

Twist and fold

Chunky long socks with a folded cable band

by MiaKia ☆

These socks are knitted toe-up on a magic loop with an aran-weight sock yarn. For your own sake make two at a time (!)

The instructions for the straight part of the sock is explained in size small. You can use your own basic sock pattern to make a pair of fitted knee-highs, which won't fall down as you are wearing them. Try them on as you go and bear in mind that the socks will grow a little in time. If you can just pull them on, they should be fine.

What you need:

- 3 balls of Hjertegarn Ragg-strømpegarn in main color (50 g = 84 yds/77 m)
- 1 ball of Hjertegarn Ragg-strømpegarn in contrast color 1
- A little yarn in the same weight or tripled fingering sock yarn in contrast color 2
- Needle size 4.5 mm (sock), 4 mm (heel and top of sock), 5.5 mm (cables)
- Cable needle – or do it without ...
- Tapestry needle to weave in ends

Gauge:

16 sts = 10 cm in stockinette in the round

Size:

European size 35/36

If you are making them bigger and there's more than 43 cm/17 inches to the middle of your knee you will need more yarn.

Online tutorials:

Magic cast on: <http://www.knitty.com/ISSUESpring06/FEATmagiccaston.html>

Wrap and turn: <http://knitty.com/ISSUESummer03/FEATbonnetric.html>

Cable without a cable needle: <http://media.wendyknits.net/knit/rightcable.htm>

Stretchy bind-off: <http://www.knitty.com/ISSUEfall09/FEATjssbo.php>



Abbreviations:

k = knit, p = purl
 m1 = make one
 sts = stitches
 pm = place marker
 s = slip
 w&t = wrap & turn
 rs = right side
 ws = wrong side
 k2tog = knit 2 stitches together
 mc = main color
 cc1 = contrast color 1
 cc2 = contrast color 2

Cable pattern:

- p2, k6 for seven rounds
- p2, C6B, (Slip 3 sts onto a cable needle and leave in back, k3, k3 from cable needle)

Repeat

**Now begin the toe:**

- With mc and 4.5 mm cast on 6+6 using Magic cast on (see link).
- Knit one round.
- Increase on each side like this: k1, m1, knit to last st, m1, k1. (+4 sts)
- Repeat the last two rounds four more times for a total of 32 sts (16 sts on each side).

Foot:

Knit for 13 cm from tip of toe.
 Increase for gusset on the sole stitches like this: k1, m1, knit to last st, m1, k1 (as for toe) every other round to 32 sts = 48 sts in total. (If you have cast on for a bigger size, keep increasing until you reach the double number of sole stitches).

Heel:

Change to 4 mm and knit the heel and heel flap back and forth.
 If knitting two at a time, knit one heel at a time.

- K8, pm, k15, with yarn in back slip the next stitch purlwise, **pm**, bring yarn to front and slip stitch back to left needle, turn. Purl until 1 stitch before marker,

w&t. Knit until 2 sts from the last wrapped stitch, w&t. Continue to wrap every 2nd stitch on both rs and ws, until there's 4 sts left unwrapped in the middle (rs), turn (see the link for wrap & turn).

- (ws) s1, purl across and purl together the wrapped stitches with their appropriate wraps until 1 stitch from marker. Slip stitch and remove marker. Place the slipped stitch *and* its wrap onto the left needle and purl together the three next stitches (2 sts+1 wrap), turn.
- (rs) s1, knit and k2tog the wraps with their stitches until 1 stitch from marker. Slip stitch and remove marker. Place the slipped stitch *and* its wrap onto the left needle and k2tog the three next stitches (2 sts+1 wrap), turn.
- Repeat the last two rows until all the side stitches have been knit together with the main stitches = 16 sts.

If making two-at-a-time, knit the other heel.

Leg:

- Change back to 4.5 mm needle and on the first round, pick up one stitch between the heel flap and top of foot stitches. K2tog to avoid holes.
- knit 10 cm from end of heel flap.
- On the sole stitches, now increase for the calf: k7, m1, pm, k2, pm, m1, k7.
- Knit 3 cm
- k7, m1, slip marker, k4, slip marker, m1, k7
- Continue to increase with two stitches every 3 cm (m1 outside each marker) until you get to the widest part of your calf.
- Knit straight for 8 cm or until 2 cm before end of calf.
- Decrease 2 sts like this: k7, k2tog, knit until the last 9 sts, k2tog, k7.
- Change to 4 mm and knit for 2 cm. On the last round increase evenly to 56 sts for 7 cables (If you are making the socks bigger, you might need to increase for more than 7 cables/56 sts).

Cable band:

- Turn the socks inside out and change to needle 5.5 mm and cc1, twisting the yarns to avoid a hole.
- Make three repeats of the cable pattern then k2, p2 for 7 rounds in cc2 (see link of how to make cables without a cable needle).
- Stretchy bind off (see link) and weave in ends.