

Cabled Up Socks

by Arenda Holladay



Beyond the Pattern

As research for her Yarn 101 article, Gretchen Hines-Ward took a trip last November to the Meridian Mill. She asked if I could come up with a pattern for one of their yarns, and I happily agreed. I always love trying new yarns. Since the yarn was undyed, I decided a pair of cabled socks would be the best way to try out the yarn, a lovely 100% wool.



Incorporating cables into any project requires planning. I knew the stitch gauge would be much tighter than for stockinette, so the socks would require more stitches than most sock patterns I have written. In the first pass for the socks, the toes were stockinette but the difference in the stitch gauges made them puffy. I ripped out my work and ribbed the toes to match the first row of the cables. I did the same for the heels.

One of my pet peeves with cables is when the band doesn't line up with the cables. The main cable pattern does not have any sections where there are K2P2 multiples to line up with the ribbing, but there is a section of four reverse stockinette stitches. I increased two stitches at that location, adding a total of six stitches at the band where an extra bit of stretch is a good thing.

Sizes

S (M, L) *

*The only difference in sizes is the foot length. If you want a larger circumference, consider going up a needle size.

Finished Measurements

Foot Circumference: 8.5"

Foot Length: 9 (9.5, 10)" or desired length

Materials

Meridian Mill House RODANTHE FINGERING (450yds/409m, 100g/3.5oz, 100% Shaniko Wool): 1 skein Undyed
Size 1 (2.25mm) needles or size needed to obtain correct gauge
Cable needle
Stitch marker
Tapestry needle

Gauge

In St st, 32 sts & 48 rnds = 4"/10cm. In Cable pat, 41 sts & 48 rnds = 4"/10cm. To save time, take time to check gauge.

Abbreviations

Inc1R—Right Lifted Increase: Knit into the purl nub below the next st; then knit the st.
Inc1L—Left Lifted Increase: Knit the st; then knit into the purl nub below the st just knitted.
sssp—Slip, slip, slip, purl: Slip the next 3 sts kwise, one at a time, to the RH needle; pass them back to LH needle. Place the RH needle behind these three sts and purl them tog through the back lps.
c2 over 1 left P—Sl 2 sts to cn, hold to front, p1, k2 sts from cn.
c2 over 1 right P—Sl 1 sts to cn, hold to back, k2, p1 sts from cn.
c2 over 2 left P—Sl 2 sts to cn, hold to front, p2, k2 sts from cn.
c2 over 2 right P—Sl 2 sts to cn, hold to back, k2, p2 sts from cn.
c2 over 2 left —Sl 2 sts to cn, hold to front, k2, k2 sts from cn.
c2 over 2 right—Sl 2 sts to cn, hold to back, k2, k2 sts from cn.

Stitch Patterns

See Toe Top Chart, Instep Chart, Heel Chart, Back Cuff Chart, and Cuff Chart.

DESIGNER NOTES—Before casting on, you may want to view [this video that demonstrates Judy's Magic Cast-On](#). Before shaping the toe, view [this video](#). Even if you plan to use dpns for the sock, you may want to use a circular needle for the cast on and first few rounds of the toe.

A ribbed pattern is established on Rnd 2, which will line up with the first round of the Instep Chart. The Toe Top Chart should be used to place the pattern. It does not replace the instructions for increasing stitches for the toe.

Toe

With one circular needle and using Judy's Magic Cast-On method (or the method you prefer), CO 21 sts on



each needle. Knit 1 rnd.

Use the Toe Top Chart as you work the rnds below to establish the ribbed pattern as you increase at both sides of the toe. The bottom of the toe is worked in St st.

Inc Rnd: *K1, Inc1R, work to the last 2 sts on needle, Inc1L, k1; rep from * for sts on 2nd needle.
Work 1 rnd even.

Rep last 2 rnds until there is a total of 78 sts (39 sts per needle), pm for the beg of the rnd.

DESIGNER NOTE—When the toe is complete, the instep is worked following the Instep Chart. Note that there is one stockinette stitch at the right and two stockinette stitches at the left. When the cuff is worked, these stitches will be transferred to the Back Cuff Chart.

Instep and Sole

Next Rnd: K2, work the 39 sts of Instep Chart, then knit sole sts to end of rnd.

Cont in pat as est until Instep Chart has been worked 3 times, then cont in pat until foot measures 8 (8.5, 9)".

Work sts from Instep Chart three times, knit sole sts to end of rnd (sole sts).

Work in pat as est, including sts from the Instep Chart, until foot measures 8 (8.5, 9)".

DESIGNER NOTE—Short rows shape the heel, which is an alternative to the heel-flap-and-gusset technique. Before beginning the heel, you may want to view this [video](#).

Shape Heel

Row 1 (RS): K38, leaving the final st on the needle. This is the first short row. Turn.

Row 2 (WS): Work yo at beg of row by placing working yarn under right needle, purl the first st, (There are now 3 loops on the right needle: the unworked st, the yo, and st just purled.) p36, leaving the last st on the left needle. This is the second short row. Turn.

Row 3: Work yo at beg of row by placing working yarn over right needle, knit the first st. (There are now 3 loops on the right needle: the unworked st, the yo, and the st just knit.) Work sts up to the yo/st pair. Turn.

Row 4: Work yo at beg of row by placing working yarn under right needle, purl sts up to the yo/st pair. Turn.

Rep Rows 3 and 4, beg each row with a yo and working 1 less st each row, until there are 12 sts between the yo/st pairs, ending with RS facing. There are 12 st/yo pairs on the right side of the heel and 13 st/yo pairs on the left side of the heel.

DESIGNER NOTES—Before turning the heel, you may want to view this [video](#). The video shows a different sock, but the process is the same. Instead of 11 yo/st pairs on the left side of the heel,

this sock will have 13.

The Heel Chart shows the placement for the ribbed pat, beg with Row 1. This chart does not replace the instructions below.



Turn Heel

Row 1 (RS): Referring to the Heel Chart to establish the ribbed pat, AT THE SAME TIME, yo, k13 (up to first yo). Adjust mount of yo, k2tog. Turn.

Row 2 (WS): YO, p14 (up to first yo), ssp. Turn.

Row 3: YO, k15 (up to first yo), adjust mount of two yo's, one at a time, k3tog. Turn.

Row 4: YO, p16 (up to first yo), sssp. Turn.

Rep Rows 3 and 4, beg each row with a yo and working 1 additional st each row, until all yo's have been worked. At each turn on the last two turns, work yo's at the beg of row. On the last turn, work up to the yo at the left side of the heel.

DESIGNER NOTE—After the heel is turned and the short rows are worked, it is necessary to join the heel to the instep. To see how to avoid holes at the join, you may want to watch this [video](#).

Join Heel to Instep

Sl yo to the next needle with the sts for the top of the foot, k2tog. (If there is a large gap, it may be necessary to pick up an additional st in the gap. If so, work a k3tog.) Work up to the last st on the top of the foot. Sl last st to the needle with the yo. Work k2tog using the sl st and yo. (If there is a large gap, it may be necessary to pick up an additional stitch in the gap. If so, work a k3tog.)

DESIGNER NOTE—Once the heel is complete, the cabled pattern on the instep is continued around the back of the cuff on either Rnd 3 or Rnd 19 of the Instep Chart. The pattern has already been established on the heel. Carefully monitor the rounds worked after the heel is complete to determine when to begin using the Back Cuff Chart. The marker indicating the beginning of the round should be shifted one stitch to the left as indicated in the Instep Chart.

Leg

Note the number of the rnd after joining the heel to the instep. Cont working in pat as est UNTIL either Rnd 3 or 19, whichever comes first. Shift the BOR marker one stitch to the left and work the sts from the Instep Chart up to the last 2 sts. Work the rest of the rnd using the Back Cuff Chart. Work in pat as est until desired length ending on Rnd 2.

DESIGNER NOTES—The band at the top of the cuff is worked in K2P2 ribbing and the pattern needs to be adjusted on the first row of the band by adding 6 stitches. The Cuff Chart shows where to place the increases.

It is essential for any toe-up sock that the cuff bind off be loose. A traditional bind off is too tight for the cuff. Changing to larger needles just makes the bind off sloppy. These socks use an invisible, or tubular, bind off. This [video](#), from a different sock pattern, shows how to prepare for the tubular bind off. Since the cuff is K2P2 ribbing, the first step is to change it to K1P1 ribbing. This [video](#) shows how to work the bind off.

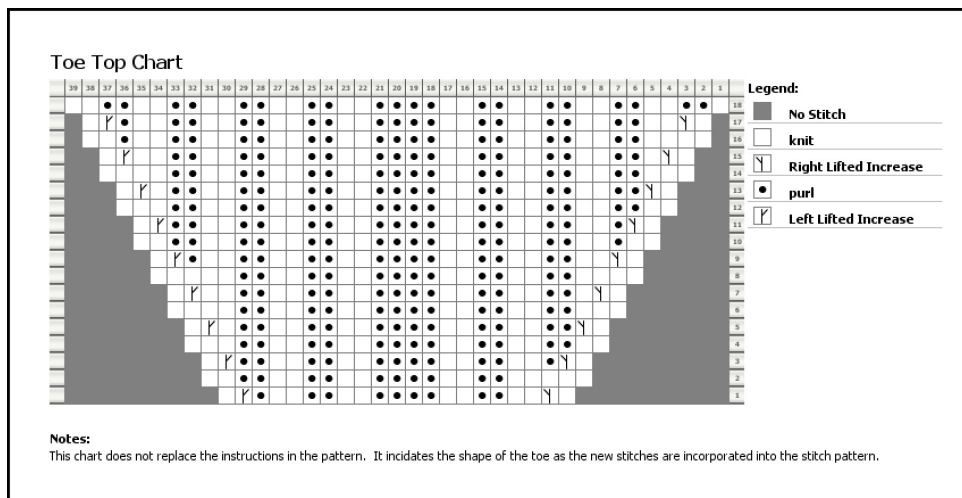
Cuff

Using the Cuff Chart, inc 2 sts; rep this chart 2 more times around. Complete the 8 rnds of the cuff.

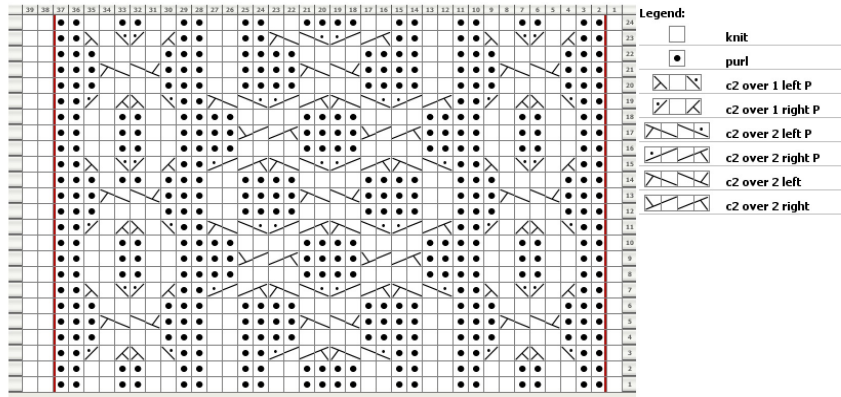
To convert the K2P2 pat to K1P1 ribbing, first move the BOR marker 3 sts to the left (so that it is between the 2 knit sts). *K1, p1, insert right needle into next knit st on the left needle. Knit this st but do not remove it, purl the first st on the left needle, shift both sts to right needle. Rep from * until all sts are worked. Work a tubular bind off.

Finishing

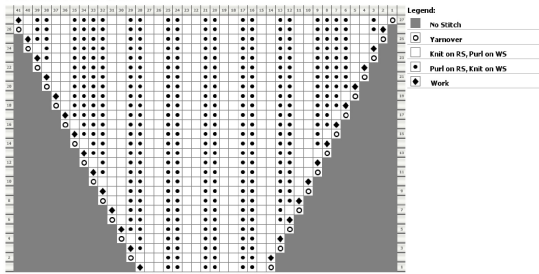
Block if necessary and weave in all yarn tails.



Instep Chart

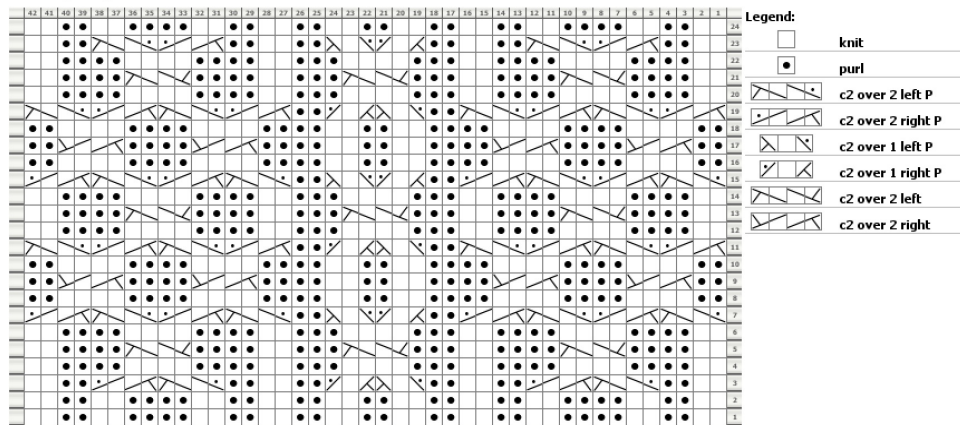


Heel Stitch Pattern Chart



Notes:
The symbols for Work and Yarnover are NOT intended to replace the instructions in the pattern. They indicate the shape of the heel as the new stitches are incorporated into the pattern.

Back Cuff Chart



Cuff Chart

	28	27	26	25	24	23	22	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1	
			●	●			●	●			●	●			●	●			●	●			●	●			●	●	8
			●	●			●	●			●	●			●	●			●	●			●	●			●	●	7
			●	●			●	●			●	●			●	●			●	●			●	●			●	●	6
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			●	●			●	●	Y	Y	●	●			●	●			●	●			●	●			●	●	1

- Legend:**
- purl
 - knit
 - Y Inc1R
 - Y Inc1L