

HÉLÈNE SOCKS



About the Design

I wanted to use the combination of thicker yarn and small, intricate cables to produce a pair of socks for this Christmas. I wanted socks that would be comfortable, beautiful and warm. I chose KnitPicks Telemark and some cable patterns in Maria Erlbacher's book *Überlieferte Strickmuster aus dem Steirischen Ennstal*. Sport weight yarn knits up rather quick and the cable patterns look more difficult than they actually are.

Note about pattern: I am quite incapable of following even my own instructions, and I can't guarantee this pattern is without errors. This pattern is more of a guideline, so you might need to adjust it as you knit. However, I hope this is of some help, and if you do find errors, let me know. I hope you enjoy this pattern and have fun knitting it!

Size

To fit a woman's foot (US size 10). You can make the socks any size you want by changing the yarn, needles or number of pattern repeats. The cuff in original socks measures roughly 9,5" and the foot 9" in circumference. Changing to smaller needle size and thinner yarn will produce socks that will fit in smaller feet. If you adjust the size, please note that the cable pattern is not stretchy.

Materials

KnitPicks Telemark Drift, 100% Peruvian wool, 50g (1,75 oz) = 103 yds, 3 balls.
 Needles US #3 (3,25 mm).
 Tapestry needle.
 Stitch markers.

Gauge

Approximately 29 rows and 30 sts = 4" (10 cm). Adjust needle size if necessary.

Techniques

I use the [standard Knitty abbreviations](#) in this pattern.

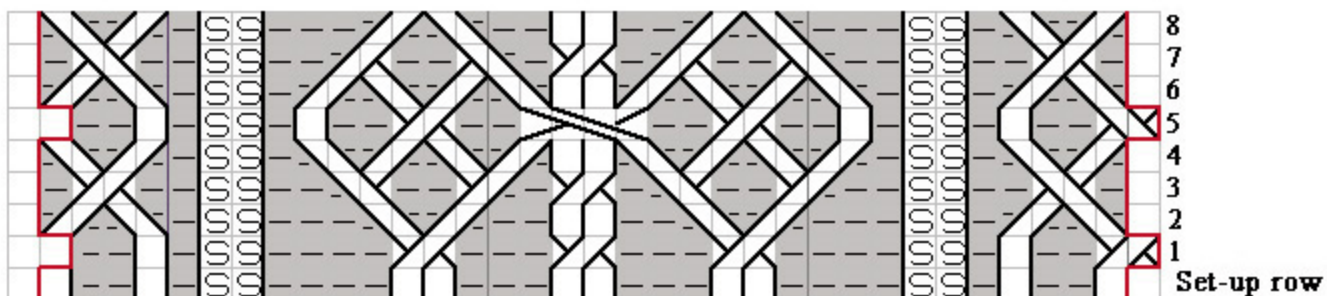
When knitting the minicables, I used the methods Ariel Barton describes in her [Cablenet Socks pattern](#).

Read the entire pattern before casting on.

Cuff

Cast on 3 sts and knit 68 rows of i-cord. Pick up 68 sts along the cord, join to knit in the round. Knit set-up row in cuff chart. The area between red lines is the pattern repeat. *Knit the pattern repeat twice on every row.* Continue knitting rows 1-8 (pattern repeat). Repeat rows 1-8 four (4) times total. Knit rows 1-3 once more.

Note about rows 1 and 5: The stitch pattern doesn't continue in direct columns because of the cable crossings at the "edges" of the pattern repeat. This means, on set up row, and then on rows 4 and 8, k as set in pattern until the last st of row remains, then knit the cable crossing, and continue as set in pattern on rows 5 and 1.



Written instructions for cuff pattern (see Glossary):

Set-up row: [k1, p2, k1, p1, k2tbl, p4, k2, p3, k2, p3, k2, p4, k2tbl, p1, k1, p2], k1, repeat [-]. 1 st remains after finishing [-], do not knit the stitch, but continue to R1.

R1: [Cable 2 Right, p2, k1, p1, k2tbl, p4, Cable 2 Right, p3, Cable 2 Right, p3, Cable 2 Right, p4, k2tbl, p1, k1, p2], repeat [-], k1.

R2: [Twist 2 Left, Twist 2 Right, p1, k2tbl, p3, Twist 2 Right, Twist 2 Left, p2, k2, p2, Twist 2 Right, Twist 2 Left, p3, k2tbl, p1, Twist 2 Left, Twist 2 Right], repeat [-].

R3: [p1, Cable 2 Left, p2, k2tbl, p2, Cable 2 Right, p2, Cable 2 Left, p1, Cable 2 Right, p1, Cable 2 Right, p2, Cable 2 Left, p2, k2tbl, p2, Cable 2 Right, p1], repeat [-].

R4: [Twist 2 Right, Twist 2 Left, p1, k2tbl, p1, Twist 2 Right, Twist 2 Left, Twist 2 Right, Twist 2 Left, k2, Twist 2 Right, Twist 2 Left, Twist 2 Right, Twist 2 Left, p1, k2tbl, p1, Twist 2 Right], Twist 2 Left, repeat [-], 2 sts remaining. Slip 1 st to a cable needle, to the front of work, p1 of the left needle, continue to R5.

R5: [Cable 2 Left, p2, k1, p1, k2tbl, p1, k1, p2, Cable 2 Right, p2, Cable 4 to left, p2, Cable 2 Right, p2, k1, p1, k2tbl, p1, k1, p2], repeat [-].

R6: [Twist 2 Left, Twist 2 Right, p1, k2tbl, p1, Twist 2 Left, Twist 2 Right, Twist 2 Left, Twist 2 Right, k2, Twist 2 Left, Twist 2 Right, Twist 2 Left, Twist 2 Right, p1, k2tbl, p1, Twist 2 Left, Twist 2 Right], repeat [-].

R7: [p1, Cable 2 Right, p2, k2tbl, p2, Cable 2 Left, p2, Cable 2 Right, p1, Cable 2 Right, p1, Cable 2 Left, p2, Cable 2 Right, p2, k2tbl, p2, Cable 2 Left, p1], repeat [-].

R8: [Twist 2 Right, Twist 2 Left, p1, k2tbl, p3, Twist 2 Left, Twist 2 Right, p2, k2, p2, Twist 2 Left, Twist 2 Right, p3, k2tbl, p1, Twist 2 Right, Twist 2 Left], repeat [-].

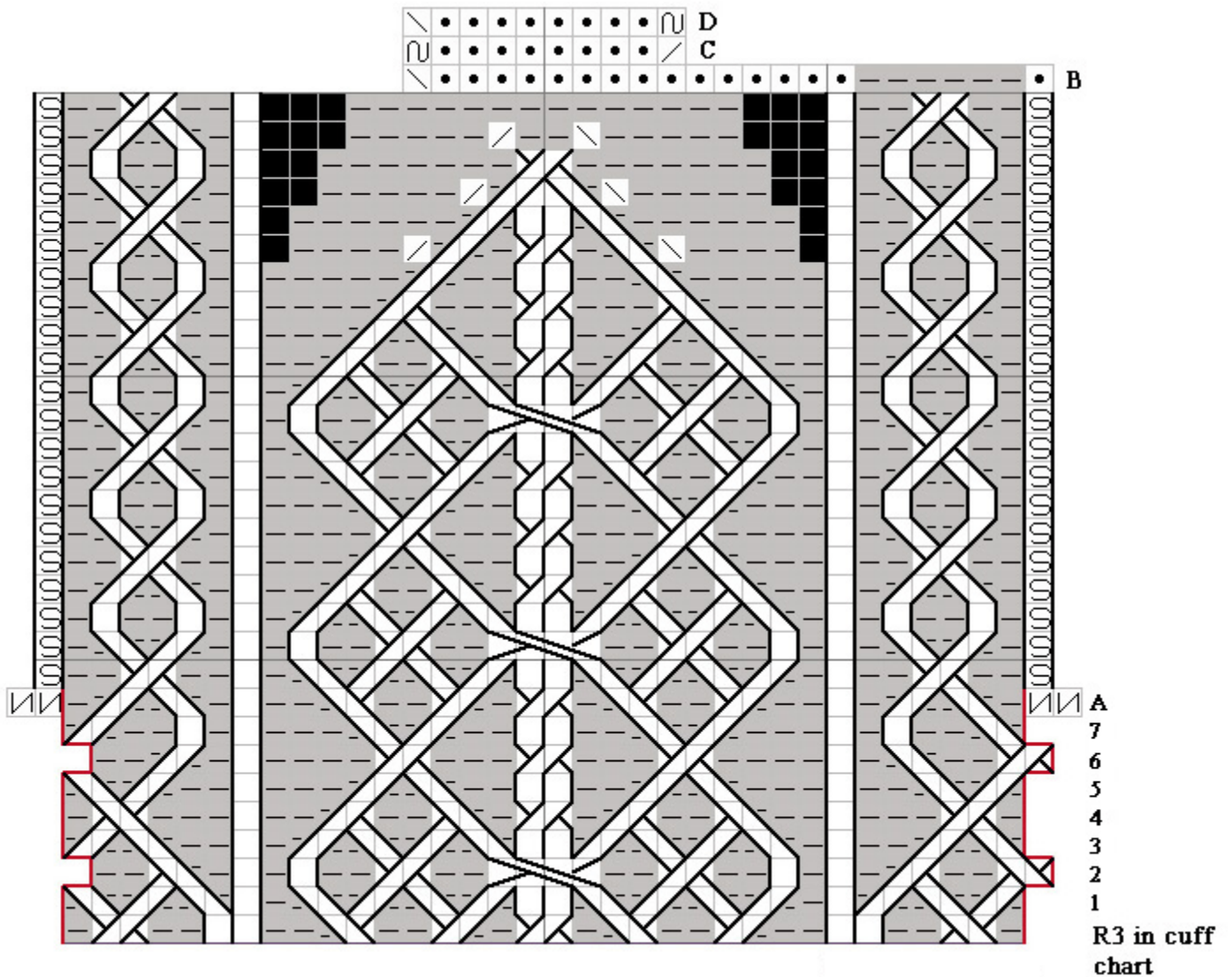


Heel

Row 3 is marked in the heel chart **for reference**. After finishing row 3 in cuff chart, knit rows 1-7 in the heel chart.

Row A: Make 2 sts, knit 34 sts according to heel chart, make 2 sts and place all the remaining sts on holder for foot. Knit the heel flap with the 38 sts (2 + 34 + 2 sts). The first and last st of the heel flap are the selvedge sts. Knit the second st and the second to last st on every row always through the back loop. Knit the heel flap according to chart to row B.

Turn heel: Knit row B in heel chart, after SSK turn the work and knit row C. Repeat rows C and D until no sts remain to be decreased. You will have 10 sts on your needle after the heel is turned. Place a marker in the middle of these 10 sts (divide the stitches in two, 5 + 5 sts). This will be the beginning of row in the foot.

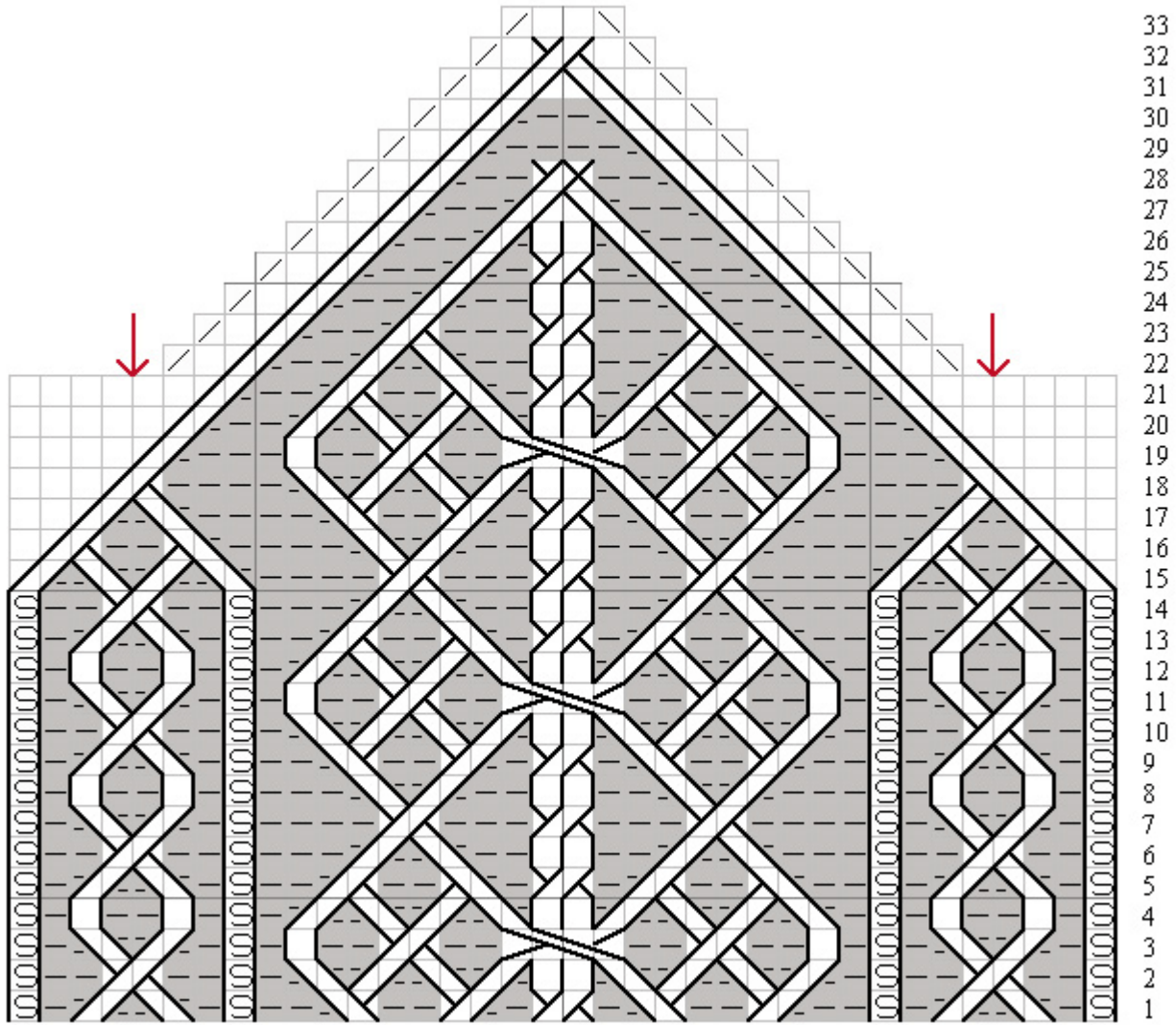


Foot

In the foot, you will knit the sole sts in stockinette st, and knit a cable pattern over the instep sts. Pick up 13 sts along both sides of heel flap. Knit the first and last of these sts through the back loop. *These sts are marked in the insole st chart, in the chart they are the first and last st marked.* At the same time, knit the insole sts according to the Foot and Toe chart (see below). First, knit rows 1-6, then repeat rows 7-14 (pattern repeat).

Gusset: After the heel, you will have 5 sts plus the 13 sts you picked up on both sides (18 sts per side).

First decrease row: k16, k2tog, knit 33sts according to the cable pattern (see Foot and Toe chart), k2tog tbl, k to end. Continue these decreases until you have 22 sts for the foot and 36 sts for the insole. After decreases, knit the foot sts (22 sts) and knit the insole sts according to Foot and Toe chart, pattern repeat is rows 7-14. After your sock measures 2" less than your foot, begin the toe according to chart, on row 15. (The toe is knit in st st, except for the finishing of the minicable pattern.)



On R21: place markers where indicated by red arrows. Begin toe decreases on R22. Knit to 3 sts before m, k2tog, k1, sl m, SSK (= first decrease in chart), k 24 sts according to chart, k2tog, sl m, k1, SSK, k to end of row. Decrease on every row, until 8 sts remain. Cut yarn and pull the yarn end through all the remaining sts.

Finishing















Sew the i-cord ends together to form a ring. Weave in all ends and block gently.

Abbreviations

k = knit
 p = purl
 st(s) = stitch(es)
 R = row
 k2tog = knit 2 together

SSK = slip 2 as if to purl, slip back to left needle and knit together through the back loops
 pm = place marker
 m = marker
 sl = slip

Glossary

-  **Twist 2 right:** Slip next 2 sts together knitwise to right needle (as if to work a k2tog). Insert left needle through both slipped sts from left to right and drop from right needle. Knit 1 through back loop, purl 1 through back loop.
-  **Twist 2 left:** Slip next 2 sts knitwise, one at a time, to right needle (as if to work an SSK). Insert left needle through both slipped sts from right to left and drop from right needle. Knit 1 through back loop, knit 1 through back loop.
-  **Cable 2 right:** Slip next 2 sts together knitwise to right needle (as if to work a k2tog). Insert left needle through both slipped sts from left to right and drop from right needle.
On RS: Knit both sts through back loops.
On WS: Purl both sts through back loops.
-  **Cable 2 left:** Slip next 2 sts knitwise, one at a time to right needle (as if to work an SSK). Insert left needle through both slipped sts from left to right and drop from right needle.
On RS: Knit both sts through front loops.
On WS: Purl both sts through front loops.
-  Knit these as Cable 2 left.
-  Knit these as Cable 2 right.
-  **Cable 4 to left:** sl 4 sts knitwise to right needle. Using your left needle, drop the 4th st, pick up the 2 sts in the middle, pick up the st you dropped, knit these 3 sts. Again, using the tip of your left needle, pick 1 st of the 4 sts (the one not knitted), drop the 3 knitted sts off the right hand needle and drop the 1 st (not knitted) off the right needle, pick up the 3 knitted sts with the right needle and knit the st on the left needle. The 1st and 4th of these 4 sts will form a left-slanting cable, while the two sts in the middle remain the same.
-  knit
-  k through the back loop
-  purl
-  make 1 st: pick up the bar between sts on row below and knit to back of it
-  slip st
-  purl 2 together
-  purl 2 together through the back loop

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