



Simply PUT SOCKS



SOCK 1 BE NICE

SOCK 2 BE KIND

The words on my socks, Be Nice, Be Kind are blurry because of the self-striping yarn I used for contrast. I almost re-knit them but then realized that because 2020 was a big blur, the look is appropriate.

The design on the legs is meant to represent the ups and downs of the year and because I used the contrast yarn just as it came off the ball it suggests irregularity.

I spent 2020 searching for a new normal. Unrelated to but amid the pandemic my husband died. The sentiment on the socks is very simple and I am so deeply grateful for the many gestures of kindness and nice words that helped me to keep moving forward. – Lorraine

Thoughtful Soles Series

skill level Intermediate

finished size women's medium

finished weight 99g

materials

yarn

4-ply fingering weight yarn

- 100g Main Colour – Neutral (MC)

- 50g Contrast Colour – variegated (CC) for words

needles

- a set of US 2 [2.75mm] 4 or 5 dpns or in size required to meet gauge

notions

- large-eyed sewing needle

- scissors

- stitch marker

- ruler

gauge

15 sts = 2" [5cm] in stocking stitch

instructions

Cuff

Cast on 60 sts with CC.

Using dpns work one round in k2, p1.

Cut CC. Join MC.

Join to work in the round with a stitch marker to indicate beginning of round.

Continue in rib for 1 $\frac{3}{4}$ ".

Leg

Knit one round increasing to 66sts.

Knit one round. Join CC.

Work 4 rounds **Chart A**

8 rounds knit (MC)

4 rounds **Chart A**

8 rounds knit (MC)

4 rounds **Chart A**

8 rounds knit (MC)

4 rounds **Chart A**

2 rounds knit (MC)

Cut MC.

Heel Flap

The Heel Flap is worked back and forth with CC.

K17 st, leave 33 instep sts on 2 needles.

P33 sts, leaving the stitch marker in the center of the sole.

Work the following four rows seven times.

Row 1: Sl1, (k1, sl1) repeat to last 2 sts, k2.

Row 2 and 4: Sl1, p to end.

Row 3: Sl1, k2, (sl1, k1) repeat to end.

Heel Turn

Row 1: K to center, k1, ssk, k1. Turn.

Row 2: Sl1, p4, p2tog, p1. Turn.

Row 3: Sl1, k to one st before gap, ssk, k1. Turn.

Row 4: Sl1, p to one st before gap, p2tog, p1. Turn.

Repeat the last two rows until all stitches are used.

P18sts. Cut CC yarn. Join MC.

Gusset

Set up for the gusset.

Needle 1: K18 sts, pick up and knit 15 sts upside of flap.

Needle 2 and 3: K33 instep sts.

Needle 4: Pick up and k15 sts downside of heel flap. K9 from Needle 1.

There are now 24 sts on each of Needles 1 and 4, and 33 sts on Needle 2 and 3 for instep.

The beginning of the round remains at the center of the sole stitches.

Gusset (decrease)

Resume knitting in the round.

ROUND 1

Needle 1: K to last 3 sts, k2tog, k1.

Needle 2 and 3: K33 sts.

Needle 4: K1, ssk, k to end.

ROUND 2

Knit.

Continue to decrease every other round (8 times) to 16 sts on Needles 1 and 4. 65 sts

Foot

K16. This will move the beginning of the round to start of instep sts. Move marker to indicate new beginning of the round. Join CC when needed. Following **Chart B** for instep and **Charts C** and **D** for sole sts, work 36 rounds.

Note: On the last round there is a decrease of one st at the center of **Chart B**.

Toe

There are 16 sts on each of 4 needles.

ROUND 1

Needle 1 and 2: K1, ssk, k to end.

Needle 3 and 4: K to last 3 sts, k2tog, k1.

ROUND 2

Knit.

Repeat rounds 1 and 2 decreasing every other round to 32 sts.

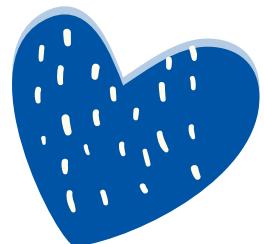
Then repeat round 1 decreasing every round to 16 sts.

finishing

Graft toe stitches.

Weave in ends.

Wet block the socks.



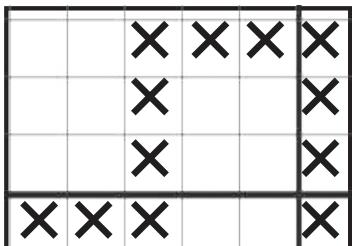
Simply PUT SOCKS CHARTS



Chart A - Leg

6 sts / 4 rows

Repeat 11 times around leg



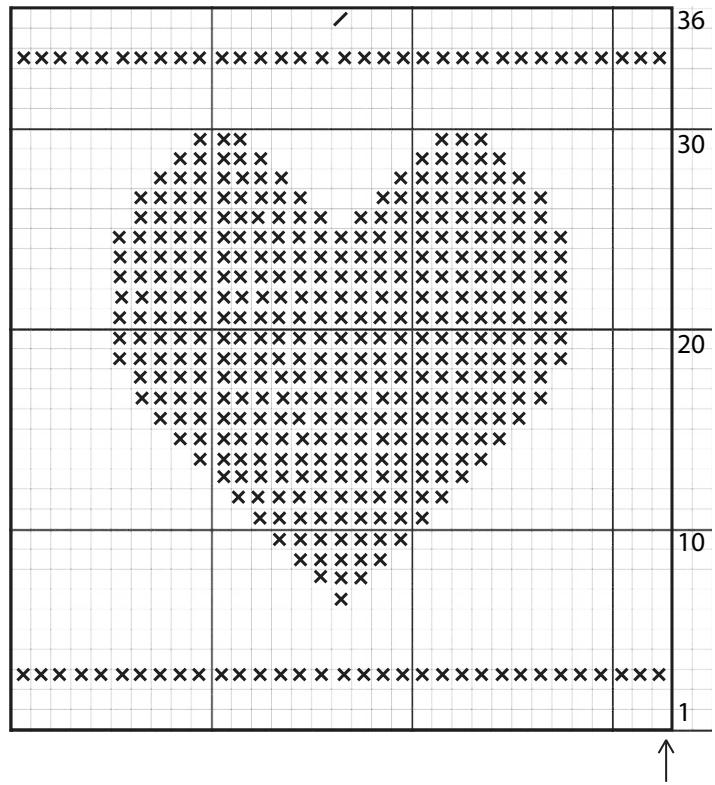
 MC
X CC
/ K2tog

Lorraine Thompson

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Chart B - Instep Sts

33 sts / 36 rounds



↑
Start of round

Chart C - Sole sts

32 sts / 36 rounds

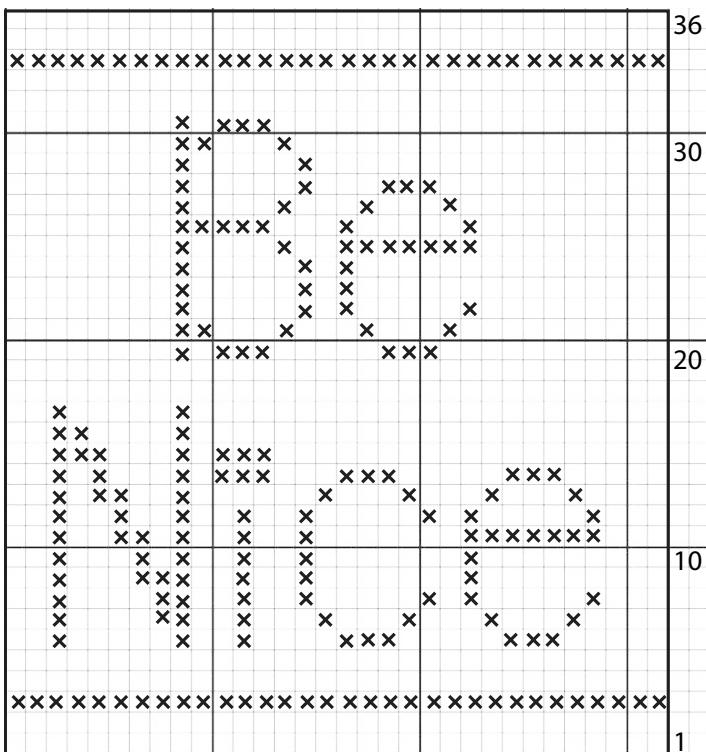


Chart D - Sole sts

32 sts / 36 rounds

