

# Healthy Vibes

*Healthy Vibes – the boyfriend of a member of one of my favorite groups on Ravelry was recently diagnosed with cancer. This sock pattern is what I knit up for him for his long stay in the hospital. The stitch pattern is one of my long time favorites – it is simple, yet fun to knit. I knit these up & am sending them off with many “healthy vibes” along the way.*



**Materials:**

100g fingering/sock yarn

Size 2 US needle(s) (2.75mm) or size required to make gauge

**Gauge:**

7.5 stitches per inch stockinette

(6 stitches per 2cm)

**Definitions:**

K	Knit
P	Purl
M1	Knit 1 into front of stitch, then without moving it off the left needle, knit 1 into the back of the same stitch

These socks can be knit either cuff down OR toe up. Please adjust accordingly to your preferred method. The pattern is written with toe up instructions, but could easily be modified to knit cuff down. Cuff down – cast on 60 stitches per sock & reverse directions, using your preferred method of knitting stockinette toes & kitchener to finish.

Calculate the number of stitches needed – measure the foot around at the instep. Round the measurement down (for example, if the measure is 8.5”, round down to 8). Multiply the rounded down number by 7.5 (the gauge) to get a number of stitches. The stitch pattern requires multiples of 5 – so when you adjust the number of stitches to use, increase/decrease by 5. This pattern uses 60 total stitches.

**Toes:**

Using the figure eight cast on, cast on 10 sts. Knit the first 10 sts on one side, then Kb 10 on the other side. Beginning with this row, M1 at the first stitch, K across to the second to last on the same side of the toe – M1 in that stitch, followed with one more K. Do the same increases on the second half of the sock. Each increase round, you will be adding a total of 4 stitches. Follow the increase round with a round of just K. Continue to increase until there is a total of 60 stitches (there will be 30 on each side).

**Box Stitch:**

Row 1: Knit

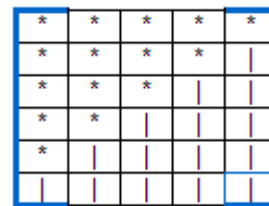
Row 2: \*K4, P1\*, rep from \* to end

Row 3: \*K3, P2\*, rep from \* to end

Row 4: \*K2, P3\*, rep from \* to end

Row 5: \*K1, P4\*, rep from \* to end

Row 6: Purl



| Knit  
\* Purl

**Foot:**

One side will be the top of the sock while the other will be the bottom. The bottom of the sock is all K – resulting in stockinette bottom. The top of the sock is worked in the Box Stitch pattern. Continue with this pattern until the sock measures 2 inches (or 5cm) less than the length of the foot. Try to start the heel at a point where you have finished Row 6 of the stitch pattern.

**Heel :**

Row 1: (RS) K30, wrap the next st. Turn.

Row 2: (WS) P29, wrap the next st. Turn.

Continue this pattern until there are 10 active (unwrapped) stitches left.

**PKWR (pick up wrap):**

Find the wrap at the base of the wrapped stitch. Pick up the wrap (PKWR) with the needle by inserting the needle point under the wrap, lift stitch to the needle. This action will form a new stitch on the needle. Knit (or purl) the 2 stitches together. Wrap the next stitch.

**Turn Heel**

Row 1: K10, PKWR. Turn.

Row 2: P11 PKWR. Turn.

Continue pattern until all wrapped stitches have been picked back up and the heel is fully formed. Ensure that there are 30 stitches on each needle.

**Leg:**

Begin Box Stitch pattern again & continue to the desired height, keeping the cuff in mind. Increase as necessary to shape for the calf, but remember to increase by 5 to keep the pattern.

**Cuff:**

Knit 2, Purl 2 for the cuff – do 10 rounds (more or less as desired).

Bind off: in order to leave a long enough tail, wrap the yarn around your fingers 5 times, then cut. Thread a yarn/darning needle with the tail. \*Insert the needle into 2 stitches, purl-wise. Leave the stitches on the needle, pull yarn tight, but loose. Insert the needle from left to right into the first stitch & pull yarn tight, but loose. Remove that stitch from the needle. Continue from \* until you have run out of stitches. Work the tail into the inside of the sock, trim if needed.

Enjoy!