



KNIT  
SKILL LEVEL  
INTERMEDIATE



Designed by Jodi Lewanda

## What you will need:

**RED HEART® Dreamy™**: 1 ball  
8311 Ivory

**Susan Bates® Knitting**  
**Needles**: 4.5mm [US 7]  
double-pointed needles  
(set of 5), 5mm [US 8] double  
pointed needles (set of 5)

Stitch marker, waste yarn,  
yarn needle.

**GAUGE**: 18 sts = 4" [10 cm];  
24 rows = 4" [10 cm] in  
Stockinette stitch (knit on  
right side, purl on wrong side)  
with smaller needles. 15 sts =  
4" [10 cm]; 23 rows = 4"  
[10 cm] in Garter Rib pattern  
with larger needles. **CHECK  
YOUR GAUGE. Use any size  
needles to obtain the gauge.**



**RED HEART®**  
**Dreamy™**, Art E861  
available in 8.8 oz  
(250 g) 466 yds (426 m) balls

SHOP KIT

# Relaxation Socks

Something as simple as a hand-knit pair of socks can soothe you when fighting a cold or just wanting to chill. In soft, brushed yarn these roomy socks are perfect for putting on when you come home, instead of slippers.

**Directions are for size Women's Small. Changes for Women's sizes Medium and Large are in parentheses.**

**Finished Leg Circumference**: 7½  
(8½, 9½)" [19 (21.5, 24) cm], unstretched  
**Finished Leg Length**: 9 (9½, 10)"  
[23 (24, 25.5) cm], including ribbed cuff  
**Finished Foot Circumference**: 6 (6, 8)"  
[15 (15, 20.5) cm], unstretched  
**Finished Foot Length**: 7½ (8, 8½)"  
[19 (20.5, 21.5) cm], including toe

## Special Stitch

**ssk (slip, slip, knit)** = Slip next 2  
stitches, one at a time, as if to knit to  
right needle, insert point of left needle  
through front of stitches, knit these  
sts together through back loop - 1 st  
decreased.

## Pattern Stitches

### 1x1 Rib

**(worked over an even number of sts)**

**Round 1**: \*K1, p1; repeat from \* to end of  
round.

Repeat Round 1 for 1x1 Rib pattern.

### Garter Rib (multiple of 4 sts)

**Round 1**: Knit.

**Round 2**: \*K2, p2; repeat from \* to end  
of round.

Repeat Rounds 1 and 2 for Garter Rib  
pattern.

## Notes

1. Each sock is worked in rounds,  
beginning at top of leg.
2. The sock begins as a simple tube with  
decreases worked on end to form  
toe. Then an "after thought" heel  
is worked, only after the rest of the  
sock is completed.

3. As the sock tube is worked and the  
heel location is reached, waste yarn  
is knit into about one-half of the  
stitches to "mark" the stitches onto  
which the heel will be worked later.
4. When the sock tube is completed,  
the waste yarn is carefully removed  
and the stitches above and below  
the waste yarn are placed back onto  
needles to begin the heel.
5. To make it easy to see and remove  
the waste yarn, we recommend using  
a smooth yarn of the same weight but  
different color from the working yarn.

## SOCK (make 2) Ribbed Cuff

With smaller double pointed needles,  
loosely cast on 28 (32, 36) sts, placing  
7 (8, 9) sts on each of 4 needles. Place  
marker for beginning of round. Taking  
care not to twist sts, prepare to work in  
rounds.

Work in 1x1 Rib until piece measures  
about 1 (1, 1¼)" [2.5 (2.5, 3) cm] from  
beginning.

## Leg

Change to larger double pointed  
needles.

Work in Garter Rib pattern until piece  
measures about 9 (9½, 10)" [23 (24,  
25.5) cm] from beginning, end with a  
Round 1 of pattern.

**Sizes Small and Large Only**: Work  
Round 2 of Garter Rib pattern.

**Size Medium Only**: \*K2, p2, k2tog, p2;  
repeat from \* 3 more times—28 sts.

continued...



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**WOMEN'S CHOICE AWARD™**  
AMERICA'S MOST RECOMMENDED  
YARN BRAND

## Heel Placement

Drop, but do not cut, working yarn. With smaller needles and waste yarn, knit the first 14 (14, 18) sts. Slip these 14 (14, 18) sts back to left needles (where you began using the waste yarn). Drop the waste yarn and pick up the working yarn again.

## Foot

Continue with smaller needles and working yarn.

**Round 1:** Knit.

**Round 2:** K14 (14, 18), \*p2, k2; repeat from \* to last 2 sts, p2.

Repeat Rounds 1 and 2 until foot measures about 6 (6½, 7)" [15 (16.5, 18) cm], measuring from waste yarn, end with a Round 2.

If needed, redistribute sts so that you have 7 (7, 9) sts on each of 4 needles.

## Toe

**Round 1:**

**needle #1:** K1, ssk, knit to end of needle.

**needle #2:** Knit to last 3 sts, k2tog, k1.

**needle #3:** K1, ssk, knit to end of needle.

**needle #4:** Knit to last 3 sts, k2tog, k1—6 (6, 8) sts on each needle (24 (24, 32) sts total).

**Round 2:** Knit all sts on all 4 needles.

Repeat Rounds 1 and 2 until a total of 16 (16, 24) sts remain (4 (4, 6) sts on each of 4 needles).

Repeat Round 1 until a total of 8 (8, 12) sts remain (2 (2, 3) sts on each of 4 needles).

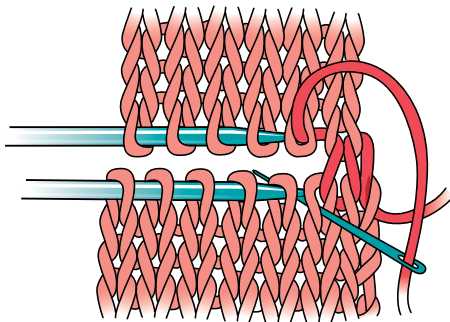
## Graft Toe

Redistribute sts onto 2 needles, placing sts of first 2 needles onto a single needle and all sts of last 2 needles onto another single needle—4 (4, 6) sts on each of 2 needles

**Cut the working yarn, leaving a long tail for grafting.**

Thread yarn needle with the long tail. Hold the 2 needles in the left hand with wrong sides together. Keeping the yarn needle and yarn under the points of the knitting needles, graft the stitches together as follows:

- \*1. Insert yarn needle through first st of front needle as if to knit and slip the st off.
2. Insert needle through 2nd st of front needle as if to purl, but leave the st on the needle.
3. Insert yarn through first st on back needle as if to purl and slip the st off.
4. Insert yarn through 2nd stitch on back needle as if to knit, but leave st on needle. Repeat from \* until all the sts are joined. Take care to draw yarn up so that gauge of grafting equals gauge of knitting. Fasten off. Weave in ends on wrong side.



## AFTERTHOUGHT HEEL

With smaller needles, insert one needle through the right leg of the first 7 (7, 9) working yarn sts immediately below the waste yarn. Insert a second needle through the right leg of the remaining 7 (7, 9) working yarn sts immediately below the waste yarn. Rotate the sock so that the needles you just inserted are now above the waste yarn. With 2 more smaller needles, repeat the process of inserting needles below the waste yarn. Carefully remove the waste yarn.

**Next Round:** Join working yarn at either side of the sts you have just placed on needles and knit around—28 (28, 36) sts.

## Shape Heel

**Round 1:**

**needle #1:** K1, ssk, knit to end of needle.

**needle #2:** Knit to last 3 sts, k2tog, k1.

**needle #3:** K1, ssk, knit to end of needle.

**needle #4:** Knit to last 3 sts, k2tog, k1—6 (6, 8) sts on each needle (24 (24, 32) sts total).

**Round 2:** Knit all sts on all 4 needles.

Repeat Rounds 1 and 2 until a total of 16 (16, 20) sts remain (4 (4, 5) sts on each of 4 needles).

Repeat Round 1 once more—12 (12, 16) sts (3 (3, 4) sts on each of 4 needles).

Redistribute sts onto 2 needles, placing sts of first 2 needles onto a single needle and all sts of last 2 needles onto another single needle—6 (6, 8) sts on each of 2 needles.

## Graft Heel

Cut the working yarn, leaving a long tail for grafting. Graft stitches together (use same grafting steps as when grafting toe).

## FINISHING

Weave in ends.

## ABBREVIATIONS

**k** = knit; **k2tog** = knit next 2 sts together; **p** = purl; **st(s)** = stitch(es);  
\* = repeat whatever follows the \* as indicated.

