



Sunflower Socks

SOCK 1 BE A FLOWER

SOCK 2 STRETCH IN THE SUN

One of the mindfulness magazines I admired had a full-page photo of a field of sunflowers with the following caption.

“When you are busy, it is calming to remember that somewhere out there is a vast field of flowers just stretching in the sun.”

Knitting these socks is my tribute to that bit of advice and working with such luscious yarn makes it easier to be mindful. – Lorraine

skill level Advanced

finished size women's medium

finished weight 136g

materials

yarn
Universal Yarn Bella Cash and Donnina yarns

- 2 balls Bella Cash Main Colour (MC) – oat
- 1 ball Donnina (CC1) – amber
- 1 ball Donnina (CC2) – daffodil
- 1 ball Bella Cash (CC3) – coffee
- 1 ball Bella Cash (CC4) – emerald
- small amounts of black for French knots

needles

- a set of US 1 [2.5mm] 5 dpns or in size required to meet gauge

notions

- large-eyed sewing needle
- scissors
- stitch marker
- ruler

gauge

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

instructions

Cuff

Cast on 88 sts onto one needle with MC. Using a k2 p2 repeat work the stitches evenly onto three needles (28, 32, 28). Join to work in the round placing a marker to indicate the beginning of the round. Work in k2 p2 rib for 1¾".

Note: The center of the sunflower can be worked with a duplicate stitch at any time you feel comfortable with it. I completed it before I started the leaves. Embroider French knots in the center with black.

Leg

Knit one round increasing to 90sts. Arrange stitches onto three needles with 30sts on each. The marker remains in place. Join contrast colours as needed and work rounds 1 to 105 of **Chart A**.

Note: the three repeats of 30sts are reduced to 25 sts each.

Cut CC. 75 sts remain.

Heel Flap

The Heel Flap is worked back and forth on 38sts with MC as follows. K19 st, leave 37 sts on two needles for the instep. P38 sts. The marker will be at the center of these stitches.

Row 1: (Sl1, k1) repeat to end.

Row 2: Sl1, p to end.

Repeat rows 1 and 2 eighteen times.

Work Row 1 once more.

Work Row 2 once more as follows: P15, p2tog, p16. 32 sts

Heel Turn

Row 1: K to center, k2, ssk, k1. Turn.

Row 2: Sl1, p5, 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 rows 3 and 4 until all stitches are used ending with 22 sts.

Thoughtful Soles Series

Foot

Set up for the gusset.

Needle 1: K22 sts, pick up and knit 18 sts upside of flap.

Needles 2 and 3: Knit across instep stitches decreasing to 36 sts by ktog at the center.

Needle 4: Pick up k18 sts downside of heel flap. K11 from Needle 1.

Cut MC.

Join contrast colours 1 and 2.

The gusset decrease and foot are knit in a 10-round stripe pattern.

ROUNDS 1 and 2 CC1

ROUNDS 3 to 10 CC2

Resume knitting in the round and work the gusset decrease every other round to 72 sts as follows.

ROUND 1

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

Needles 2 and 3: K36 instep sts.

Needle 4: K1, ssk, k to end.

ROUND 2

Knit all sts.

Continue the stripe pattern on 72 sts as set until the foot measures 5½" from pick ups. I knit six repeats of the stripe pattern plus two more rounds of CC1. Cut CC.

Using CC3 and following **Charts B and C** work the words into the soles on rounds 20 to 47 using a duplicate stitch.

Toe

Join MC.

ROUND 1

Needles 1 and 3: K to last 3 sts, k2tog, k1.

Needles 2 and 4: K1, ssk, k to end.

ROUND 2

Knit all sts.

Repeat rounds 1 and 2 decreasing 4 sts every other round to 32 sts.

Repeat rounds 1 decreasing 4 sts every round to 16 sts.

finishing

Graft toe stitches.

Weave in ends.

Wet block after making second sock.



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CHARTS



Chart B

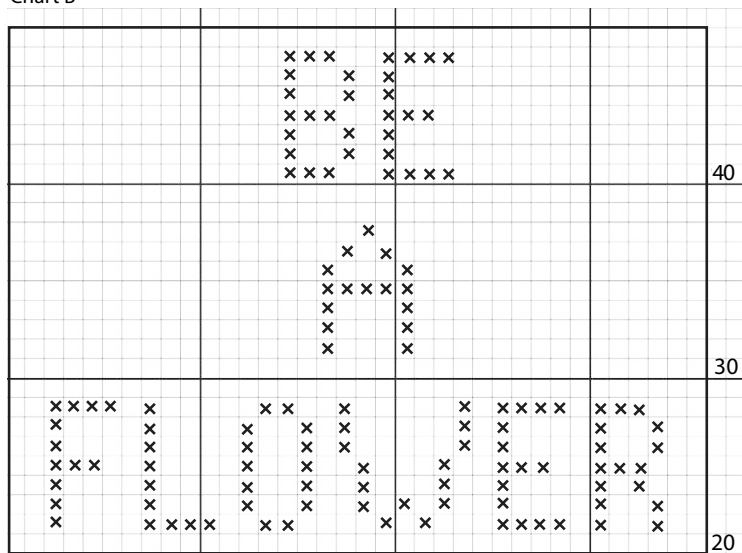
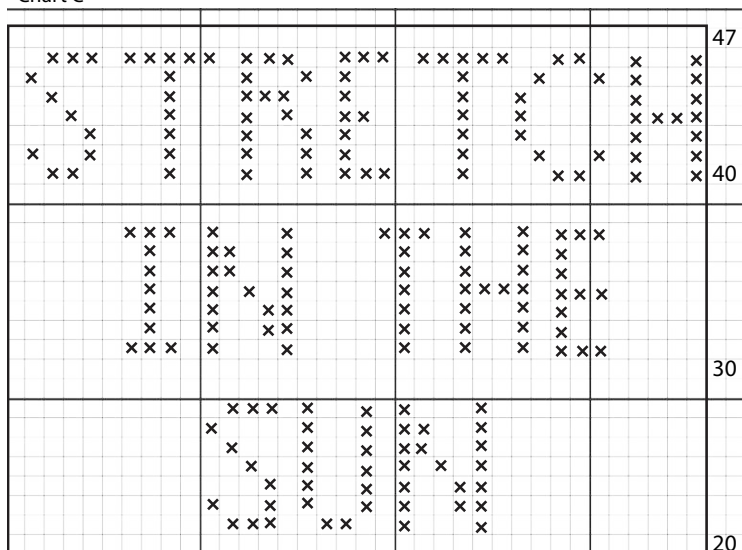


Chart C



MC

CC1

CC2

CC3

CC4

k2tog mc

CC3 in duplicate stitch

Charts B and C do not show colours of background stripe pattern

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Chart A - Rounds 1-105
30 sts reduced to 25

