$$QSS(\beta) = (y - x \beta)^{T} (y - x \beta)$$

$$= y^{T}y - y^{T}x\beta - \beta^{T}x^{T}y + \beta^{T}x^{T}x\beta$$

$$= y^{T}y - 2x^{T}y\beta + x^{T}x\beta^{T}\beta$$

$$= y^{T}y - 2x^{T}y\beta + x^{T}x\beta^{T}\beta$$

$$= (x^{T}x)^{T}x^{T}y$$

$$= \beta = (x^{T}x)^{T}x^{T}y$$