



Cable Twist Socks

What you need:

* worsted weight yarn- I used about 270 yards to knit a pair for my size 9 women's feet. 400 yards should do even the largest socks.

* size 3 US needles of your choice for circular knitting (I use the Magic Loop method.)

Gauge: 7 sts. per inch

Size: Circumference of the leg and foot are 6" unstretched and 9" stretched. This pattern should fit most any adult, since the cabled ribs are deep and very stretchy and the length is totally up to you. Since they are knit with worsted weight yarn, these are good boot or house socks, but might not fit inside your shoes.

This is a 7 stitch pattern. If you wished to increase or decrease the circumference of the sock by adding or subtracting a repeat, you'd need to add or subtract 14 sts. Since this would be a big jump in size, I'd suggest adding or subtracting from the purl stitches in between the cables instead.

Pattern Stitch:

Row 1: *LT, K3, P2* repeat around

Row 2 and all even rows: *K5, P2* around

Row 3: *K1, LT, K2, P2* repeat around

Row 5: *K2, LT, K1, P2* repeat around

Row 7: *K3, LT, P2* repeat around

Row 8: as for row 2

Repeat these 8 rows for pattern.

Left Twist (LT) as follows: Knit second stitch on left hand needle through the back loop. Without slipping the stitch off the needle, slip first stitch purlwise onto right-hand needle, allowing the second stitch to slip off left hand needle.

Pattern:

Cast on 56 sts. over two needles for a nice, stretchy edge. Place marker (this is the beginning of your round) and join. Work one round of *K5, P2* repeat around, then begin pattern stitch. Continue in pattern for 6 full twists of the cable. Sock should be about 6 inches long.

Heel:

K13 sts., turn.

Slip 1, P28, turn.

Heel Pattern Stitch:

Row 1 (RS): *SL1, K1* repeat

Row 2 (WS): SL1, P across.

Repeat for a total of 19 rows, ending at the end of a RS row. Turn.

Turn Heel:

SL1, P14, P2TOG, P1, turn

SL1, K3, K2TOG, K1, turn

SL1, P to 1 stitch before the gap, P2TOG over the gap, P1, turn

SL1, K to 1 stitch before the gap, K2TOG over the gap, K1, turn

Continue in this manner until all stitches are used up, ending at the end of a right side row.

Gusset:

Pick up and K (through the back loop) 10-12 stitches along the left hand edge of heel flap.

Knit across instep stitches in cable twist pattern.

Pick up and KTBL 10-12 stitches along the other edge of the heel flap.

The bottom of the sock will be knit in stockinette stitch and the top of the sock will continue in pattern stitch.

All decreasing for the heel will be done on the bottom of the sock.

Decrease Rows:

Knit to the last 3 heel stitches, K2Tog, K1, keep in pattern over instep stitches, K1st heel stitch, ssk, knit across heel.

Knit one round plain.

Alternate these rounds until 20 sts. remain on bottom of sock (instep will have 28 sts.).

Foot:

Continue in pattern on instep and stockinette on sole until sock measures 1.75" less than the total foot length desired, ending at end of round.

Toe:

Knit one round, decreasing 8 stitches across instep by knitting every purl stitch together with its neighboring knit stitch. Now you'll have 40 sts. on the needles.

Knit to 3 sts. before end of heel. K2TOG, K1.

Instep: K1, SSK, K to 3 sts. before end of instep stitches, K2TOG, K1.

Back on heel stitches again, K1, SSK, knit to beginning of round.

Knit 1 round plain.

Alternate these two rounds until 16 sts. remain. Knit 1 more decrease round and graft remaining stitches closed.

Make another one!

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