

# Song of My Heart

Pattern and photos: Tiina Kuu

Song of My Heart socks (originally named 'Sydämeni laulu' in Finnish) were designed to celebrate the centennial of independent Finland in 2017. The stranded colourwork patterns were inspired by the nature and four seasons in Finland.

**This is the revised and extended version of the original pattern.** The beginning of the round jog in stranded colourwork has been made less obvious and there are three sizes available instead of one.

*'Sydämeni laulu' is one of the greatly beloved poems in 'Seitsemän veljestä' ('Seven Brothers' in English), the epic novel written by late Aleksis Kivi in 1870. Aleksis Kivi was the first significant author who published in Finnish language. He is still considered as one of the national authors of Finland.*

## YARNS AND YARDAGE

**Main colour (MC):** nurja merino sock (75 % merino, 25 % nylon; 420 m / 100 g) approx. 40-50 grams of grey (hiili colourway)

**Contrast colour 1 (CC1):** iKKe Yak Sock (70 % merino, 20 % yak, 10 % nylon; 400 m / 100 g), approx. 15 grams of dark grey (Steele colourway)

**Contrast colour 2 (CC2):** Zwergergarn Opal 4-fach (75 % wool, 25 % nylon; 420 m / 100 g), approx. 20 grams of white

**Contrast colour 3 (CC3):** Ruskanlehti Merino Sock (75 % merino, 25 % nylon; 425 m / 100 g), approx. 10 grams in variegated green (Kunta colourway)

Any other fingering weight yarns can be used.



## GAUGE

36 sts and 44 rows in stockinette stitch with smaller needles = 10 cm / 4 inches

36 sts and 36 rows in stranded colourwork with larger needles = 10 cm / 4 inches

## NEEDLES AND OTHER SUPPLIES

At least 80 cm / 32 inch long circular needles 2.0 mm / US0 and 2.5 mm / US1½ (or suitable to obtain gauge).

Socks can be knitted with dpns, two shorter circulars or a mini circular but the instructions have been written for magic loop.

1 stitch marker

## SIZE

There are instructions for sizes small (64 sts), medium/large (72 sts) and extra-large (80 sts), which are referred to in the instructions as S (M/L, XL). If only one stitch count is given, it applies to all sizes. Sizes S (M/L, XL) fit foot circumference of approximately 19 (21.5, 24) cm / 7½ (8½, 9½) inches with some negative ease.

## BEFORE YOU START

**Please read the instructions carefully.** The front of the leg and instep are worked on needle 1. The back of the leg, heel, gussets and sole are worked on needle 2. The beginning of the round (BOR) is at the beginning of needle 1, **except** while working the stranded colourwork in the foot where the temporary BOR is instructed separately.

**Please note** that in a few rounds in the stranded colourwork patterns, the first stitch of the round is worked twice to better hide the jog.

## INSTRUCTIONS

### Cuff

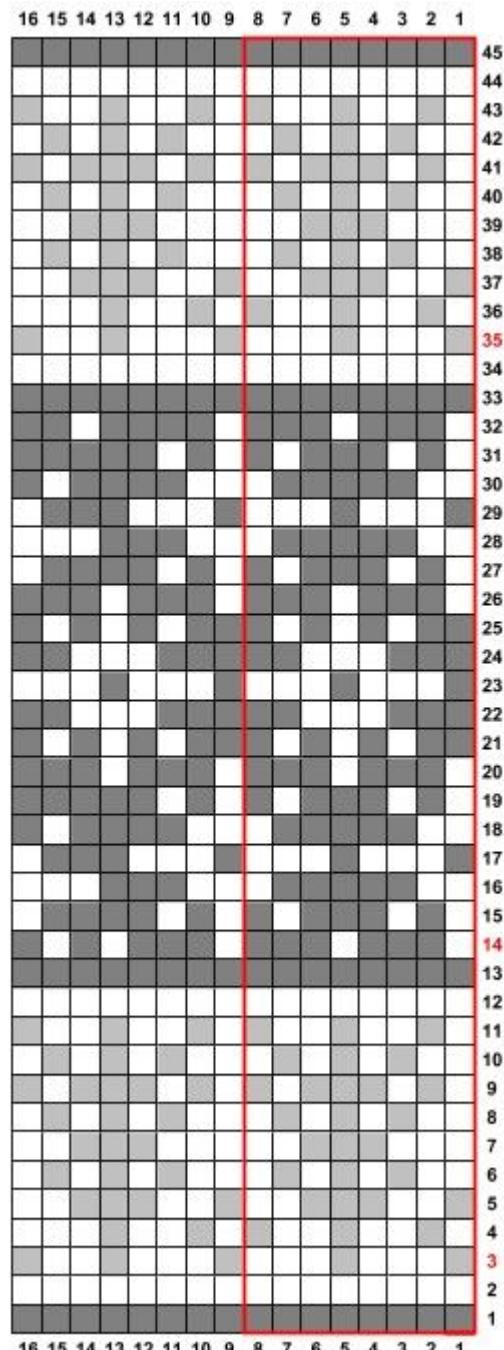
With the main colour (MC) and smaller needles, CO 64 (72, 80) sts. Distribute sts as follows: the first 33 (37, 41) sts of the round onto needle 1 and the last 31 (35, 39) sts of the round onto needle 2. Join to begin working in the round, being careful not to twist.

Work \*p1, k3\* ribbing for 16 rounds to desired cuff length. Cut MC.

### Leg

Switch to larger needles if desired and attach the contrast colours. In each round, work chart A, rows 1-45 as follows: work sts 1-8 a total of 7 (8, 9) times and finally, work sts 9-16 once. **On rows 3, 14 and 35**, knit the first stitch of the round with the colour used in the previous round. Slip the stitch back onto the left hand needle to start the chart row at stitch 1 on needle 1. *On these rounds the first stitch is worked twice to better hide the BOR jog.* After finishing chart A, row 45, cut CC yarns.

### Chart A



### Chart key

■	CC1
□	CC2
■	CC3
■	pattern repeat

## Leg (continued from the previous page)

Switch back to smaller needles if desired and attach MC. Work the broken ribbing as follows:

**rnd 1:** Knit.

**rnd 2:** \*P1, k3\*, repeat \* - \* to the end of the round.

Repeat rnds 1 and 2 a total of 8 times (i.e., 16 rnds) or until leg is of desired length and you have just finished rnd 2.

## Heel flap

The heel flap is worked back and forth over the 31 (35, 39) sts on needle 2, starting on the **WS** as follows:

**row 1 (WS):** Sl1, purl to the end of the needle, turn.

**row 2 (RS):** Sl1, k2 \*p1, k3\*, repeat \* - \* to the end of the needle, turn.

Repeat rows 1 and 2 until there are a total of 30 (34, 38) rows in the heel flap or to desired heel flap length and row 2 worked last.

## Heel turn

Work the heel turn as follows:

**row 1 (WS):** Sl1, p17 (p19, p21), p2tog, p1, turn.

**row 2 (RS):** Sl1, k6, ssk, k1, turn.

**row 3 (WS):** Sl1, purl until 1 st remains before the gap, p2tog, p1, turn.

**row 4 (RS):** Sl1, knit until 1 st remains before the gap, ssk, k1, turn.

Repeat rows 3 and 4 until all side sts have been worked and you have just finished row 4. **Do not turn** but continue working in the round on the RS. *There are now 19 (21, 23) sts on needle 2.*

## Gusset and foot

Along the left edge of the heel flap, pick up one stitch per two rows of the heel flap and one stitch between the heel flap and needle 1. Knit the sts onto needle 2.

On needle 1, continue the broken ribbing as established in the leg.

Along the right edge of the heel flap, pick up the same number of sts as picked along the left edge. Place the picked sts onto needle 2 and knit to the end of needle 2.

On needle 1, continue the broken ribbing as established. Work the gusset decreases on needle 2 as follows:

**rnd 1:** Ssk, knit until 2 sts remain on needle 2, k2tog.

**rnd 2:** Knit.

Repeat rnds 1 and 2 until 31 (35, 39) sts remain on needle 2. Then, continue the broken ribbing on needle 1 and knit the sts on needle 2 until foot measures approximately 13 (13, 14) cm / 5½ (5½, 5½) inches less than the desired final length and you have just finished a knit round (i.e., rnd 1 of the broken ribbing).

**In size XL only:** M1L at the end of needle 2.



### Foot (continued from the previous page)

Work the sts on needle 1 according to rnd 2 of the broken ribbing as described in the leg on page 3.

At the beginning of needle 2, switch to larger needles if desired and k13 (k17, k15). Place a temporary BOR marker, cut MC and attach CC1, CC2 and CC3.

Starting at the temporary BOR marker, work chart B1 (first sock) or B2 (second sock), sts **1-9**, a total of 7 (8, 9) times, and finally, **in size S only**, work st 10 once. **On rows 2 and 9**, knit the first stitch of the round with the colour used in the previous round. Slip the stitch back onto the left hand needle to start the chart row at stitch 1. *On these rounds the first stitch is worked twice to better hide the BOR jog.*

Finish chart B1 or B2, row 9, to the temporary BOR marker. Then, work chart C as follows for each size separately:

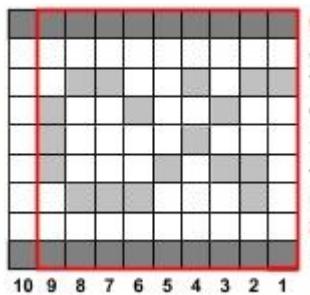
**size S:** Work chart C, sts **6-9** once, then work sts **10-21** a total of **5** times.

**size M/L:** Work chart C, sts **10-21** a total of **6** times.

**size XL:** Work chart C, sts **1-9** once, then work sts **10-21** a total of **6** times.

Finish chart C, row 11, to the temporary BOR marker. Then, work chart D1 (first sock) or D2 (second sock), sts **1-9**, a total of 7 (8, 9) times, and finally, **in size S only**, work st 10 once. **On rows 2 and 9**, knit the first stitch of the round with the colour used in the previous round. Slip the stitch back onto the left hand needle to start the chart row at stitch 1. *On these rounds the first stitch is worked twice to better hide the BOR jog.* Finish chart D1 or D2, row 9, to the temporary BOR marker.

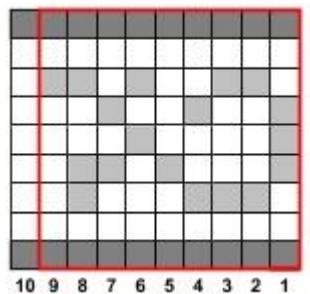
**Chart B1**



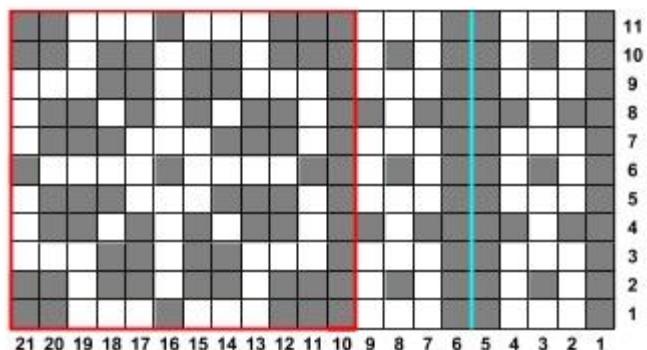
**Chart key**

CC1
CC2
CC3
pattern repeat
size divider

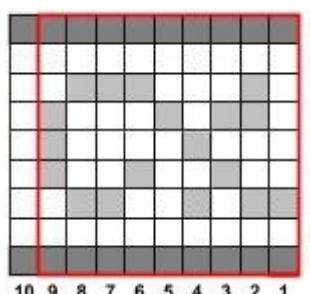
**Chart B2**



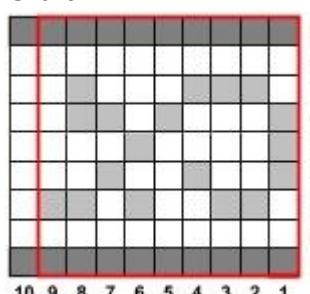
**Chart C**



**Chart D1**



**Chart D2**



## Foot (continued from the previous page)

Remove the temporary BOR marker and cut CC1, CC2 and CC3. Attach MC and knit to the end of needle 2. **The beginning of needle 1 is now BOR again.**

Switch to smaller needles if desired and knit the sts on needle 1.

**On needle 2,** knit until 2 sts remain, k2 (k2, k2tog). There are now 33 (37, 41) sts on needle 1 and 31 (35, 39) sts on needle 2.

Work in stockinette stitch until foot measures approximately 4 (4, 4.5) cm / 1½ (1⅓, 1⅔) inches less than the desired final length.

## Toe

Work the toe decreases as follows:

**rnd 1:** On needle 1, k1, ssk, knit until 3 sts remain, k2tog, k1. On needle 2, ssk, knit until 2 sts remain, k2tog.

**rnd 2:** Knit.

Repeat rnds 1 and 2 until 21 (25, 27) sts remain on needle 1 and 19 (23, 25) sts remain on needle 2 and you have just finished rnd 2. Then, repeat only rnd 1 until 11 (13, 15) sts remain on needle 1 and 9 (11, 13) sts remain on needle 2. Finally, work sts on needle 1 as follows: k2tog, knit until 2 sts remain, ssk. There are now 9 (11, 13) sts on each needle.

Cut the yarn and graft the toe.

## Finishing

Soak the socks in lukewarm water. Remove excess water by rolling the socks inside a towel. Let dry flat or on sock blockers. Weave in the ends.

## ABBREVIATIONS

**BOR** - beginning of the round

**dplns** - double pointed needles

**CC1 (2, 3)** - contrast colour 1 (2, 3)

**CO** - cast on

**k** - knit

**k2tog** - knit 2 sts together

**MC** - main colour

**M1L** - make 1 left leaning knit stitch

**p** - purl

**p2tog** - purl 2 sts together

**rnd(s)** - round(s)

**RS** - right side

**sl** - slip

**ssk** - slip, slip, knit

**st(s)** - stitches

**WS** - wrong side