



# Take a Break

by Shannon Squire

Take a break and knit these soothing socks. Read a book, watch *Hamilton*, listen to music. Snuggle up with something handmade and take some time for you this month!



## MATERIALS

**Yarn:** approximately 200-280 yards/183-256 m DK-weight yarn. I used Knitted Wit DK in Liberally Bleeding Heart (red/pink), Grelow (grey and gold) & Got the Blues (blues).

**Needles:** US3/3.25 mm needle for small-circumference knitting, or size needed to get gauge.

**Notions:** Stitch markers, tapestry needle.

## GAUGE

26 sts & 36 rnds = 4"/10 cm in stockinette stitch in the round, measured after blocking.

## SKILL LEVEL

Advanced beginner.

## FINISHED MEASUREMENTS

Small (Medium, Large): 7 (7.75, 8.25)"/18 (19.5, 21) cm foot circumference.

Samples shown in a 4.5"/11 cm leg length (measured from top of heel, customizable).

## ABBREVIATIONS

**BN:** back needle. The needle that contains stitches for either the bottom of foot OR back of leg, depending where in the pattern you are.

**FN:** front needle. The needle that contains stitches for either top of foot OR front of leg, depending where in the pattern you are.

**gm:** gusset marker.

**k:** knit.

**k2tog:** knit two stitches together as one. (1 stitch decreased)

**m:** marker.

**m1l:** make one, left leaning. Bring the tip of the left needle under the strand between stitches, from front to back. Knit through the back of the loop to twist it. (1 stitch increased)

**m1r:** make one, right leaning. Bring the tip of the left needle under the strand between

stitches, from back to front. Knit through the front of this loop to twist it. (1 stitch increased)

**p:** purl.

**p2tog:** purl two stitches together as one. (1 stitch decreased).

**R(s):** Row(s), Round(s).

**rs:** right side.

**sgm:** slip gusset marker.

**sl:** slip stitch (unless otherwise noted, always slip stitch as if to purl with yarn in back).

**st(s):** stitch(es).

**tbl:** through the back loop.

**w&t:** wrap and turn.

**ws:** wrong side.

**wyif:** with yarn in front.

## PATTERN NOTES

Judy's Magic Cast on is a wonderful, and indeed magical, cast on for sock toes and mitten tops in the round. It will change your life. Knitty.com has a good step-by-step photo how-to at <https://tinyurl.com/yd48es7m>. There are also several helpful videos by Cat Bordhi on youtube, including one at <https://tinyurl.com/tlu2u68>.

I suggest using Jeny's Surprisingly Stretchy Bind Off for the cuff bind-off. Once again, Knitty.com has a great tutorial: <https://tinyurl.com/ycbnrysq>.

Working wrapped stitches.

On knit side: pull the wrap up and over the stitch it's wrapped around and knit the stitch and the wrap together through the back loop.

On purl side: pull the wrap up and over the stitch it's wrapped around and purl the stitch and the wrap together.

Slip all stitches purlwise with yarn in back unless otherwise noted.

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## SET UP SECTION

Using Judy's Magic Cast On (see PATTERN NOTES, page 2), cast on 7 (9, 11) sts onto each of two circular needles or tips. 14 (18, 22) sts total.

## TOE

R1: FN: k7 (9, 11); BN: k7 (9, 11).

You will now be working in the round.

INCREASE ROUND: FN: k1, m1r, k to one st before end of FN sts, m1l, k1; BN: k1, m1r, k to last st, m1l, k1. (4 sts increased)

Work INCREASE ROUND every round until you have 34 (38, 42) sts total. 17 (19, 21) each for FN & BN.

R1: k to end.

R2: work INCREASE ROUND as above. 38 (42, 46) sts total. 19 (21, 23) sts each for FN & BN.

Rs 3&4: k to end.

R5: work INCREASE ROUND as above. 42 (46, 50) sts total. 21 (23, 25) sts each for FN & BN.

Rs 6-8: k to end.

R9: work INCREASE ROUND as above. 46 (50, 54) sts total. 23 (25, 27) sts each for FN & BN.

R10: k to end.

Your TOE is now complete.

## FOOT

R1: FN: (p1, sl1) to 1 st before end of needle, p1; BN: k to end.

R2: FN: k to end; BN: k to end.

Rs 3-6: repeat Rs 1&2 twice.

R7: FN: [(p1, sl1) twice, p1, k4 (5, 6)] twice, (p1, sl1) twice, p1; BN: k to end.

R8: FN: k to end; BN: k to end.

Repeat Rs 7&8 until you are 3.75 (4, 4.25)"/ 9.5 (10, 10.5) cm from total foot length (i.e. back of heel), measured on bottom of foot, then head to SHAPE GUSSET directions next column.

## SHAPE GUSSET

You're increasing sts for the heel here on the sole of the foot, inside the increase ms you place in R1 below. The gusset increases on this heel are a bit different from my normal ones; you are increasing in the middle of the bottom of the foot, leaving your "gusset" stitches untouched on the outside of your ms. Make sure you pay attention to what R of the FOOT pattern you are on.

R1: FN: work as established; BN: k11 (12, 13), place gm, m1r, k1, m1l, place gm, k to end. (2 sts increased)

R2: FN: work as established; BN: knit to end, slipping markers as you come to them.

R3: FN: work as established; BN: k to gm, sgm, m1r, k to gm, m1l, sgm, k to end. (2 sts increased)

R4: FN: work as established; BN: knit to end, slipping markers as you come to them.

Work Rs 3&4 until you have 68 (74, 80) sts total. FN: 23 (25, 27) sts on FN (that number hasn't changed); BN: 45 (49, 53) sts, arranged like so: 11 (12, 13) sts before gm; 23 (25, 27) sts between gms, 11 (12, 13) sts after gm.

## HEEL SET UP

Work as established across FN sts. You will now be working on BN sts only.

## TURN HEEL

Work the heel flat (back and forth; not in the round).

R1 (rs): k to 1st gm, sgm, k to 2 sts before next gm, w&t.

R2 (ws): p to 2 sts before gm, w&t.

R3: k to 2 sts before wrapped st, w&t.

R4: p to 2 sts before wrapped st, w&t.

Work Rs 3&4 until you have 3 (5, 7) unwrapped sts in the middle of your heel.

Next Row (rs): k to last st before gm, working wraps as you come to them. Removing gm, knit the last heel st together tbl with the first gusset st. Turn.

Next Row (ws): Sl 1 purlwise wyif, p to last st before gm, working wraps as you come to them. Removing gm, purl the last heel st together with the first gusset st. Turn.

### DOUBLE SLIP STITCH HEEL FLAP

Still working flat on BN only.

R1 (rs): sl1, (k1, sl1) to 2 sts before gap, k1, k2tog-tbl over gap. (1 st decreased)

R2 (ws): sl1 wyif, p to 1 st before gap, p2tog over gap. (1 st decreased)

R3 (rs): sl2, (k1, sl1) to 1 st before gap, k2tog-tbl over gap. (1 st decreased)

R4 (ws): sl1 wyif, p to 1 st before gap, p2tog over gap. (1 st decreased)

Repeat Rs 1-4 until you have one unworked gusset st on either side of the heel, ending after working a ws row. Work R1 (3, 1) once more, **BUT DON'T TURN**. Work as established across your FN sts. On your BN, k2tog, k to end. You will be at your original stitch count: 46 (50, 54) sts total. 23 (25, 27) sts each for FN & BN.

You are now finished with your heel, are at the end of your sts, and are ready to work in the round once again, following LEG instructions.

### LEG

You are working in the round on all sts once more. Resume working the LEG PATTERN below on the same row you were on in the FOOT PATTERN.

R1: FN: [(p1, sl1) twice, p1, k4 (5, 6)] twice, (p1, sl1) twice, p1; BN: [(p1, sl1) twice, p1, k4 (5, 6)] twice, (p1, sl1) twice, p1.

R2: FN: k to end; BN: k to end.

Repeat Rs 1&2 until LEG is as tall as you'd like it to be.

### CUFF

Rs 1&2: FN: p to end; BN: p to end.

R3: FN: (p1, k1) to 1 st before end of needle, p1; BN: (p1, k1) to 1 st before end of needle, p1.

Repeat R3 of CUFF 12 times (or as many times as you'd like), and bind off loosely in pattern using Jeny's Surprisingly Stretchy Bind Off (see PATTERN NOTES, page 2).

### FINISHING

Make a second sock. Weave ends in, block if you wish, and wear or gift.

