

## Sock Therapy

*A perfect post-holiday project for de-stressing and much-needed self indulgence ... make them for friends if you must, but first make a pair for yourself! Catherine Wingate*



For socks as pictured use Haneke Exotics Silk/Merino/Pima (50g/164 yds), 2 balls Natural; Offray ribbon Cappuccino #868

**Size** Women's medium

Planned finished measurements: foot length 9½", foot circumference 8", leg length 3"

### Materials

250 yds of sport weight yarn

2.75 mm/US 2 ndls or size required to obtain **gauge of 7½ sts/inch** over stockinette

3.25 mm/US 3 ndls or one size larger than those used to obtain gauge

1½ yds of ¼" ribbon

---

First published in THE SOCK CALENDAR: Socks for All Seasons, ISBN 0-9726940-0-5

Look for more designs by Catherine Wingate in THE SOCK JOURNAL, Knit the Year in Socks, ISBN 0-9726940-1-3

Text copyright 2002 Catherine Wingate

Photography copyright 2002 Jackie Erickson-Schweitzer

Published by HeartStrings FiberArts, 53 Parlange Dr, Destrehan LA 70047 USA, [www.heartstringsfiberarts.com](http://www.heartstringsfiberarts.com)