

Side 1 af 8  
ALL is LOVE

# ALL is LOVE



10 cm / 4 x 4 inches in stockinette stitches

#### **Yarn:**

2 contrasting sock yarns, 420 meter per 100 gram /fingering weight

Yarn in photos:

Base color: 'Kunstgarn' from Hjertegarn, color 19

Pattern color: hand painted sock yarn with silver specks from Fredsminde Unika

Design

#### **Shoe sizes:**

From 34 EU /4.5 women US and larger.

NOTE: the circumference of both leg and foot is between 22-27 cm. / 8.7-10,6 inches if you keep the gauge.

If you want a smaller/larger circumference, you have to use thinner/thicker needles.

#### **Knitting needles: size 2,5 EU / 1.5 US.**

Magic Loop or double pointed needles are both possible.

Though: if you knit on ML you might have to rearrange the stitches from front to back or reverse at the heel line and/or the decreasing for the toe

#### **Gauge:**

32 stitches x 40 rows = 10 x

Design & Copyright: Cita Steinmeier, September 2017

Blogging about socks etc on Facebook: <https://www.facebook.com/Sock-patterns-from-Cita-Steinmeier-Designs-1697349027148616/>

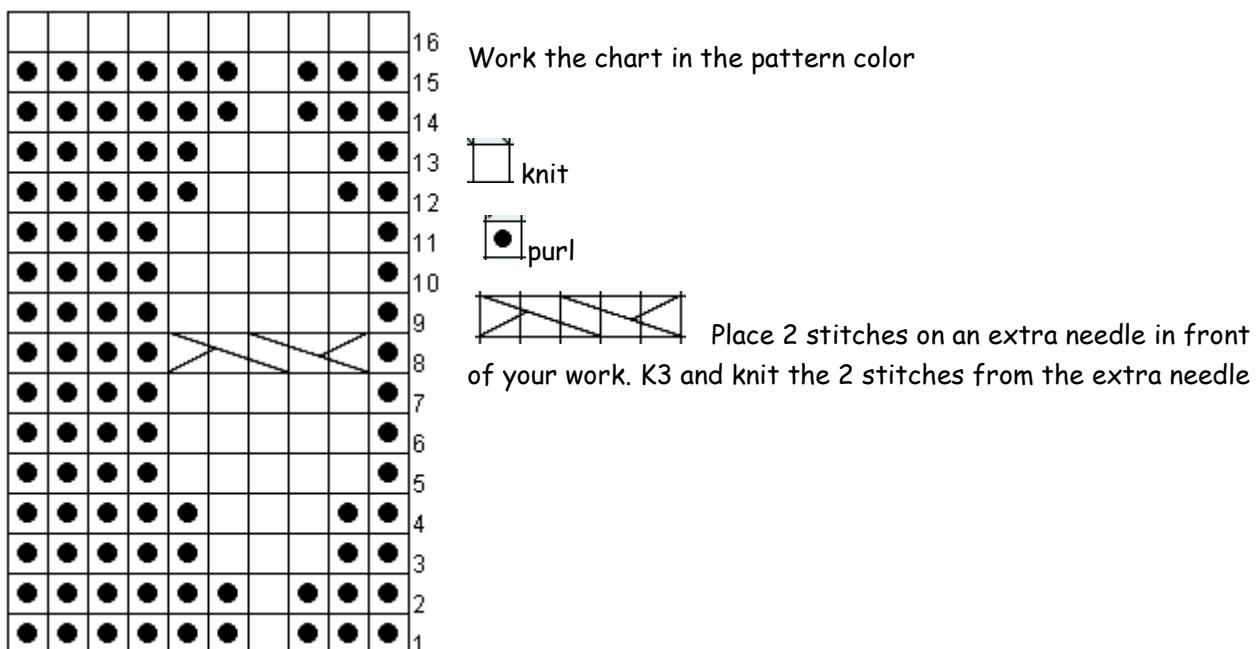
Side 2 of 8  
ALL is LOVE



## Cuff

Cast on 70 stitches, using long-tail-cast-on and both yarns.

(The technique is shown here: <https://www.youtube.com/watch?v=hdECziCsQOE> )



## Leg

Change to the base color and knit 3 rounds before starting the pattern.

**Note:** So as not make to long floats on the inner side of the socks, twist the yarns with a maximum of 5 stitches apart. This will avoid toes getting caught in the floats.

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Explanations for the charts, from right to left:

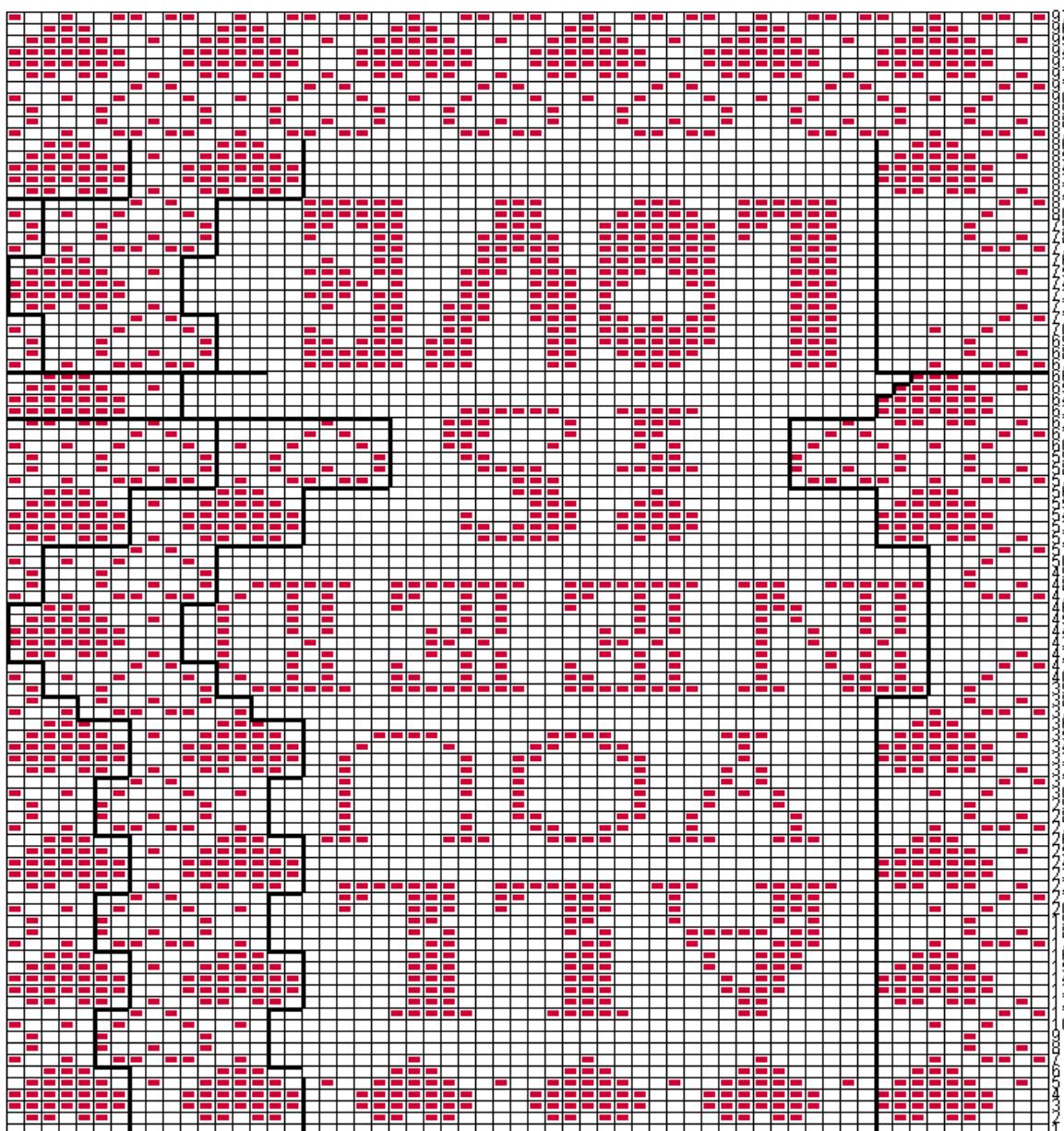
The chart only shows a part of each round, not all 70 stitches

The first vertical line that starts after the 10th stitch on row 1 shows where the round begins on each row.

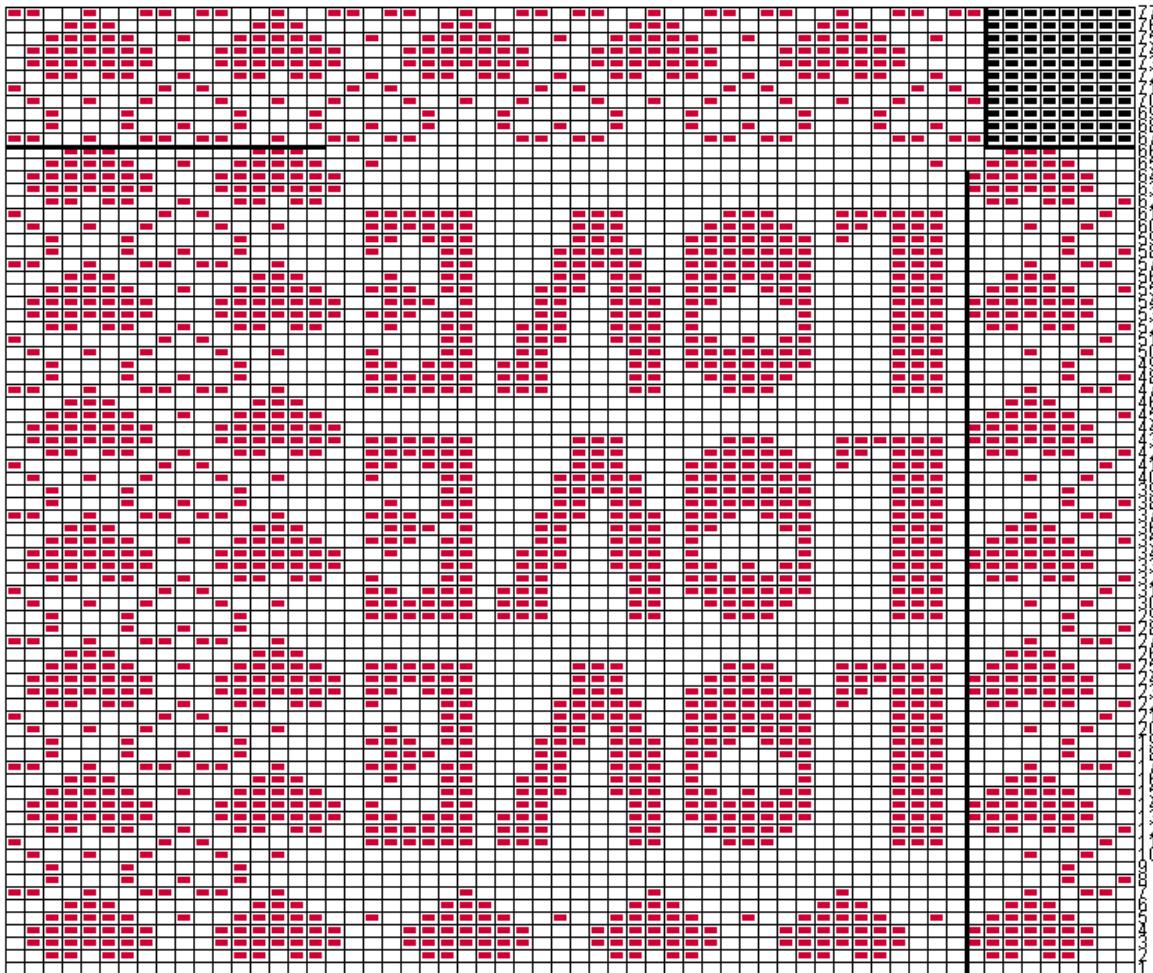
The next 2 vertical lines frames the pattern repeat

The horizontal lines between row 66 and 67 shows where you knit in 2 rows with waste yarn for the after tought heel

On only the love love love chart: the black squares in the upper right corner are 'no stitches, you start the rounds right after them



Side 4 af 8  
ALL is LOVE



**Knitting in extra rows between row 66 and 67 of the charts:**

Use waste yarn in the same thickness as your sock yarn, I suggest that you use a tightly spun yarn in a contrasting color.

Row 67 of the chart: work to where the horizontal line starts.

\*With your waste yarn, knit all the way over the horizontal line and break the yarn leaving an end of at least 10 cm/4 inches\*. Repeat from \* to \* once more.

Side 5 af 8  
ALL is LOVE



## Foot:

Continue in the heart pattern for the number of centimeters/inches below  
EU sizes: 34-35: 10,5 cm (36-37: 11,8 cm) 38-39: 13,2 cm (40-41: 14,5) 42-43: 15,8 (44-45: 17,2 cm)  
US women sizes: 2-2,5: 4.1 inches (3,5-4: 4.6 inches) 4-6: 5.1 inches (7-7,5: 5.7 inches) 42-43: 6.2 inches



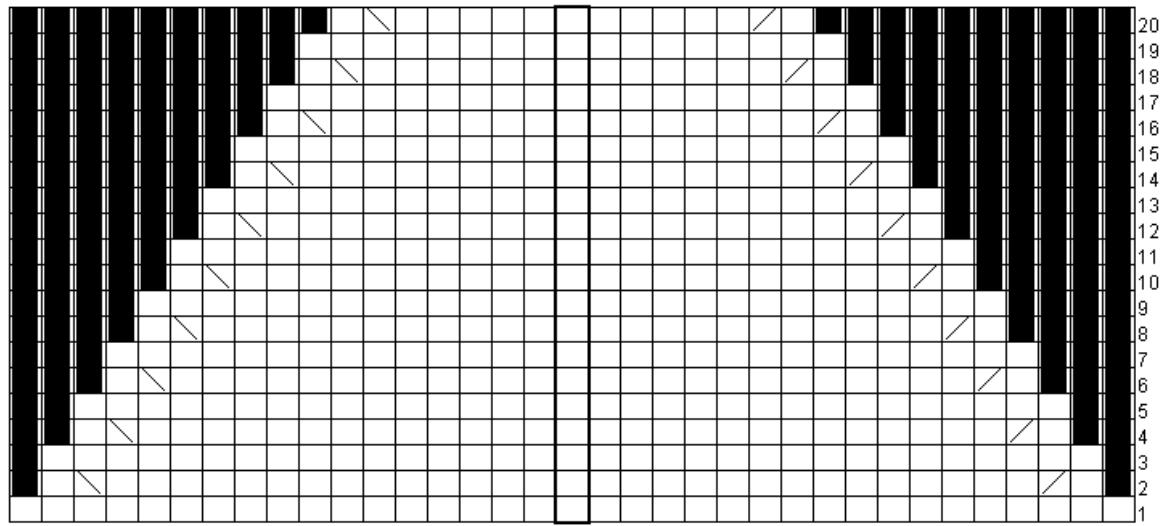
## Toe:

Decrease as shown in the chart below and at the same time work in the heart pattern as nicely as possible at the sides.

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ALL is LOVE

Graft the remaining stitches together using the base color.

knit 2 together    slip-slip-knit    no stiches



## Heel:

Place the sock with the leg turned towards you.

With a circular needle (eventually a smaller size than you use for the socks) you pick up the stitches furthest away from you.

Pick up from right to left.



Pull the circular so the stiches rests on the cable part. This gives you more space to pick up on the other side.

With the other end of the circular, pick up the stiches closest to you, again working from right to left.

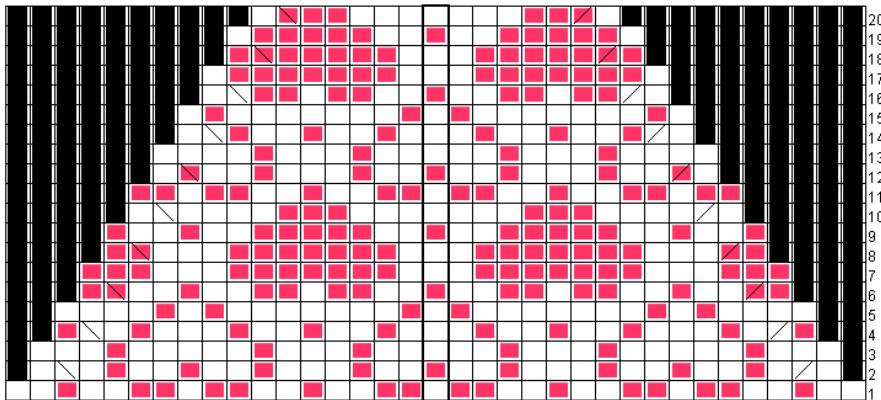


Gently but firmly pull one of the ends.

If you have not accidentally stuck your circular through the waste yarn, you will be able to draw the yarn out without having to snip it with scissors. Remove the other piece of waste yarn the same way.

Side 7 af 8  
ALL is LOVE

First knit over the sole stitches with the base color. Here starts the rounds of the heel.  
Work the chart below - both sides of the heel is the same.  
Graft the remaining stitches together.



Side 8 af 8  
ALL is LOVE



These socks are both inspired by and knitted for Jac (aka Jacqueline Jensin), a totally fantastic and warm hearted woman, who spreads love wherever she goes.

To love is as so easy for Jac as breathing, but most of the rest of her being is a constant fight: some years back she was hit by 3 large blood clots in her brain stem and quickly given up on by the doctors who expected her to die soon and live as a total vegetable until then. But Flemming, Jac's loving husband refused to give up and struggled 24/7 to bring her back, train her, support her and .... shower her with love, more love and even more love.

Jac has a severe brain damage with

chronical problems of memory, concentration, motoric skills and several other hard-to-live issues. Which means that every day for her is iron hard training to keep those mental and physical skills that other takes for granted.

And still she has the power to spread unbelievably amounts of happiness and love to everybody around her, inspire others to love and to hug life with all that is in it.

... if I have a heroine, one that I really-really look up to, it is Jac!

PS: That this pattern is called ' ALL is LOVE ' is from my own personal conviction that EVERYTHING we do, feel and think is love .... or the lack of same.....

So .... if it is so (or not), why not make the good choice: to put as much love possible in whatever you do.

This pattern is free: Jac and I agree that you cannot put a price on love.

But we would both be very glad, if you will pay it forward, by spreading a little more love, wherever you are in the World

Thanks to Lhea Bujold and Arleen Tomnuk, both Canadian sock knitters, for proof reading this pattern in English and help spreading love sock-wise :)