I originally worked Variant A up for a pair of socks. It was inspired by a detail of an insertion pattern appearing in the Kliot’s edition of The Knitted Lace Patterns of Christine Duchrow, Volume 1. I have redacted it for modern notation, changed the stitch count, and translated the plain K2togs of the original to paired left and right leaning decreases, to emphasize the openness of the design.

On a circumference of 72 stitches, the Variant A insertion panel repeats neatly four times around the sock; a convenient one panel per needle if you’re knitting with four needles holding 18 stitches each, or two per circ if you’re using two circs with 36 stitches each.

Variant A can also be worked as side by side panels of 16 stitches by eliminating columns 1 and 18 (a sock circumference of a more usual 64 stitches). The astute will be able to pick out from the not so excellent photo that I followed the pattern as presented in Duchrow, but with the improvements outlined above.

Variant B is an oh so obvious extension of the base concept, plotted out as an 18-stitch /16-row all-over repeat.
Double Diamonds Insertion Panels

Variant B

18 stitch, 16 row repeat

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