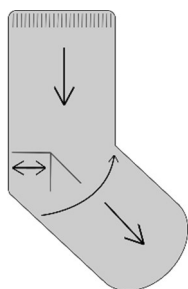




These cabled socks are knit from the top down with a heel-flap construction. The toe is grafted together. This pattern will fit most adult foot sizes as the foot section can be knit to desired length.



Yarn: Cascade Heritage (75% superwash merino wool, 25% nylon; 437yds per 100g). OR West Yorkshire Spinners Signature 4-Ply (75% wool, 25% nylon; 438yds per 100g). 1 Skein.

Needles: 2.75mm/US2 double pointed needles or longer circular for magic loop.

Gauge: 28-30 st = 4"/10cm

Other tools: darning needle, cable needle

CUFF AND ANKLE

Cast on 64 sts. Join in the round, being careful not to twist.

*K2, P2, repeat from *, until cuff measures approx. 3cm from cast on edge.

Cable Pattern (Left Sock)

Round 1: *[K2, P2] twice, 2/1LPC, 1/2RPC, P2, rep from * to end of round.

Round 2: *[K2, P2] twice, P1, K4, P3, rep from * to end of round.

Round 3: *[K2, P2] twice, P1, 2/2RC, P3, rep from * to end of round.

Round 4: *[K2, P2] twice, P1, K4, P3, rep from * to end of round.

Round 5: *[K2, P2] twice, 1/2RPC, 2/1LPC, P2, rep from * to end of round.

Round 6: *K2, P2, rep from * to end of round.

Round 7: *2/1LPC, 1/2RPC, P2, [K2, P2] twice, rep from * to end of round.

Round 8: *P1, K4, P3, [K2, P2] twice, rep from * to end of round.

Round 9: *P1, 2/2LC, P3, [K2, P2] twice, rep from * to end of round.

Round 10: *P1, K4, P3, [K2, P2] twice, rep from * to end of round.

Round 11: *1/2RPC, 2/1LPC, P2, [K2, P2] twice, rep from * to end of round.

Rounds 12, 13 & 14: *K2, P2, rep from * to end of round.

Round 15: 2/1LPC, 1/2RPC, P2, [K2, P2] twice, rep from * to end of round.

Round 16: *P1, K4, P3, [K2, P2] twice, rep from * to end of round.

Round 17: *P1, 2/2LC, P3, [K2, P2] twice, rep from * to end of round.

Round 18: *P1, K4, P3, [K2, P2] twice, rep from * to end of round.

Round 19: *1/2RPC, 2/1LPC, P2, [K2, P2] twice, rep from * to end of round.

Round 20: *K2, P2, rep from * to end of round.

Round 21: *[K2, P2] twice, 2/1LPC, 1/2RPC, P2, rep from * to end of round.

Round 22: *[K2, P2] twice, P1, K4, P3, rep from * to end of round.

Round 23: *[K2, P2] twice, P1, 2/2RC, P3, rep from * to end of round.

Round 24: *[K2, P2] twice, P1, K4, P3, rep from * to end of round.

Round 25: *[K2, P2] twice, 1/2RPC, 2/1LPC, P2, rep from * to end of round.

Rounds 26, 27, & 28: *K2, P2, rep from * to end of round.

Cable Pattern (Right Sock)

Round 1: *2/1LPC, 1/2RPC, P2, [K2, P2] twice, rep from * to end of round.

Round 2: *P1, K4, P3, [K2, P2] twice, rep from * to end of round.

Round 3: *P1, 2/2LC, P3, [K2, P2] twice, rep from * to end of round.

Round 4: *P1, K4, P3, [K2, P2] twice, rep from * to end of round.

Round 5: *1/2RPC, 2/1LPC, P2, [K2, P2] twice, rep from * to end of round.

Round 6: *K2, P2, rep from * to end of round.

Round 7: *[K2, P2] twice, 2/1LPC, 1/2RPC, P2, rep from * to end of round.

Round 8: *[K2, P2] twice, P1, K4, P3, rep from * to end of round.

Round 9: *[K2, P2] twice, P1, 2/2RC, P3, rep from * to end of round.

Round 10: *[K2, P2] twice, P1, K4, P3, rep from * to end of round.

Round 11: *[K2, P2] twice, 1/2RPC, 2/1LPC, P2, rep from * to end of round.

Rounds 12, 13, & 14: *K2, P2, rep from * to end of round.

Round 15: *[K2, P2] twice, 2/1LPC, 1/2RPC, P2, rep from * to end of round.

Round 16: *[K2, P2] twice, P1, K4, P3, rep from * to end of round.

Round 17: *[K2, P2] twice, P1, 2/2RC, P3, rep from * to end of round.

Round 18: *[K2, P2] twice, P1, K4, P3, rep from * to end of round.

Round 19: *[K2, P2] twice, 1/2RPC, 2/1LPC, P2, rep from * to end of round.

Round 20: *K2, P2, rep from * to end of round.

Round 21: *2/1LPC, 1/2RPC, P2, [K2, P2] twice, rep from * to end of round.

Round 22: *P1, K4, P3, [K2, P2] twice, rep from * to end of round.

Round 23: *P1, 2/2LC, P3, [K2, P2] twice, rep from * to end of round.

Round 24: *P1, K4, P3, [K2, P2] twice, rep from * to end of round.

Round 25: *1/2RPC, 2/1LPC, P2, [K2, P2] twice, rep from * to end of round.

Rounds 26, 27, & 28: *K2, P2, rep from * to end of round.

Both Socks

Work Rounds 1-28 a total of two times through. On the last repeat of Round 28, stop one stitch before the end of the round and mark this point as the new Beginning of Round (BOR). (*BOR has shifted one stitch to the right, and should be between two purl stitches.*)

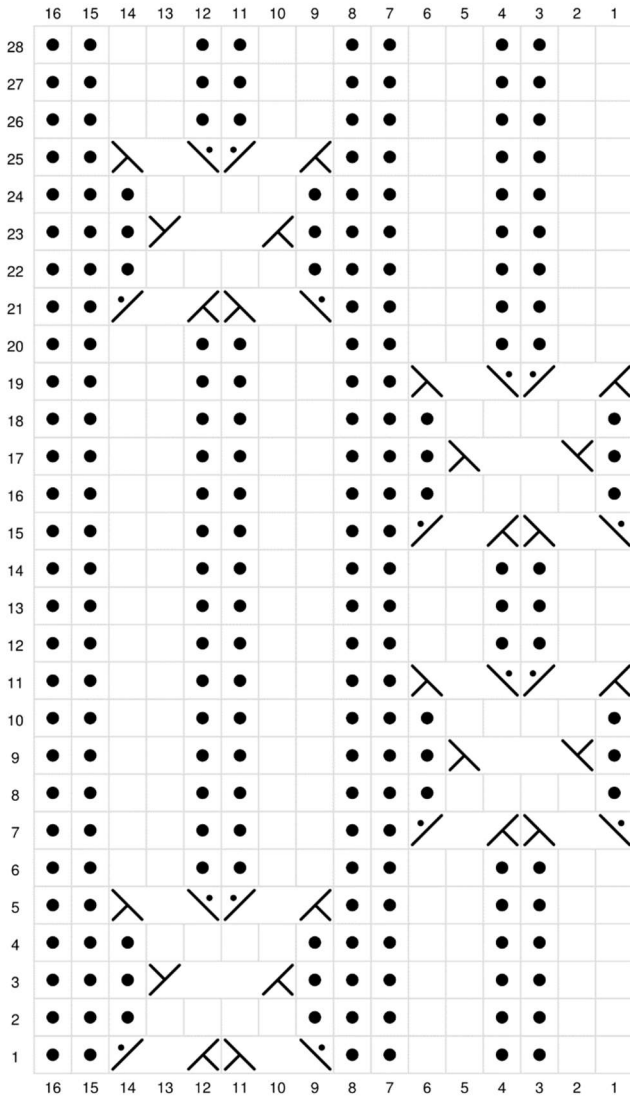


Chart (Left Foot)

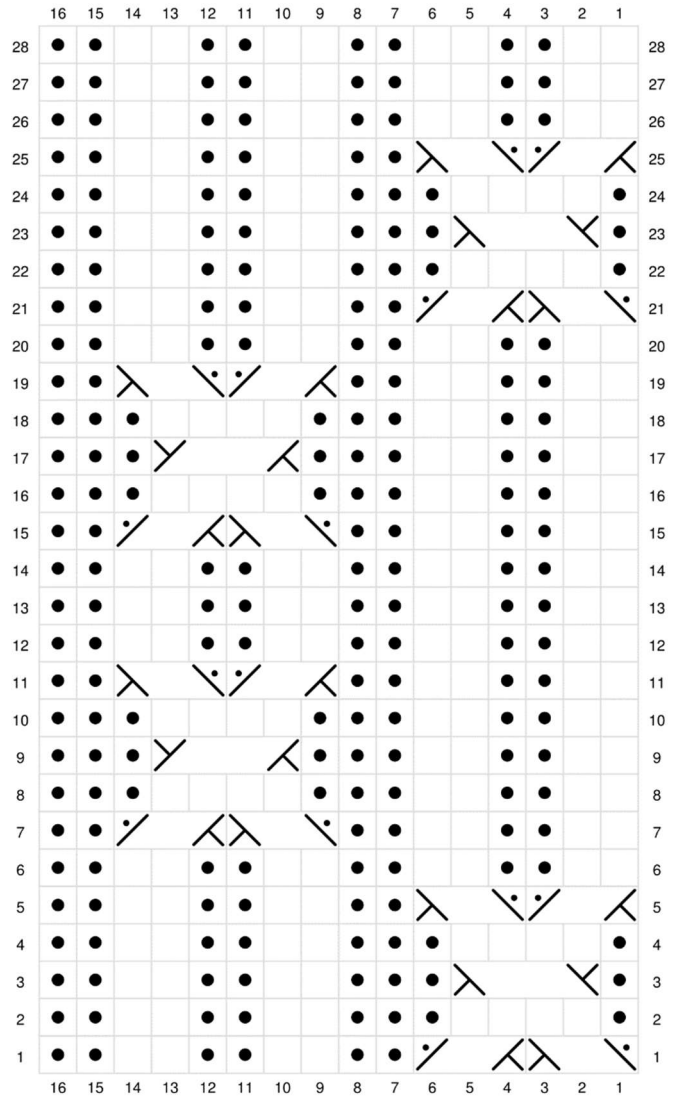








Chart (Right Foot)

-  Knit
-  Purl
-  Slip 2 sts on CN and hold in front of work, P1, then K2 from CN.
-  Slip 1 st on CN and hold in back of work, K2, then P1 from CN.
-  Slip 2 sts on CN and hold in front of work, K2, then K2 from CN.
-  Slip 2 sts on CN and hold in back of work, K2, then K2 from CN.

HEEL FLAP

This section is worked flat (back and forth) across 32 sts. The other 32sts are held on spare needles or the magic loop cord.

Row 1 (RS): *Sl1, K1, repeat from * sixteen times (*to end of heel flap sts*)

Row 2 (WS): Sl1, P to end of row (*start of heel flap sts*).

Repeat Rows 1 and 2 fifteen more times (for a total of 16 repeats). Repeat Row 1 one more time.

TURNING HEEL

Setup A (WS): Sl1, P17, P2tog, P1, turn.

Setup B (RS): Sl1, K5, SSK, K1, turn.

Row 1 (WS): Sl1, P to 1 st before gap made by previous turn, P2tog, P1, turn.

Row 2 (RS): Sl1, K to 1 st before gap made by previous turn, SSK, K1, turn.

Repeat rows 1 and 2 until all heel flap sts are included in the turn. (*18st remaining from heel flap*).

GUSSET

Pick up and knit 16 sts along the left side of the heel flap. PM, or note this as Left Side Point (LSP) in some manner.

Knit across the 32 instep stitches in established pattern (beginning with Cable Pattern Round 1 BUT adding one purl stitch to the beginning of each round and omitting the last purl stitch of each round. This is to accommodate the BOR shift one stitch to the right and keeping the cable pattern centred across the instep).

PM, or note this as Right Side Point (RSP) in some manner.

Pick up and knit 16 sts along the right side of the heel flap, then knit 9 sts from heel.

The beginning-of-round now occurs at this point, in the middle of the bottom of the heel. PM, or note this as Beginning of Round (BOR) in some manner.

Decreasing Round 1: K to 3 sts before LSP, K2tog, K1, work 32sts in established pattern, K1, SSK, K to end of round. (2 sts decreased)

Decreasing Round 2: K to LSP, work 32sts in established pattern, K to end of round.

Repeat Decreasing Rounds 1 and 2 eight more times (*64sts remain*).

Abbreviations:

K – knit

P – purl

CN – cable needle

1/2RPC: Slip 1 st on CN and hold in back of work, K2, then P1 from CN.

2/1LPC: Slip 2 sts on CN and hold in front of work, P1, then K2 from CN.

2/2RC: Slip 2 sts on CN and hold in back of work, K2, then K2 from CN.

2/2LC: Slip 2 sts on CN and hold in front of work, K2, then K2 from CN.

pm – place marker

SSK – slip 2 sts knitwise, move both to left needle and K 2 together through back of loop

K2tog – knit 2 together

P2tog – purl 2 together

Sl1 – slip stitch

RS/WS – right side/wrong side

St(s) – stitch(es)

LSP/RSP – left side point/right side point

BOR – Beginning of round

DN – darning needle

FOOT AND TOE

Continue as established, working Cable Pattern on top of the foot, and plain stockinette (K every stitch) on the bottom, until the sock measures 2"/5cm shorter than the total desired length.

Decreasing Round A: K to 3 sts before LSP, K2tog, K1, K1, SSK, K to 3 sts before RSP, K2tog, K1, K1, SSK, K to end of round. (*4 sts decreased*)

Decreasing Round B: K

Repeat Decreasing Rounds A and B seven more times (*32 sts remain*)

K to LSP, then distribute sts evenly between 2 needles (*16 sts on each, LSP and RSP being at the ends*).

Break yarn with 18" tail and thread onto a darning needle (DN). Hold the two needles parallel in the left hand, begin at the right-most stitches:

1. Insert DN into 1st st on front needle purlwise and pull yarn through, leaving st on needle.

2. Insert DN into 1st st on rear needle knitwise and pull yarn through, leaving st on needle.

3. Insert DN into 1st st on front needle knitwise, letting st fall off needle, then insert DN into next st on front needle

purlwise, leaving st on needle, pull yarn through.

4. Insert DN into 1st st on rear needle purlwise, letting st fall off needle, then insert DN into next st on rear needle knitwise, leaving st on needle, pull yarn through.

Repeat Steps 3 and 4 until all sts are grafted together. Weave in all ends.