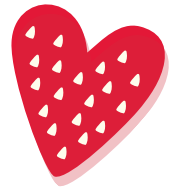
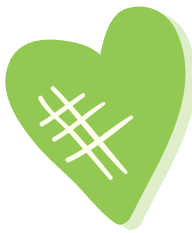




# simply put socks



SOCK 1 BE NICE

SOCK 2 BE KIND



The words on my socks, Be Nice, Be Kind are blurry because of the self-stripping 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 1¾".

## 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.

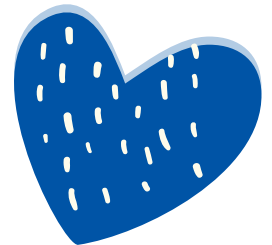
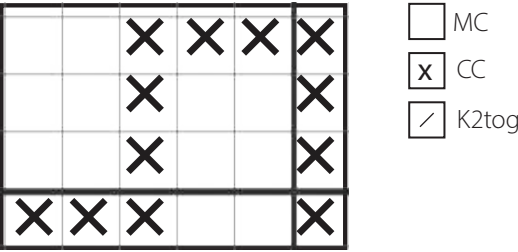




Chart A - Leg  
6 sts / 4 rows  
Repeat 11 times around leg



Lorraine Thompson  
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Chart B - Instep Sts  
33 sts / 36 rounds

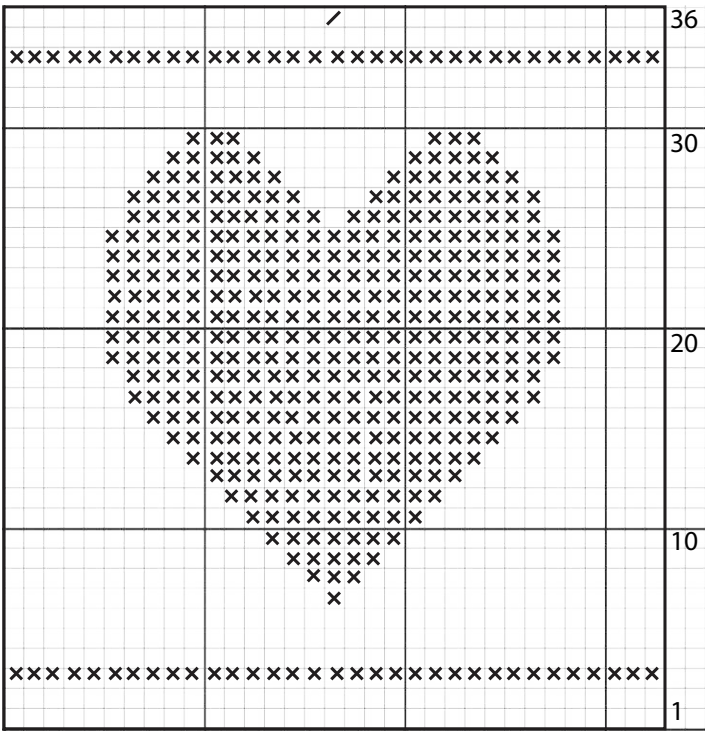


Chart C - Sole sts  
32 sts / 36 rounds

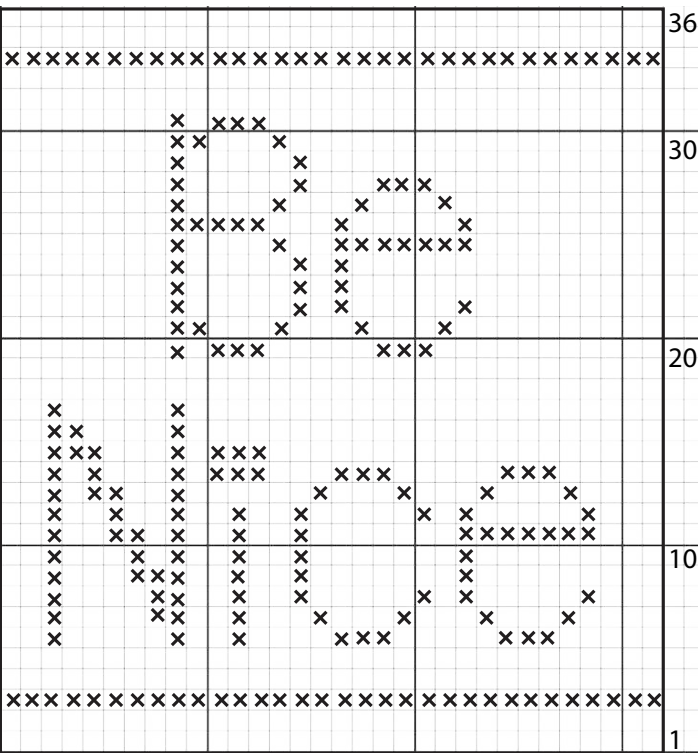


Chart D - Sole sts  
32 sts / 36 rounds

