## Yarnspirations.com <br> Say goodbye to knitters's block



MATERIALS
Patons ${ }^{\circledR}$ Classic Wool Worsted ${ }^{\text {™ }}$ ( $3.5 \mathrm{oz} / 100 \mathrm{~g} ; 210 \mathrm{yds} / 192 \mathrm{~m}$ )
Natural Mix (00229) or Gingerbread (77742) or Grey Mix (00224)
2 balls
Set of four sizes U.S. $6(4 \mathrm{~mm})$ and U.S. $7(4.5 \mathrm{~mm})$ double-pointed knitting needles or size needed to obtain gauge. Stitch marker. Cable needle.

ABBREVIATIONS: www.yarnspirations.com/abbreviations

Approx = Approximate(ly)
Beg $=\operatorname{Begin}$ (ning)
C4B = Slip next 2 stitches onto cable needle and leave at back of work. K2, then K2 from cable needle
C4F = Slip next 2 stitches onto cable needle and leave at front of work. K2, then K2 from cable needle
Cont $=$ Continue
K = Knit
K2tog = Knit next 2 stitches
together
M1 = Make 1 stitch by picking up horizontal loop lying before next stitch and knitting in back of loop.


P = Purl
P2tog = Purl next 2 stitches
together
Pat = Pattern
Rem = Remaining
Rep $=$ Repeat
Rnd(s) $=$ Round(s)
RS = Right side
SI1P = Slip next stitch purl-wise with yarn in back
Ssk = Slip next 2 stitches knitwise one at a time. Pass them back onto left-hand needle, then knit through back loops together St(s) = Stitch(es)
T3B = Slip next stitch onto cable needle and leave at back of work. K 2 , then P1 from cable needle.
T3F = Slip next 2 stitches onto cable needle and leave at front of work. P1, then K2 from cable needle.
T4B = Slip next 2 stitches onto cable needle and leave at back of work. K2, then P2 from cable needle. T4F = Slip next 2 stitches onto cable needle and leave at front of work. P2, then K2 from cable needle.
Tog = Together
WS = Wrong side

## IIII) Intermedate

## MEASUREMENT

Approx 16½" [42 cm] long from cuff to heel.

GAUGE
20 sts and 26 rows $=4$ " $[10 \mathrm{~cm}$ ] with larger needles in stocking st.

## INSTRUCTIONS

With smaller needles, cast on 70 sts. Join for working in rnd placing marker at first st.

## Cuff: 1st rnd: *K5. P2. Rep from

 * around.Rep last rnd until Cuff measures approx 6" $[15 \mathrm{~cm}]$.

## 

Next rnd: ${ }^{*}$ M1. K7. Rep from * around. 80 sts. Change to larger needles and proceed in pat as follows:
(See chart on page 3)
1st rnd: *(K1. P1) 3 times. (P4. C4B) 3 times. P4. (K1. P1) 3 times. Rep from * around.
2nd rnd: *(K1. P1) 3 times. (P4. K4) 3 times. P4. (K1. P1) 3 times. Rep from * around.
3rd rnd: *(P1. K1) 3 times. P3. T3B. (T4F. T4B) twice. T3F. P3. (P1. K1) 3 times. Rep from * around.
4th rnd: *(P1. K1) 3 times. P3. K2. P3. K4. P4. K4. P3. K2. P3. (P1. K1) 3 times. Rep from * around.
5th rnd: *(K1. P1) 3 times. P2.T3B. P3. C4F. P4. C4F. P3. T3F. P2. (K1. P1) 3 times. Rep from * around.
6th rnd: *(K1. P1) 3 times. P2. K2. (P4. K4) twice. P4. K2. P2. (K1. P1) 3 times. Rep from * around.
7th rnd: *(P1. K1) 3 times. P2. K2. P3.T3B.T4F.T4B.T3F.P3.K2.P2. (P1. K1) 3 times. Rep from * around.
8th rnd: *(P1. K1) 3 times. P2. (K2. P3) twice. K4. (P3. K2) twice. P2. (P1. K1) 3 times. Rep from * around.
9th rnd: *(K1. P1) 3 times. P2. (K2. P3) twice. C4B. (P3. K2) twice. P2. (K1.P1) 3 times. Rep from * around.

10th rnd: *(K1. P1) 3 times. P2. (K2. P3) twice. K4. (P3. K2) twice. P2. (K1. P1) 3 times. Rep from * around.
11th rnd: *(P1. K1) 3 times. P2. K2. P3. T3F. T4B. T4F. T3B. P3. K2. P2. (P1. K1) 3 times. Rep from * around.
12th rnd: *(P1. K1) 3 times. P2. K2. (P4. K4) twice. P4. K2. P2. (P1. K1) 3 times. Rep from * around.
13th rnd: *(K1. P1) 3 times. P2. T3F. P3. C4F. P4. C4F. P3. T3B. P2. (K1. P1) 3 times. Rep from * around.
14th rnd: *(K1. P1) 3 times. P3. K2. P3. K4. P4. K4. P3. K2. P3. (K1. P1) 3 times. Rep from * around.
15th rnd: *(P1. K1) 3 times. P3. T3F. (T4B. T4F) twice. T3B. P3. (P1. K1) 3 times. Rep from * around.
16th rnd: *(P1. K1) 3 times. (P4. K4) 3 times. P4. (P1. K1) 3 times. Rep from * around.
Rep these 16 rnds 3 times more, then rnds 1 through 15 once.

Next rnd: *(P1. K1) 3 times. P4. (ssk) twice. P4. ssk. K2tog. P4. (K2tog) twice. P4. (P1. K1) 3 times. Rep from * around. 68 sts.

Heel: K17. Slip these 17 sts and last 17 sts of previous rnd onto one needle for Heel having marker in center. Leave rem 34 sts on rem 2 needles for instep.
1st row: (WS). SI1P. Purl to end of row.
2nd row: SI1. Knit to end of row. Rep last 2 rows until heel measures 2 " $[5.5 \mathrm{~cm}$ ], ending on a WS row.

Shape heel: 1st row: (RS). SI1. K24. ssk. K1. Turn.
2nd row: SI1P. P17. P2tog. P1. Turn.
3rd row: SI1. K18. ssk. K1. Turn. 4th row: SI1P. P19. P2tog. P1. Turn.
5th row: SI1. K20. ssk. K1. Turn. 6th row: SI1P. P21. P2tog P1.Turn. 7th row: SI1. K22. ssk. K1. Turn. 8th row: SI1P. P23. P2tog. P1. 9th row: Knit. 26 sts.

With RS facing, pick up and knit 12 sts along left side of heel. With second needle, (P1. K1) 17 times across 34 sts of instep. With third needle, pick up and knit 12 sts along right side of heel. Knit first 13 sts from heel onto third needle.

Slip rem 13 sts of heel onto beg of 1 st needle. 84 sts are now divided as 25 sts on first needle, 34 sts on second needle and 25 sts on third needle.

Cont knitting in rnds as follows:
1st rnd: 1st needle: Knit to last 3 sts. K2tog. K1. 2nd needle: (P1.
K1) 17 times. 3rd needle: K1. ssk. Knit to end of needle.
2nd rnd: 1st needle: Knit. 2nd needle: (K1. P1) 17 times. 3rd needle: Knit.
3rd rnd: 1st needle: Knit to last 3 sts. K2tog. K1. 2nd needle: (K1. P1) 17 times. 3rd needle: K1. ssk. Knit to end of needle.
4th rnd: 1st needle: Knit. 2nd needle: (P1. K1) 17 times. 3rd needle: Knit.
Rep last 4 rnds 3 times more. 68 sts rem, divided as 17 sts on first needle, 34 sts on second needle and 17 sts on third needle.

Proceed as follows:
1st rnd: 1st needle: Knit. 2nd needle: (P1. K1) 17 times. 3rd needle: Knit.

## 2nd and 3rd rnds: 1st needle:

 Knit. 2nd needle: (K1. P1) 17 times. 3rd needle: Knit.4th rnd: 1st needle: Knit. 2nd needle: (P1. K1) 17 times. 3rd needle: Knit.
Rep last 4 rnds until work from pick up row measures approx $8^{\prime \prime}$ [ 20.5 cm ], ending on a 1st or 3rd rnd.

## Shape toe: 1 st rnd: 1 st needle:

 Knit to last 3 sts. K2tog. K1. 2nd needle: K1. ssk. Knit to last 3 sts. K2tog. K1. 3rd needle: K1. ssk. Knit to end of needle.
## 2nd rnd: Knit.

Rep last 2 rnds to 28 sts. Knit sts from first needle onto third needle.
Graft 2 sets of 14 sts tog for toe (see diagram).


Start here


Grafting

