

## 2 in 1 cable socks

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The center of the pattern is of course the cable cart. You can use the chart for knitting, socks, gloves or whatever you like. In addition to that I present a possibility, how to integrate this cable pattern into a sneaker sock.



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### Materials you need

1 set of double pointed needles or 2 circular needles (The pattern is written for double pointed needles)

1 cable needle

2 stitch markers

1 sewing needle

### Suggested yarn

Every sock yarn with a weight of 400m/100g is working fine.

### Gauge

16 stiches x 23 rows is 5 cm (2 inches)

### Size

These socks are designed for feet in size EUR 40 with a midfoot circumference of more than 23 cm (9 inches).

### Abbreviations

**k** knit

**p** purl

**Cf** Put 4 stiches on a cable needle and hold it to the front, knit 2 stiches, knit the first 2 stiches from the cable needle then put the needle back to the front again. Knit 2 more stiches then knit the last 2 stiches from the cable needle.

**Cb** Put 4 stiches on a cable needle and hold it to the back, knit 2 stiches, knit the first 2 stiches from the cable needle then put the needle back to the back again. Knit 2 more stiches then knit the last 2 stiches from the cable needle.

**M1, M2** Marker1, Marker 2

**st** stich

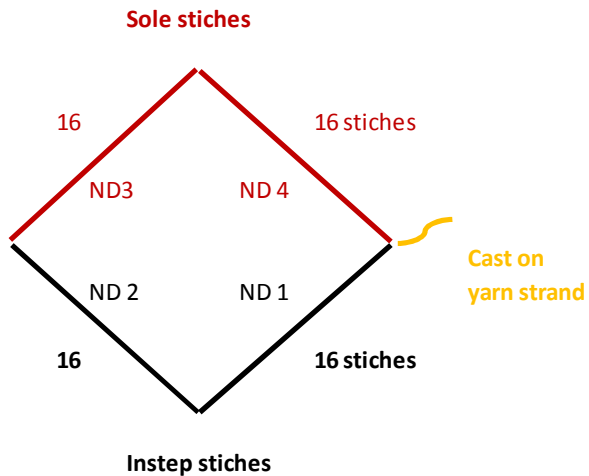
**llink** Leaning left increase. Look here for a video clip with an explanation by Cat Bordhi:  
<http://www.youtube.com/watch?v=SYOYMJBGxrw>

**Lrink** Leaning right increase. Look here for a video clip with an explanation by Cat Bordhi:  
<http://www.youtube.com/watch?v=SYOYMJBGxrw>

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### Toe

Cast on 6 stiches (3 parallel on each needle) and knit the toe you prefer. I always use the method Cat Bordhi described in her book "Personal Footprints for insouciant sock knitters". Increase to 64 stiches (16 stiches on each double pointed needle). Needle 1 is the needle at the beginning of instep.



### Foot

Knit one more round. Then start the cable pattern. Place the 2 cables: one at the beginning of instep, one at the end.

Round 1: p2, cb, p2, k8, p2, cf, p2, k all stiches on the sole needles.

Round 2-4: p2, k8, p2, k8, p2, k8, p2, k all stiches on the sole needles.

Round 5: p2, cf, p2, k8, p2, cb, p2, k all stiches on the sole needles.

Round 6-8: p2, k8, p2, k8, p2, k8, p2, k all stiches on the sole needles.



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### Cable chart

32	31	30	29	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	
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Knit



Purl



Put 4 stiches on a cable needle and hold it to the back, knit 2 stiches, knit the first 2 stiches from the cable needle then put the needle back to the back again. Knit 2 more stiches then knit the last 2 stiches from the cable needle.



Put 4 stiches on a cable needle and hold it to the front, knit 2 stiches, knit the first 2 stiches from the cable needle then put the needle back to the front again. Knit 2 more stiches then knit the last 2 stiches from the cable needle.

Repeat rows 1 to 8 until you reach a length of 11 cm from the beginning of the toe. End with row 1, 2, 5 or 6 of the cable pattern.

### Arch expansion

Round 1: Place markers as follows: p2,k8,p2,k1, place M1, k6, place M2, k1, p2,k8,p2, knit all stiches on the sole needles.

Round 2: Is the first expansion row. P2,k8,p2,k1, sl M1, llink, k to M2, lrink, sl M2, k1,p2,k6,p2, knit all stiches on the sole needs.

Now continue working the foot. Do not forget continuing the cable pattern!

Every third round is an expansion round. It is worked as described in Round 2.

Increase stiches until there are 62 stiches on the instep needles. Then work 2 more rounds.

### Heel turn

The heel turn is worked with wrapped stiches in short rows. There are 9 wrapped stiches on every side of the sole needles (the outermost stich is not wrapped, so it is 8+1 wrapped stiches).

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**Row 1:** Knit sole stitches until there are only 2 stitches left. Pull the yarn strand to the front and slip the next stitch tip to tip. Then put the yarn strand to the back and slip the stitch back to the left needle. You wrapped the first stitch. Turn the work.

**Row 2:** There are already 2 stitches on your right needle, the one on the outside and the wrapped stitch. Purl until there are only 2 stitches on your left needle. Put the yarn strand to the back, slip the next stitch tip to tip, pull the yarn strand to the front and slip the stitch back to the left needle. You wrapped the stitch.

**Row 3:** Again there are already 2 stitches on your right needle. Knit to 1 stitch before the wrapped stitch. Wrap the stitch as described in row 1. Turn the work.

**Row 4:** Now there are 3 stitches on your right needle - the outermost and 2 wrapped stitches. Purl to 1 stitch before the wrapped stitch and wrap stitch as described in row 2. Turn the work.

Continue like this until there is 8+1 wrapped stitches on every side of the sole stitches.

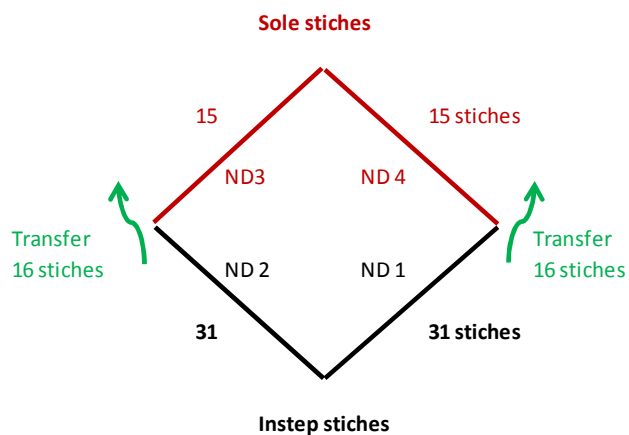
**Row 17:** Knit to the first wrapped stitch. Now insert your right needle from the front into the strand you wrapped around the stitch and lift the strand behind the first stitch on the left needle. This way you made a new stitch. Ssk these two stitches. Continue like this with all stitches on the right side of the work. If you lift the strand of the last wrapped stitch, it is laying between the last two stitches on the needle. Now knit these 3 stitches together. Turn the work.

**Row 18:** Purl to the next wrapped stitch. Now insert the right needle from the backside of the work into the strand wrapped around the stitch, lift it over the first stitch on the left needle and purl these 2 stitches together. Do the same with all remaining wrapped stitches. Again the lifted strand from the last wrapped stitch is located between the last 2 stitches on the needle. Purl these 3 stitches together.

That way you decreased by 2. Now there are 30 sole stitches left.

### Heel flap

The heel flap is worked in \*sl1 k1\* pattern. In this part of the sock you decrease the stitches you added in the arch expansion. Slip the 16 outermost stitches from needle 1 and 2 to needle 3 and 4 (look at the picture below).



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**Row 19:** Slip 1, repeat \*sl1 k1\* 14 times. There is one stitch left before the gap. Ssk the stitches before and after the gap. Turn the work.

**Row 20:** Slip 1, p to 1 stitch before the gap, purl the next two stitches together.

Repeat rows 19 and 20 until there are 16 stitches left on each sole needle. Now start working in the round again.

**Round 1:** Slip 1, repeat \*sl1 k1\* until there is one stitch left before the gap. Ssk the next two stitches. Knit the instep stitches.

**Round 2:** k2tog the first two stitches on the sole needle (needle 3). Knit remaining stitches.

### *Leg and Cuff*

Knit 4 more rounds.

Then start working the cuff in \*k2p2\* ribbing. Work the cuff for 10 more rounds. Bind off the stitches with an elastic bind off. Weave in the ends.

