



# *Monday Sunday socks*

Cable socks by Sari Nordlund

The Monday Sunday socks are designed for everyday use. They have a classic cable pattern, but with a little twist. I wanted to create a pair of socks that take you from Monday to Sunday, and go with everything you wear and everything you do during the week. They are chic and delicate enough for the office, work nicely with boots and are still perfectly cozy for lounging on the sofa with a good book!

The Monday Sunday socks are knitted from the cuff down towards the toes. They are started with an optional tubular cast on which provides a stretchy edge to the cuff. The heel flaps are knitted with a reinforced stitch pattern for durability and the heels are round French heels. Instructions are given for modifying the gusset for a more generous fit.

#### Size

1 (2)

The difference in fit is achieved by changing the gauge, see below. Shown in size 1.

Circumference 20 (22) cm / 8 (8.5) inches, to be worn with slight negative ease

Length adjustable

#### Yarn

For size 1:

275-300 m / 300-330 yards of fingering weight sock yarn such as Regia Premium Merino Yak (58% merino wool, 28 % polyamide and 14% yak, 400 m / 437 yards per 100g), shown in colorway 7511 Pebble

For size 2:

275-300 m / 300-330 yards of heavy fingering or sport weight sock yarn such as Tukuwool Sock (80% Finnish wool, 20% nylon; 160 m / 175 yards per 50 g)

#### Needles

2.5 mm / US 1.5 DPNs or circular needles with a cable suitable for small circumference knitting

Always choose the needle size that gets you the right gauge.

Note: if you are using mini-circulars, you might want to use DPNs or Magic Loop for the Tubular Cast On.

#### Gauge

For size 1:

32 sts and 38 rounds = 10 cm / 4 inches of Stockinette stitch, in the round after blocking.

For size 2:

29 sts and 36 rounds = 10 cm / 4 inches of Stockinette stitch, in the round after blocking.

Note: If you can't match the gauge both across the stitches and across the rounds, choose the needle size that gets you closer to the gauge across the stitches.

#### Notions

3 stitch markers

cable needle

waste yarn for the Tubular Cast On

sewing needle

blocking tools (sock blockers)





# *Instructions*

## CUFF

*Note: If you do not wish to work the Tubular Cast On, CO 64 sts with the main yarn using the Long Tail Cast On method and continue straight to 1x1 ribbing.*

With the waste yarn, CO 32 sts using the Long Tail Cast On method. Join in the round being careful not to twist the ring of sts and pm for BOR. Break the waste yarn and attach the main yarn to the work.

Tubular Round 1: \*K1, yo; repeat from \* until end. (64 sts on needles)

Tubular Round 2: \*Sl1 wyib, p1; repeat from \* until end.

Tubular Round 3: \*K1, sl1 wyif; repeat from \* until end. You can now undo the waste yarn from the cast on edge.

Ribbing Round: \*K1, p1; repeat from \* until end.

Continue working the ribbing, until the cuff measures 3.5 cm / 1.5 inches from the CO edge or the desired length.

## MAIN PATTERN

*Note: Use Chart 2 for the second sock.*

Round 1: Work the 1st round of the Chart 1 or follow the written instructions. The 8 stitch pattern repeats 8 times on each round.

Round 2: Work next round of the Chart 1 or follow the written instructions.

Work as established until the leg measures 15 cm / 6 inches from the CO edge.

## HEEL FLAP

*Note: Before starting the heel, you can make a note on what round of the chart you ended with, so it's easier to continue on the right round after the heel and also to match the second sock later on.*

Set-Up Row (WS): Turn the work and p32 on the WS. Turn the work.

The heel is worked over these last 32 sts of the round. Leave the rest of the sts (32 sts) on hold for the instep. You can either leave the sts on your needles or place them on a piece of waste yarn.

The heel flap is worked flat in the reinforced stitch, by slipping every other stitch on the RS and purling all sts on the WS.

Row 1 (RS): \*Sl1 wyib, k1; repeat from \* until end of the heel flap, turn the work.

Row 2 (WS): Sl1 wyif, p until end of the heel flap, turn the work.

Repeat Rows 1-2 another 15 times.

## TURNING THE HEEL

The heel is worked as a French heel which provides a beautiful rounded heel. Continue working flat.

Row 1 (RS): Sl1 wyib, k17, ssk, k1, turn the work. (1 st dec'd)

Row 2 (WS): Sl1 wyif, p5, p2tog, p1, turn the work. (1 st dec'd)

Row 3 (RS): Sl1 wyib, k until 1 st remains before the gap from the previous row, ssk, k1, turn the work. (1 st dec'd)

Row 4 (WS): Sl1 wyif, p until 1 st remains before the gap from the previous row, p2tog, p1, turn the work. (1 st dec'd)

Repeat Rows 3-4 until there are no more sts to work on the sides of the heel flap. The last pair of decreases are worked right on edge of the heels, on these rounds omit the last k1 or p1, and turn the work immediately after the decrease. (18 sts remain on the heel)

## GUSSET

*Continue working in the round. Take the instep sts back on the needles. Pick up stitches along the sides of the heel flap as instructed below. You can knit them through the back loop on the first round. To avoid holes you can pick up extra sts as needed and decrease them on the following round to get to the right stitch count.*

*Note: If you want a higher instep for your socks, you can pick extra sts along the edge of the heel flap or decrease at the gusset at a slower rate, for example on every 3rd round instead of on every 2nd.*

Set-Up Round (RS): Sl1 wyib, k the remaining heel sts. Pick up and knit 16 sts along the side of the heel flap + one extra stitch in the gap between the heel and the instep to avoid holes. Pm for side. Work the instep sts as instructed on the next round of the Chart 1 (or Chart 2 for the second socks) or follow the written instructions, pm for second side. Pick up and knit 1 st in the gap between the instep and the heel and 16 sts along the side of the heel flap, pm for BOR. Resume working in the round.

Round 1 (gusset decrease round): K until 2 st remain before next m, k2tog, sm, work the next round of the chart until next m, sm, ssk, k until end. (2 sts dec'd)

Round 2: K until next m, sm, work the next round of the chart until next m, sm, k until end.

Repeat Rounds 1-2 until 32 sts remain for the sole. (64 sts on needles, 32 sts for both the instep and the sole)

Next Round: Remove the BOR m, k until next m. This is your new BOR (side of the foot).

Next Round: Work next round of the chart as established until next m, sm, k until end.

Continue as established until the sock reaches the tip of your little toe (or approximately 4 cm / 1.5 inches less than the desired foot length).

## SHAPING THE TOES

Round 1: K all slipping all markers.

Round 2 (decrease round): \*K1, ssk, k until 3 sts remain before next m, k2tog, k1, sm; repeat from \* until end. (4 sts dec'd, 60 sts)

Repeat Rounds 1-2 until there are 24 sts left on the needles (12 sts for the instep and 12 sts for the sole).

Break the yarn leaving a tail of at least 30 cm / 12 inches, and graft the sts together using the Kitchener stitch.

Knit the second sock accordingly, but use Chart 2 instead.

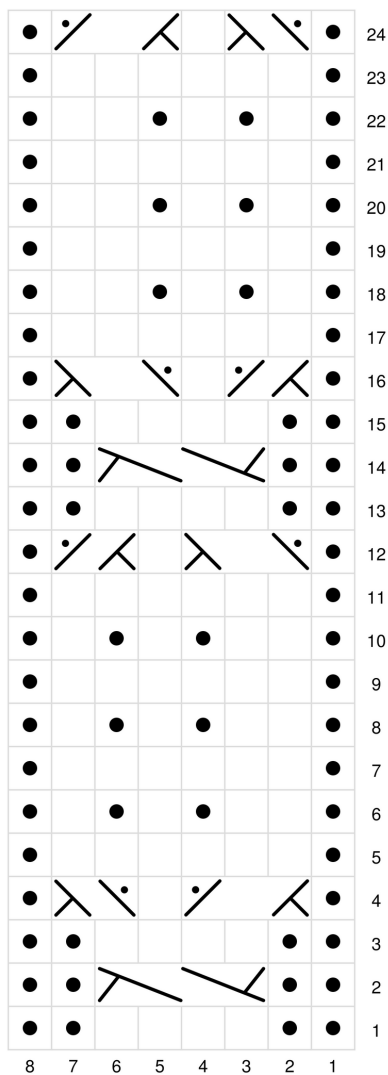
## FINISHING

Weave in all yarn ends. Wet block to measurements using sock blockers or carefully iron the socks using the steam function.

# Abbreviations

BOR	Beginning of the round	wyib	With yarn in back
CO	Cast on	wyif	With yarn in front
dec'd	Decreased	yo	Yarn over
k	Knit		
k2tog	Knit 2 sts together	1/1 LCP:	1 over 1 left cable purl. Slip next st to cable needle and hold in front of work, p1, then k1 from cable needle.
m	Marker	1/1 RCP:	1 over 1 right cable purl. Slip next st to cable needle and hold in back of work, k1, then p1 from cable needle.
p	Purl		
p2tog	Purl 2 sts together	2/1 LCP:	2 over 1 left cable purl. Slip 2 sts to cable needle and hold in front of work, p1, then k2 from cable needle.
pm	Place marker	2/1 RCP:	2 over 1 right cable purl. Slip next st to cable needle and hold in back of work, k2, then p1 from cable needle.
RS	Right side		
sl	Slip 1 st as if to purl	2/2 LC:	2 over 2 left cable: slip 2 stitches to cable needle at front, k2, k2 from cable needle.
sm	Slip marker	2/2 RC:	2 over 2 right cable: slip 2 stitches to cable needle at back, k2, k2 from cable needle.
ssk	Slip knitwise, slip knitwise, knit the slipped stitches together through the back loop		
st(s)	Stitch(es)		
WS	Wrong side		

# Chart 1



Round 1: \*P2, k4, p2; repeat from \* until end.

Round 2: \*P2, 2/2 LC, p2; repeat from \* until end.

Round 3: As Round 1.

Round 4: \*P1, 2/1 RCP, k1, 1/1 LCP, p1; repeat from \* until end.

Round 5: \*P1, k6, p1; repeat from \* until end.

Round 6: \*P1, k1, (k1, p1) x 3; repeat from \* until end.

Round 7: As Round 5.

Round 8: As Round 6.

Round 9: As Round 5.

Round 10: As Round 6.

Round 11: As Round 5.

Round 12: \*P1, 2/1 LCP, k1, 1/1 RCP, p1; repeat from \* until end.

Round 13: As Round 1.

Round 14: \*P2, 2/2 LC, p2; repeat from \* until end.

Round 15: As Round 1.

Round 16: \*P1, 1/1 RCP, k1, 2/1 LCP, p1; repeat from \* until end.

Round 17: As Round 5.

Round 18: \*(P1, k1) x 3, k1, p1; repeat from \* until end.

Round 19: As Round 5.

Round 20: As Round 18.

Round 21: As Round 5.

Round 22: As Round 18.

Round 23: As Round 5.

Round 24: \*P1, 1/1 LCP, k1, 2/1 RCP, p1; repeat from \* until end.



Knit



Purl



1/1 LCP



1/1 RCP



2/1 LCP



2/1 RCP



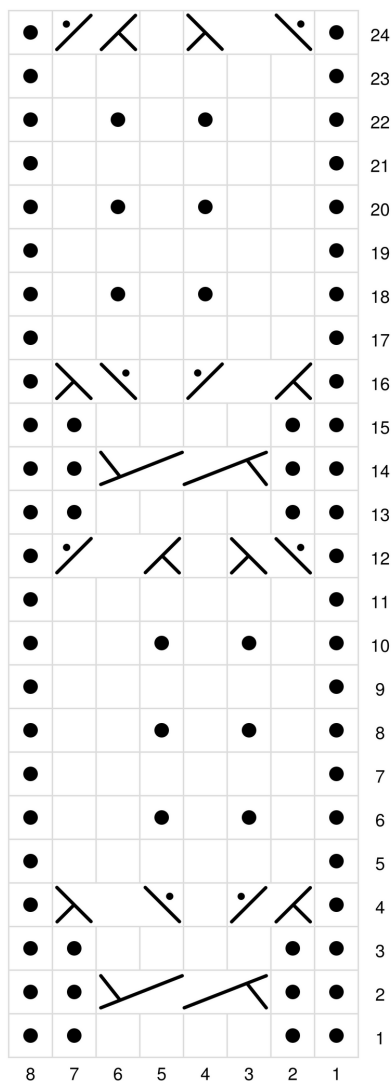
2/2 RC



2/2 LC



## Chart 2



Round 1: \*P2, k4, p2; repeat from \* until end.

Round 2: \*P2, 2/2 RC, p2; repeat from \* until end.

Round 3: As Round 1.

Round 4: \*P1, 1/1 RCP, k1, 2/1 LCP, p1; repeat from \* until end.

Round 5: \*P1, k6, p1; repeat from \* until end.

Round 6: \*(P1, k1) x 3, k1, p1; repeat from \* until end.

Round 7: As Round 5.

Round 8: As Round 6.

Round 9: As Round 5.

Round 10: As Round 6.

Round 11: As Round 5.

Round 12: \*P1, 1/1 LCP, k1, 2/1 RCP, p1; repeat from \* until end.

Round 13: As Round 1.

Round 14: \*P2, 2/2 RC, p2; repeat from \* until end.

Round 15: As Round 1.

Round 16: \*P1, 2/1 RCP, k1, 1/1 LCP, p1; repeat from \* until end.

Round 17: As Round 5.

Round 18: \*P1, k1, (k1, p1) x 3; repeat from \* until end.

Round 19: As Round 5.

Round 20: As Round 18.

Round 21: As Round 5.

Round 22: As Round 18.

Round 23: As Round 5.

Round 24: \*P1, 2/1 LCP, k1, 1/1 RCP, p1; repeat from \* until end.





Thank you for knitting one of my patterns!

If you need inspiration for your project, check out what others have knitted with this pattern on Ravelry

<https://www.ravelry.com/patterns/library/monday-sunday-socks/people>  
and on Instagram

<https://www.instagram.com/explore/tags/mondaysundaysocks/>

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