

# filcolana

OBSESSED WITH QUALITY YARN SINCE 1952



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## Rødstrømper

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**Rødstrømper (Redstockings) was a term for a feminist movement in the 1960s and 1970s. The Red Stocking Movement had a significant impact on Scandinavian society and played an important role in the global feminist movement. The name “Rødstrømper” refers to the red stockings that some of the women wore as a symbol of their activism and solidarity.**

**The Red Stockings Rebellion contributed to changing laws and attitudes towards greater equality between the sexes.**

**These Rødstrømper are knitted from the toe up. The heel is a classic hourglass heel, knitted with turning needles. The pattern includes a nice little trick to avoid the small hole that otherwise occurs in the transition between the heel and leg.**





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# Sizes and Measurements

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**36 (37) 38 (39) 40 (41) 42 (43) 44 (45) 46**

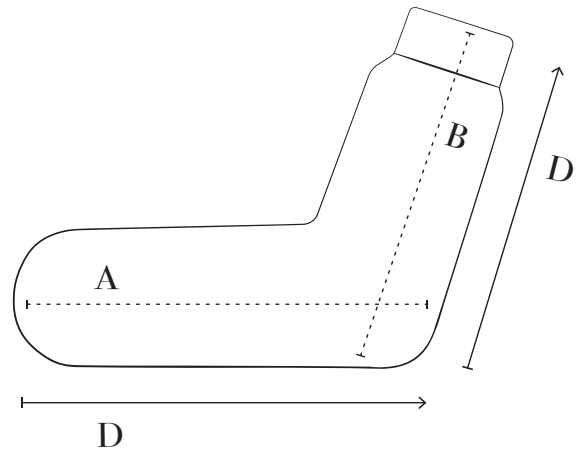
**Foot length, from toe to heel (A)**

23.5 (24) 24.5 (25) 26 (26.5) 27 (27.5)  
28 (28.5) 29 cm

**Leg height (B)**

14 (14) 14 (14) 14 (15) 15 (15)  
17 (17) 17 cm

**Knitting direction (D)**



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## Materials

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**YARN FROM FILCOLANA**

**Arwetta colour 218 (Chinese Red)**

50 (55) 55 (60) 60 (65) 65 (65) 70 (75) 80 g

Socks with contrast colour on toes, heel and ribbing:  
Arwetta col. 990 (Mouliné) and col. 218 (Chinese Red)

Socks with stripes: Arwetta col. 313 (Bubblegum) and col. 218 (Chinese Red)  
(See picture on last page)

**NEEDLES**

Circular needles 3 mm, 80-100 cm.  
Crochet hook 2.5 or 3 mm.

This pattern is written for Magic Loop method in the round.

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## Gauge

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34 stitches and 42 rounds in stockinette with 3 mm needles = 10 x 10 cm.

The needle size is only a guide.  
If you have more stitches for 10 cm, change to a bigger needle size. If you have fewer stitches for 10 cm, change to a smaller needle size. If you reach the width but not the required height, it can help to change the needle type, for example from metal to wood, or vice versa.



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# Technique

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## ABBREVIATIONS

**st(s):** stitch(es)

**rnd:** round

**k:** knit

**p:** purl

## M1R

Insert the left needle under the horizontal strand between the two stitches from back to front, lift the strand up onto the left needle, and knit through the front loop. There is now a right-leaning increase.

## M1L

Insert the left needle under the horizontal strand between the two stitches from front to back, lift the strand up onto the left needle, and knit through the back loop. There is now a left-leaning increase.

## K2tog-l

Knit the next two stitches as follows: Put the right needle into the 1<sup>st</sup> stitch knit-wise, and through the back loop in the 2<sup>nd</sup> stitch, and knit both these stitches at the same time. There is now a left-leaning decrease.

## SPECIAL TECHNIQUES

### Turkish Cast On

Make a loop with the yarn (like when you make the first stitch for a regular cast-on), hold the tips of the circular needle in your left hand, one on top of the other, and insert the loop onto the lower needle's tip. With the thread coming from the skein, wrap the yarn around both needles, as follows:

Hold on to the loop on the bottom needle and pass the yarn under both needles away from you and over the needles towards you, i.e. winding anti-clockwise. Each wrap counts for 1 stitch. Wrap tightly around the needles for the desired number of wraps (= starting stitch count divided by 2), the loop you are holding does NOT count.

Put the yarn around the index finger, hold tight and pull the lower needle's tip to the right, so that the sts instead come out of the circular needle's wire and you make a magic loop.

**1st round:** Knit the wrapped stitches on the top needle, turn and bring the wrapped stitches back to the tip of the needle, hold the yarn tightly on the index finger, slip the starting loop off and knit all the wrapped stitches. The first round is now knitted.

## Double Stitch

Slip 1 stitch purl-wise with yarn in front of the stitch (facing you). Bring the yarn over the right needle and down behind the work (away from you) and pull the yarn up so that a "double stitch" is created. Continue knitting according to the instructions in the pattern. When knitting the double stitch, knit this as one stitch. This technique is called German Short Rows.

## Increase 4 strands below

To avoid making holes on both sides of the heel (when the heel is worked again in the round), an extra stitch is made to fill the gap.

Increases are made easiest with help of a crochet hook, as follows:

Count the strands between the first stitch on the left needle and the first stitch on the right needle. Grab the fourth strand counted from the top. Hold the crochet hook vertically downwards, pass the needle in front of the top three strands and behind the fourth strand. Turn the crochet hook vertically up and hold it with the crochet hook. Now the fourth strand is twisted onto the crochet hook like a stitch. Now use the strands from the bottom up and crochet 1 stitch in each chain. When the last chain is crocheted, move the new stitch from the crochet hook to the left needle's tip.

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# Workflow

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This pattern is written using Magic Loop technique on long circular needles. The socks are worked from the toes up, with no extra assembly except for weaving in loose ends.

First stitches are cast on with Turkish Cast On, so that the toes are immediately closed. Then increases are worked on both sides of the toes, until the full number of stitches is reached, and the socks are worked straight up to the specified foot length.

The heel is worked with short rows and double stitches are worked with German Short Rows.

When the heel is finished, continue working straight up the leg until the given length. Afterwards, finish with ribbing, which is then bound off with a stretchy bind off, so that the edge does not become too tight which can make the sock difficult to put on.

The pattern includes three different variations: a solid coloured sock, a sock with contrasting colour for the toes, heel and ribbing, and a sock with stripes.



# Pattern

## SOLID COLOURED SOCK

### TOE

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Hold the needles as described for Turkish Cast On and wrap 14 (14) 14 (16) 16 (16) 16 (16) 18 (18) 18 times onto the needles.

Work 1 rnd as described for Turkish Cast On = 28 (28) 28 (32) 32 (32) 32 (32) 36 (36) 36 sts.

Insert a marker at the beginning of the rnd.

Now begin increases to the toes as follows:

**2nd rnd:** \*k1, M1L, knit until there is 1 st left on the needle's tip, M1R, k1\*, turn the work over to the needle's other tip and knit from \* to \*.

**3rd rnd:** Knit the whole rnd.

Knit these 2 rnds a total of 7 (7) 7 (7) 7 (7) 8 (8) 8 (8) 8 times, until there are 56 (56) 56 (60) 60 (60) 64 (64) 68 (68) 72 sts.

To mark the rnd's first 28 (28) 28 (30) 30 (30) 32 (32) 34 (34) 36 sts, insert a marker into the work, around the middle of the toe.

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Continue working straight across all the sts, until the piece measures 18.5 (19) 20 (20.5) 21 (21.5) 22 (22.5) 23 (23.5) 24 cm from the toes (cast-on edge).

Remove the marker indicating the beginning of the rnd. From here on use the marker that was placed into the work at the toes, to see if it is the first or last row of the rnd that is worked.

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### HEEL

Now work short rows over the first 28 (28) 28 (30) 30 (30) 32 (32) 34 (34) 36 sts only, from the first needle's tip, as follows:

**1st short row (right side):** Knit across all sts on this needle, and at the same time insert a marker in between the 2 middle sts. Turn the work when the needle is entirely worked.

**2nd short row (wrong side):** Make 1 double stitch, purl to the end.

**3rd short row:** Make 1 double stitch, knit to the double stitch from the previous row, turn.

**4th short row:** Make 1 double stitch, purl to the

double stitch from the previous row, turn. Repeat rows 3-4 until there are 10 (10) 10 (10) 10 (10) 10 (10) 10 (10) 12 sts remaining between the double stitches. The last short row worked is a turn from the wrong side to the right side.

There are now 9 (9) 9 (10) 10 (10) 11 (11) 12 (12) 12 double stitches on each side of the needle and 5 (5) 5 (5) 5 (5) 5 (5) 6 sts that have not been turned on each side of the heel marker.

After the last turn, continue knitting in the rnd from the right side across all sts on both needles. The double stitches are knit together as if one st.

Knit 2 rnds in total across all sts on both needles. The last rnd is finished at the heel marker that sits between the 2 middle stitches.

Now work short rows "the other way", where more and more sts will be between the double stitches. Work as follows:

**1st short row (right side):** Knit until 6 (6) 6 (6) 6 (6) 6 (6) 6 (6) 7 sts after the heel marker, turn.







**2nd short row (wrong side):** Make 1 double stitch, purl until 6 (6) 6 (6) 6 (6) 6 (6) 7 sts after the heel marker, turn.

**3rd short row:** Make 1 double stitch, knit to the double stitch from the previous row, knit the double stitch, knit 1 more st, turn.

**4th short row:** Make 1 double stitch, purl to the double stitch from the previous row, purl the double stitch, purl 1 more st, turn.

Repeat rows 3-4 until all sts are turned. There is now 1 st remaining after the last double stitch on the 4<sup>th</sup> short row. Purl the last st and turn the work.

Now the rnd must be “joined” again, without leaving a small hole on both sides of the heel, as follows:

**Next rnd (right side):** Make 1 double stitch, knit to the double stitch on the other side. Carefully lift the double stitch off the needle without knitting it. “Increase 4 strands below” as described in Special Techniques, slip the new st to the left needle’s tip, carefully slip the double stitch back and knit the new st and double stitch together. Knit all sts on the other needle, work “Increase 4 strands below”, knit the new st and double stitch together using the technique k2tog-l (described above). Knit to the heel marker.

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## LEG

Continue working in stockinette, until the leg measures 10 (10) 10 (10) 10 (11) 11 (11) 12 (12) 12 cm (measured from the last heel turn, where the work is joined and worked in the rnd).

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## Ribbing

Work ribbing (k2, p2), until the edge measures 4 (4) 4 (4) 4 (4) 4 (4) 5 (5) 5 cm.

Bind off with an elastic bind off, as follows:

K2, \*place the left needle into both sts on the right needle, so the needle is in front of the right needle, catch the yarn with the right needle and pull the yarn through both sts\*, p1, repeat from \* to \*, p1, repeat from \* to \*, continue in this way, knitting the sts as the ribbing shows and bind off as described from \* to \*.

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Work the second sock the same way.

## FINISHING

Weave in all ends.

Wash the socks according to yarn instructions on the label.





## VARIATION WITH STRIPES

### TOE

Work from # to # with colour A.

Knit another 0 (2) 0 (1) 1 (3) 1 (3) 3 (1) 0 rnds with colour A.

**TIP for changing colours:** Knit 1 rnd with the new colour.

**2nd rnd with the new colour:** Pick up the underlying loop of the first st from the previous rnd (the first colour) and place it on the left needle, so that it lies behind the first B-coloured st. Knit together the 2 sts (the underlying st and the colour B st). This little trick is done ONLY on the 2nd rnd with the new colour.

Change to colour B and knit 4 rnds.

Change to colour A and knit 4 rnds.

Continue in this way by knitting 4 rnds in each colour, until 16 (16) 17 (17) 18 (18) 18 (18) 18 (19) 20 (19.5) 20 (20) 21 (21.5) 21.5 (22) 22 (22.5) 23 cm.

Change to colour B (B) A (A) B (B) B (B) B (A) B and knit 1 rnd.

Now work the heel as described from ## to ##.

Change to colour A (A) B (B) A (A) A (A) A (B) A and continue in stripes (with 4 rnds per colour) until 10 (12) 11 (11) 10 (12) 12 (12) 12 (13) 14 stripes are worked from the heel. Finish with a stripe in colour B.

Change to colour A and knit 1 rnd.

Work ribbing as described from ### to ###.

## VARIATION WITH CONTRAST COLOURS FOR THE TOES, HEEL AND RIBBING

### TOE

Work from # to # with colour B (contrast colour). Change to colour A and continue according to the pattern to # #.

### HEEL

Knit the rnd's first 28 (28) 28 (30) 30 (30) 32 (32) 34 (34) 36 sts with colour A.

Knit the next st (first st on the left needle's tip) and slip the st back to the left needle's tip.

Slip the first 28 (28) 28 (30) 30 (30) 32 (32) 34 (34) 36 sts back from the right needle to the left needle's tip.

Leave colour A in the middle of the rnd. Put colour B on the right side of the work and knit again the first 28 (28) 28 (30) 30 (30) 32 (32) 34 (34) 36 sts, now with colour B.

Turn the work to the wrong side, cross the colours (colour A and colour B, so the threads lock the work together), take colour B's thread and work short rows as follows:

**1st short row (wrong side)** Make 1 double stitch (colour A's thread is locked into the double stitch), purl the rest of the row, turn.

From the right side, slip all sts from the left needle to the right needle without knitting them. Be careful to grab both legs of the double stitch when you slip it.

Take colour A's thread, pull the yarn and knit the right side's remaining 28 (28) 28 (30) 30 (30) 32 (32) 34 (34) 36 sts with colour A. Insert a marker between the 2 middle sts.

Stay on the right side, cross colour A and Colour B (lay colour A over colour B) and continue with colour B as follows:

**2nd short row (right side):** Make 1 double stitch, knit to the double stitch, turn.

**3rd short row:** Make 1 double stitch, purl to the double stitch, turn.

Repeat rows 2 and 3 until there are 5 (5) 5 (5) 5 (5) 5 (5) 5 (5) 6 sts that are not turned on each side of the heel marker. The last row is turned onto the right side.

**Last short row (right side):** Make 1 double stitch, knit all B-coloured sts (every double stitch is worked as 1 st). Finish with knitting the final B-coloured double stitch.





Turn the work to the wrong side and purl all the B-coloured sts, which are purred together through both legs of each double stitch.

Turn the work to the right side and cross the threads (colour A over colour B), continue with colour B and knit to 6 (6) 6 (6) 6 (6) 6 (6) 6 (6) 7 sts after the heel marker, turn.

Now short rows are worked “the other way”, as follows:

**1st short row (wrong side):** Make 1 double stitch, purl 6 (6) 6 (6) 6 (6) 6 (6) 6 (6) 7 sts after the heel marker, turn.

**2nd short row:** Make 1 double stitch, knit to the double stitch from the previous row, knit this double stitch, k1, turn.

**3rd short row:** Make 1 double stitch, purl to the double stitch from the previous row, purl this double stitch, p1.

Repeat rows 2 and 3 until there is 1 st remaining after the double stitch on the last 3<sup>rd</sup> row repeat. Purl the last st and turn the work.

The last turn is made to the right side as follows:

**Last short row (right side):** Cross the threads (colour A over B), tighten colour B and make 1 double stitch. Knit all the B-coloured sts with colour B. Break the yarn of this colour.

The heel is now finished. Now the last rows are worked with colour A, so that the work can again be joined and knitted in the rnd, as follows:

From the right side, slip all the A-coloured sts from the left needle to the right needle without knitting them.

Turn the work and work the A-coloured sts from the wrong side, as follows:

**Next row (wrong side):** Take the thread with colour A, tighten the yarn and purl the A-coloured sts to the end.

Turn the work to the right side, and from here work in the rnd again, as follows:

**Next rnd (right side):** Cross the threads (colour B over A), take colour A, tighten the yarn and make 1 double stitch, knit all sts on this needle, “Increase 4 strands below”, knit the new st together with the B-coloured double stitch, knit to the last st, slip this st purl-wise, “Increase 4 strands below”, put the new st and the slipped st in colour B onto the left needle and knit them together.

The heel is now finished.

Continue working straight up and knit the leg to ###. Break colour A’s yarn.

Change to colour B and knit 1 rnd.

Work ribbing as described for the solid-coloured sock.

