

# There and Back Again (TABA)

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## Sizing: XS (S, M, L)

Fits baby (child/adult narrow, adult medium, adult wide) feet. Sizes correspond to foot widths of 2 (3, 4, 5)" or 5 (7.5, 10, 12.5) cm. Each size defaults to a foot length of 4 (7, 9, 11)" or 12.5 (17.5, 22.5, 27.5) cm, but can be adjusted by following the instructions on the following page. Select size based on foot width.

## Yarn Requirements

40 (85, 140, 200) yds of wool or wool-blend worsted weight yarn. One 100g skein will make most sizes.

*Sample: Diamond Pure Wool SW in "Corn Silk"*

## Gauge: 5 sts/1" (flexible row gauge)

Gauge is measured over slightly stretched stockinette stitch. A dense fabric is necessary for long-wearing socks. If you obtain a gauge

tighter than 5 sts/1", work a wider sock instead of switching needle sizes.

## Tools

- US4/3.5mm (or size needed to obtain tight gauge) in any style
- tapestry needle
- 1 removable stitch marker

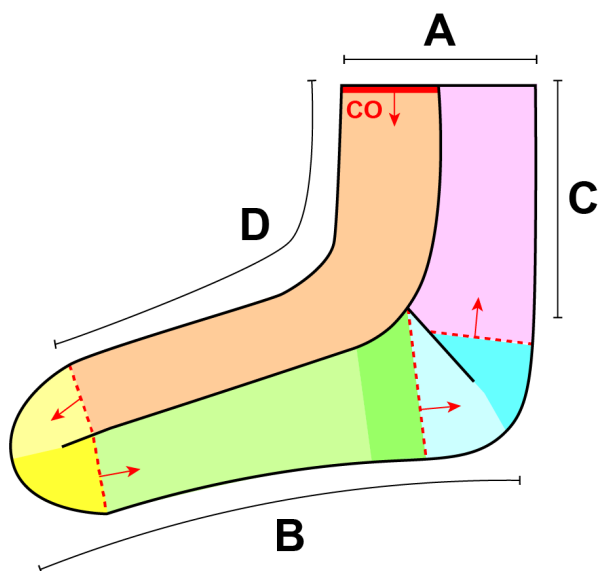
## Techniques

This pattern is suitable for an advanced beginner. Prior to knitting this pattern, you should be familiar with casting on, knitting, purling, k2tog, kfb, and slipping stitches. For a complete list of stitches used, see Pattern Key.

## Pattern Key

Written	Description
CO	cast on
BO	bind off
RS	right side
WS	wrong side
k	knit
p	purl
k2tog	knit 2 together
sl	slip st (stitch) purlwise
sl1 wyib	sl 1 st with yarn in back
sl1 wyif	sl 1 st with yarn in front
psso	pass slipped st over
kfb	knit front back

## Construction



**A: Foot Width** 2 (3, 4, 5)" / 5 (7.5, 10, 12.5) cm

**B: Foot Length** 4 (7, 9, 11)" / 10 (17.5, 22.5, 27.5) cm

**C: Leg Height** 1 (2, 3, 3)" / 2.5 (2.5, 5, 5) cm

**D: Front Length** 5 (8, 11, 13)" / 12.5 (20, 27.5, 32.5) cm

*Leg height and front length given for short cuff option.*

The sock begins with the front cuff, proceeds down the foot, bends around the toe to complete the sole and heel, then returns to the back cuff. Each colored section in the schematic corresponds to a numbered section in the instructions.

## Adjusting Length/Height

**Foot Length:** \_\_\_\_ Measure your foot from heel to toe to determine the foot length of your socks.

**Leg Height:** \_\_\_\_ For a *short* sock as shown in the sample, divide the foot length by 3 or by 4, depending on preference. For a long sock, divide the foot length by 2.

**Front Length:** \_\_\_\_ Add the foot length and the leg height. For all sizes *except the XS*, subtract 1".

## Adjusting Width

Adjusting width will be a more extensive modification. If none of the written sizes suits your needs (maybe you're modifying for a different gauge or more/less ease), you can CO any number of stitches to obtain your desired width. At the toe, work **Row 2** an even number of times until you decrease to approximately a third of your CO sts. At the gusset increases, repeat **Rows 9 and 10** until you've increased by a third of the CO stitch count. Work the heel decreases until you decrease to a third of the initial heel stitch count. Increase back to the CO stitch count to complete the sock.

**Approximate Yardage Required:** *Modifying the measurements will affect the yarn required. Assuming that you are using the written gauge, this table estimates the amount of yarn you will need for certain sizes.*

foot length	width			
	2"	3"	4"	5"
4"	40	60		
7"	55	85	110	
9"		105	140	175
10"		120	155	200
11"			170	220
12"			185	235

## 1. Front and Instep

CO 10 (15, 20, 25) sts using the long tail cast on. Place a removable stitch marker in the last CO st (i.e. the first st you will work) to mark the beginning of a RS row.

**Set Up (RS):** Slip first st purlwise wyib and k to the end of the row.

**Row 1:** Sl1 wyif, k to end.

Repeat Row 1 on both the RS and WS (garter stitch) until work measures 5 (8, 11, 13)" or 12.5 (20, 27.5, 32.5) cm from CO, ending after a WS row.

## 2. Toe

### Part A

Work Row 2 a total of 6 (10, 14, 18) times until 4 (5, 6, 7) sts remain.

**Row 2 (Decrease Row):** Sl1 wyif, k to 3 sts from end, k2tog, k1.

(-1 st)

### Part B

Work Rows 3 and 4 once to set up the second half of the toe.

**Row 3 (RS):** sl1 wyif, k to 2 sts from end, kfb, sl1 wyib, pick up and knit 1 st in the first selvedge st below (see diagram A), pssso and turn.

(+1 st)

**Row 4 (WS):** sl1 wyif, k to 2 sts from end, kfb, sl1 wyif, pick up and purl 1 st in the first selvedge st below (see diagram B), pssso and turn.

(+1 st)

Then, repeat Rows 5 and 6 a total of 2 (4, 6, 8) times until you return to 10 (15, 20, 25) sts.

**Row 5 (RS Increase Row):** sl1 wyib, k to 2 sts from end, kfb, sl1 wyib, pick up and knit 1 st in selvedge, pssso and turn. (+1 st)

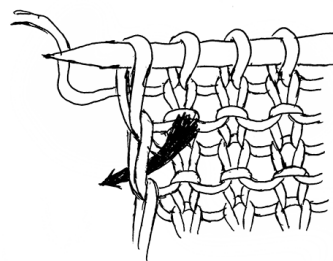
**Row 6 (WS Increase Row):** sl1 wyif, k to 2 sts from end, kfb, sl1 wyif, pick up and purl 1 st in selvedge, pssso and turn. (+1 st)

## 3. Sole

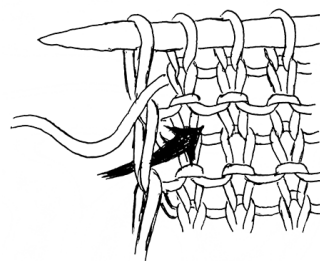
Repeat Rows 7 and 8 (stockinette stitch) until your work measures 2.5 (4, 6, 8.5)" or 6.25 (10, 15, 21.25) cm from the toe. Alternatively, end when your work is 1.5 (2.5, 2.5, 2.5)" or 3.75 (6.25, 6.25, 6.25) cm from the heel.

**Row 7 (RS Joining Row):** sl1 wyib, k to 1 st from end, sl1 wyib, pick up and knit 1 st in selvedge, pssso and turn.

**Row 8 (WS Joining Row):** sl1 wyif, p to 1 st from end, sl1 wyif, pick up and purl 1 st in selvedge, pssso and turn.



*A: Insert R needle in this direction to pick up and knit in selvedge.*



*B: Insert R needle in this direction to pick up and purl in selvedge.*

## Gusset Increases

Repeat Rows 9 and 10 a total of 2 (4, 4, 6) times to increase for a gusset. You should end with 14 (23, 28, 37) sts.

**Row 9 (RS):** sl1 wyib, k to 2 sts from end, kfb, sl1 wyib, pick up and knit 1 st in selvedge, psso and turn. (+1 st)

**Row 10 (WS):** sl1 wyif, p to 2 sts from end, kfb, sl1 wyif, pick up and purl 1 st in selvedge, psso and turn. (+1 st)

## 4. Heel

The heel is nearly identical to the toe, only worked over more stitches.

### Part A

Work Row 11 once to set up the heel.

**Row 11 (RS):** sl1 wyib, k to 3 sts from end, k2tog, k1. (−1 st)

Then, work Row 12 a total of 8 (14, 18, 22) times on both the RS and WS, ending after a WS row. You should end with 6 (7, 10, 13) sts.

**Row 12:** sl1 wyif, k to 3 sts from end, k2tog, k1. (−1 st)

### Part B

Work Rows 13 and 14 once to set up the second half of the heel.

**Row 13 (RS):** sl1 wyif, k to 2 sts from end, kfb, sl1 wyib, pick up and knit 1 st in the first selvedge st below (see diagram), psso and turn. (+1 st)

**Row 14 (WS):** sl1 wyif, k to 2 sts from end, kfb, sl1 wyif, pick up and purl 1 st in the first selvedge st below (see diagram), psso and turn. (+1 st)

Then, repeat Rows 15 and 16 a total of 1 (3, 4, 5) times until you return to 10 (15, 20, 25) sts.

**Row 15 (RS Increase Row):** sl1 wyib, k to 2 sts from end, kfb, sl1 wyib, pick up and knit 1 st in selvedge, psso and turn. (+1 st)

**Row 16 (WS Increase Row):** sl1 wyif, k to 2 sts from end, kfb, sl1 wyif, pick up and purl 1 st in selvedge, psso and turn. (+1 st)

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## 5. Back

Repeat Rows 17 and 18 until the last selvedge st has been worked, ending after a RS row.

**Row 17 (RS Joining Row):** sl1 wyib, k to 1 st from end, sl1 wyib, pick up and knit 1 st in selvedge, psso and turn.

**Row 18 (WS Joining Row):** sl1 wyif, k to 1 st from end, sl1 wyif, pick up and knit 1 st in selvedge, psso and turn.

On the next WS row, BO all stitches loosely for a stretchy edge. Cut yarn and weave in ends. Repeat for second sock, and then enjoy your toasty toes!