

# temperance

designed by Liz Abinante

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Something simple and classic, inspired by forensic anthropologist Temperance Brennan of *Bones*. A lattice pattern composed of right and left twists, this sophisticated sock pattern may suit both men and women. With a pattern repeat of only 10 stitches, this sock is easily sized up or down.

## Materials:

- dkknits technicolor smooth toes (75% Superwash Extrafine Merino, 25% Nylon; 440 yd per 100 g skein), shown in Happy Holly Days. Available for purchase at [dkknits.etsy.com](http://dkknits.etsy.com).

OR

- Other fingering weight wool/nylon blend.

## Recommended needle size:

- 2 16" US #1 1/2 /2.5mm circular needles (for two circulars method)

OR

- Your preferred knitting in the round method.

## Gauge:

- One pattern repeat is just about 1" wide.

## Sizes:

Foot circumference, unstretched: 7.20", 9.20", (S, L).



## Pattern notes:

This pattern is written toe-up, with instructions provided for a short row heel. Any toe-up method is appropriate. Sizing can be increased by adding additional pattern repeats. Please note that this pattern is written for two circular needles.



## Special Stitches:

*Right Twist:* k2tog leaving both stitches on the left needle, k the first stitch again, remove both stitches.

*Left Twist:* k the second stitch tbl and leave the stitch on the left needle (making sure to go *behind* the first stitch, not in front of it), k the first 2 stitches on the left needle together tbl (k2tog tbl – this will be the stitch you just ktbl *and* the skipped stitch before it).

*Wrap and turn, RS:* knit to the stitch indicated, move the yarn in front as if to purl, slip the stitch, turn. This stitch will be slipped at the beginning of the WS row.

*Wrap and turn, WS:* purl to the stitch indicated, move the yarn in back as if to knit, slip the stitch, turn. This stitch will be slipped at the beginning of the RS row.



## Abbreviations:

k: knit

p: purl


















sl: slip

tbl: through the back loop

k2tog: knit two together  
 CO: cast on  
 BO: bind off  
 st: stitch  
 sts: stitches  
 ndl: needle  
 RS/WS: right side, wrong side  
 RT: right twist  
 LT: left twist  
 w&t: wrap and turn

**Twist pattern, charted:** 14 row repeat, odd numbered rows are not charted!

This pattern is worked over a multiple of 10 stitches. The key is color coded because, well, I can.

<b>Key:</b>										14
	knit									12
	RT									10
	LT									8
										6
										4
										2

**Twist pattern, written:**

Row 1 and all odd rows: k all sts

Row 2: \*k3, RT, LT, k3, repeat from \*

Row 4: \*k2, RT, k2, LT, k2, repeat from \*

Row 6: \*k1, RT, k4, LT, k1, repeat from \*

Row 8: \*LT, k6, RT, repeat from \*

Row 10: \*k1, LT, k4, RT, k1, repeat from \*

Row 12: \*k2, LT, k2, RT, k2, repeat from \*

Row 14: \*k3, LT, RT, k3, repeat from \*

**THERE IS NO ROW 15!!**

**Instructions:**

**Toe:**

Using Judy's Magic Cast On, CO 28 sts total (14 sts on each ndl).

Row 1: k all sts on ndl 1 and ndl 2.

Row 2: Ndl 1 - k1, kfb, k to last 2 sts, kfb, k1. Ndl 2 - k1, kfb, k to last 2 sts, kfb, k1.

Continue increasing in this manner until you have 30 (40) on each ndl: 60 (80) sts total.

**Foot:**

Ndl 1, foot - Twist pattern (above)

Ndl 2, instep - k all sts

Continue knitting in this manner until 2 inches from heel, **making sure to mark which row on the chart you have left off on**. End with ndl 1. You should be ready begin the sts on ndl 2.

**Heel:**

A standard short-row heel is worked on the 30 (40) instep sts of ndl 2. The other 30 (40) sts are left on ndl 1.

Row 1 (RS): k 29 (39) sts, w&t.

Row 2 (WS): sl 1 (unworked wrap st), p to last st, w&t.

Row 3: sl 1, k to last st before unworked st (this will be the st you wrapped on the previous RS row), w&t.  
Row 4: sl 1, p to last st before unworked st, w&t.  
Continue working in this manner until all there are 14 (18) unwrapped sts in the middle, and 8 (11) wrapped sts in each side. End with a WS row.

Row 1 (RS): k across the 14 (18) unwrapped sts to the first wrapped st. Pick up the wrap and k it together with the st, w&t.

Row 2 (WS): sl 1 (double wrapped st), p across to the first wrapped st. Pick up the wrap and p it together with the st, w&t.

Continue in this manner until all 30 (40) heel stitches are live stitches. When working double wrapped sts, make sure to pick up *both* wraps and k or p them together with the st. You may want to pick up a few sts to ensure there are no gaps in the heel. If you do so, be sure to decrease appropriately.

**Leg:**

Continue working Twist pattern from where you left off on ndl 1 until you have completed row 14. While doing so, maintain stocking stitch on ndl 2. *(If you ended with row 14 before working the heel, you may either begin the Twist pattern immediately on ndl 2, or work stocking stitch for 14 rows. Your choice!)*

After completing the remaining Twist pattern rows on ndl 1, begin knitting the Twist pattern on both ndl 1 and ndl 2. Continue knitting Twist pattern until 1 inch less than desired length.

Work in twisted rib for 1 inch:

Row 1: k1 tbl, p1 to end.

Repeat to desired length.

BO loosely.

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To Becky, for encouraging me to design and for providing me with the best color palette a knitter could ever imagine – not to mention endless inspiration.

**Copyright Information:**

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**Changes/modifications:** Combined pattern w/ med mods.

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## modifications For size m.

Before we get started, make sure you've downloaded the Temperance PDF (available at <http://feminist.com/temperance>).

You have two easy options for modifying Temperance to fit the M size (70 sts) without making drastic changes:

1. Adjust the way in which the stitches are aligned for the foot. As written, you arrange the stitches evenly on two needles. For size M, rather than having 35/35, you will have 34/36.
2. Switch to 2.75mm needles.

## Details For Option ❀1

Make sure you have the pattern PDF open for this or you're printing this out to take along with you.

Before beginning, you must decide if you want 2 extra stitches on the foot or the instep. If you have a larger heel, I'd recommend placing the 2 extra stitches on the instep. If you have an average heel, place them on the foot. But really, it's 2 stitches on a sock. In the grand scheme of things, it doesn't matter. In my instructions below I have placed the 2 extra stitches on the foot.

**Follow the pattern as written, with the following changes:**

### Toe Increases:

Continue increasing until you have 34 stitches on each needle (68 total). Knit one row. On the next row, increase 2 stitches (as previously written) on one needle only (36 stitches on needle 1, 34 stitches on needle 2).

### Knitting the Twist pattern:

The twist pattern is a multiple of 10 stitches, so you will need to center it across 36 stitches as follows: k3, Twist pattern (3 times), k3, proceed to instep. This will keep your Twist pattern centered.

**This is very important: before you begin the heel, the last row you work should be a patterned row, NOT A KNIT ROW.**

Work the short row heel, modifying it for 34 stitches (16 live, 9 wrapped on each side).

On the first row of the leg (after completing the heel) you must decrease 3 stitches on each side of the Twist pattern (in addition to any other decreases you are making for picking up extra stitches to prevent holes).

This can be done several ways, but you can pick your own poison. I would recommend doing all of the decreases on the *same row* (6 stitches decreased). **Make sure you decrease the first and last three stitches of the foot** or you will mis-align your beautiful work.

(You can, of course do the decreases across multiple rows, but you'll have to remember to knit the extra stitches before beginning the Twist pattern.)

Continue as written across 70 stitches, knitting 7 pattern repeats with each row.

Voila! Size M!

## Details For Option ❀2

Uh, swatch.