit one, then on the next needle you could see I have half of the stitches on this needle and on these two needles, there the other half that split up between two needles. But this one I do a little bit different. I knit one, I knit two together. And then I work all the way to the end of this needle but I have to stop three inches short. Okay, so I knit to three stitches before the end and this is where I slip, slip, knit. And then I knit one. This last needle, needle number three I knit one then I knit two together, and then I knit to the end. Just like the heel gusset, you'll work shaping increments every other round. With the toe you will work until you have in my case, 12 stitches left and then it will be time to graft the toe stitches together. Here are my 12 toe stitches. I have 12 here on the instep. And I have six separated by these two needles. What I did before, rather after, I finished my my last decrease, is I worked one extra row, and I worked to the end of needle one and you'll see why. I'm just going to get all these stitches on the same needle. Because what we're going to do is graft the toe stitches together using something called Kitchener stitch. It's really a weaving or a grafting technique and it's actually really easy, but you have to kind of memorize it to get it going. I'm going to go ahead and cut the yarn. This is twisty so I'm just going to untwist it. I'm going to put it on the yarn here. I double check that I have the same number of stitches on each needle. This is my working end. And to start out Kitchener, what you do is you, as if to purl, you put the thread through using your needle, and leave that stitch on. Then in the back stitch knitwise you thread it through and leave the stitch on the needle. That's just to set it up. Once you get going you're going to knitwise remove the stitch off the needle, pull it through, and then, as if to purl, I'm going to thread the front stitch here, the next one, and leave it on the needle. On the back needle, I purlwise take it off the needle and thread it through. And then I knitwise leave it on. Okay, repeat again, you knitwise take it off, you purlwise leave it on. Then the back needle, purlwise take it off. Knitwise leave it on. On the last two stitches now so I'll just go ahead and knitwise take this off. And then, whoops, it's okay, and then run this through purlwise. And so the stitches are grafted together now, see. And then all I do is I stick my tapestry needle back in but kind of in a different little spot so it'll go to the other side and not ungraft it. Then I catch it with my hand, turn it inside out, and you can see all the ends that need to be woven in. But now it's all woven together, this toe, it's seamless. If you really wanted to you could probably do a different type of bind-off to close them together, but nobody wants to wear socks that have a seam here. So Kitchener grafting is pretty much the way that people close the top of a toe. So I just sort of carefully weave it back in. One thing I'm sure of, you know, I always try to do is to avoid putting any kind of a knot at the toe, because some people's feet are sensitive and they don't like having feeling of a knot there. I just do a really good weave job. And then if I'm gonna place any kind of a knot I put it at the side where they won't feel it. Continue weaving in all your ends and then your finished sock is going to look something like this.

## **Chapter 4 - Make Pom Poms**

Create a pom pom and add to sock

- [Instructor] You could leave your socks as is, but you can also add a really great pom-pom. I'm in love with pom-poms, mostly because I like making them. And of course, if you're wearing them, you always have a smile on your face. I'm going to add a pom-pom to our socks. There are a bunch of ways you can make a pom-pom. This is a nifty little device that I found. I don't think they're brand

new, but forever I've been using other methods, and this one is the one, it's by Clover, that I think works the best. This is going to produce a pretty small pom-pom, but that's what we want. It has these hinges and you can open them up like this and then it also comes apart like that. And I'll show you how it works. If you've never used this before, you'll think that it's magic. Let's see, so you open this up, you take your pom-pom yarn, and you just start wrapping. Wrap, wrap, wrap. And since it's a pretty small pom-pom, you don't need to use a lot of yarn. So it doesn't take very long. If it's a larger pom-pom maker, you can be wrapping for a little while. So this one, keep going. You could get really fancy with this, too. If you wanted, you could do the bottom layer in your contrast color and then change to the main color and then do the outer layer, so then when you cut the pom-pom you're going to have an interior that's a contrast color that's really cool. But we're going to do ours entirely in the main color. Just keep winding. I like to fill it up as much as I can. A little bit more, okay. All you do then is you take your scissors and go ahead and cut it, then you close it. That make sense? Then you turn it over and you open this side. Then you wrap, wrap, wrap. Nice and full. So all I do is I cut the yarn. We're going to trim it later, so no worries. And then you close it. You're going to have something that looks like this. So the next thing you do is you get a piece of really strong thread ready. I use this button thread. It's kind of waxed and it won't break, whereas your working yarn might break. It needs to be strong, so I usually use this to tie it off. I'll show you how it works. So you can see that there's a slot. You insert your scissors and hold this tight together and you just trim. (scissors snip) You need nice sharp scissors. (scissors snip) There's one side, turn it over. (scissors snip) And you have something that looks like this. Let me just trim these guys off. Alright, then you take your button thread, your craft thread, your strong thread, you're going to pull it tight, really tight, and then I need to tie a knot. Make sure it goes in the slot. There we go. Really tight. Then if you have a friend nearby to put their finger in to hold it, that's really helpful. But if you're alone like I am, you just sort of figure out a way to keep it tight and give it a double knot. It's nice and tight because the wax keeps it tight. Okay, now. I'm going to take the working yarn, cut a length. Remember you need to make it long enough so you can use the tail ends to weave in the pom-pom or make it attach to the inside of the sock. So you need to have the tail long enough. And then what I do is kind of take out the thread here and then do the same thing with the working yarn. Give it a good knot. And then do another one. This is nice and secure. And then we take this off and you have a pom-pom. But this one's kind of droopy and sad. So I'm going to give it a haircut. This is my favorite part. Start trimming it. (scissors snip) Just keep going around giving it a trim. Look at all the happy little bits on the table. (scissors snip) Sometimes I save them. (laughs) Put them in a nice jar and appreciate the little bits of yarn. So I cut the thread out. I'm giving it a little massage. I still see a few little bits I want to take off. (scissors snip) Starting to look pretty good. I'm going to go ahead and use my tapestry needle and thread both sides of the tail onto it. Going to grab my sock. It's pretty much folded flat in half so I can see where the center back is and then I'm going to kind of choose its placement, pull both of the threads through to the other side. Now you could do one of two things. You can thread one of these into an adjacent stitch and then tie a bow and that way if you wanted to throw it in the washing machine you could remove the pom-pom and then wash it and the pom-pom won't get messed up in the machine. Or you could weave in the ends. I'm going to make it more permanent, so what I'll do is first move this over to an adjacent stitch so that it's not coming through the same hole. Just like that, see? And then I'm going to weave my way down to the inside of the wrong side of the sock. Just start... exposing the inside here. Then I might give it a little bit of a half-knot there. Alright, trim the ends. (scissor snip) Well, here's the completed sock with the pom-pom attached. It's so cute. And here is the matching one for the pair. And then there

are some variations that you could do. You could make them completely solid, if you like. Or you can do something like this where we have a main color that is stripey and a contrast color that is solid. These look really sporty and cute. Bottom line, these socks are so fast and fun to knit. The pom-poms are just an added bonus. I really like them. I like to wear them. A lot of the shoes I'm wearing right now need footie socks, so they're perfect. And if I needed to wear them inside a pair of shoes I probably wouldn't put the pom-pom on it. If I'm wearing around the house, definitely use the pom-pom.