



Taival socks

Cable socks by Sari Nordlund

ON RAVELRY

ON INSTAGRAM

#TaivalSocks

Taival is the Finnish word for a journey or a passage from one place to another. For me knitting is more about the journey than about the finished project, and enjoying the moments I spend crafting. These socks are enjoyable and relaxing knitting for more experienced knitters, but also suitable for beginners who want to expand their skills and venture beyond the very basics.

The Taival Socks are knitted cuff down. The socks are started with an optional Tubular Cast On which is explained in detail in the instructions. The Tubular Cast On provides a beautiful and stretchy edge that looks like the stitches roll over the edge to the other side of the sock.

The heels are knitted in a reinforced stitch pattern for durability and the round French heels give the socks a good fit. The pattern includes adjustments for socks with higher insteps.

Size

One size

Length of the foot adjustable,

Circumference of the foot 23 cm / 9 inches

Yarn

300-350 m / 330-375 yards of DK weight sock yarn

Sample shown in The Uncommon Thread Everyday Sweater (75% Superwash merino wool, 25 % nylon; 225 m / 246 yards per 100 g) in colorway Manuscript

Alternative suitable sock yarns at lower price points: Novita Nalle, Novita Muumitalo or Sandnes Garn Perfect

Gauge

24 sts and 34 rounds = 10 cm / 4 inches of stockinette stitch (= knit all) in the round, blocked.

Needles

3.0 mm / US 2.5 double pointed needles or circular needles suitable for small circumference knitting or Magic Loop

+ one cable needle if using

Always use the needle size that gets you the right gauge!

Notions

- 3 stitch markers
- sewing needle
- waste yarn for the Tubular Cast On (optional)



Instructions

CUFF

Note: If you do not wish to work the Tubular Cast On, CO 60 sts with the main yarn using the Long Tail Cast On method and go straight to the ribbing round.

With the waste yarn, CO 30 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 main yarn to the work.

Tubular Round 1: *K1, yo; repeat from * until the end. (60 sts on needles)

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

Tubular Round 3: *K1, sl1 wyif; repeat from * until the 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 10 cm / 4 inches from the CO edge or the desired length.

CABLE PATTERN

Note: The two socks are identical but the first sock uses Charts 1 and 2, and the second sock uses charts 3 and 4.

Round 1: Work Round 1 of the Chart 1 or follow the written instructions. The 10-stitch pattern repeats 6 times on each round.

Round 2: Work the next round of the Chart 1 until end.

Continue as established until the leg measures 20 cm / 8 inches or the desired length. Make a note what round you ended with as you will continue from the next round after knitting the heel.

HEEL FLAP

The heel is worked over the last 30 sts of the round. Leave the rest of the sts (30 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.

Set Up Row (WS): Sl1 wyif, p29 and turn the work.

Row 1 (RS): *Sl1 wyib, k1; repeat from * until 1 st remains on the heel flap, k1, turn the work.

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

Repeat Rows 1-2 another 14 times.

TURNING THE HEEL

The heel is worked as a French heel which provides a beautiful rounded heel. Continue working flat (= back and forth on the needles).

Row 1 (RS): Sl1 wyib, k16, 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. (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.

Round 1 (RS): Sl1 wyib, knit the remaining heel sts. Pick up and knit 15 sts along the side of the heel flap, then pick up and knit one extra stitch in the gap between the heel and the instep to avoid holes. Pm for side. Work the instep sts according to the next round of the Chart 1 or follow the written instructions, pm for the second side. Pick up and knit 1 st in the gap between the instep and the heel, then pick up and knit 15 sts along the side of the heel flap, pm for BOR.

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

Round 3: K until next m, sm, work the next round of the Chart 1 until next m, sm, k until end.

Repeat Rounds 2-3 until 30 sts remain for the sole. *(60 sts on needles, 30 sts for the instep and for the sole)*

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

Next Round: Work the next round of the Chart 1 as est until next m, sm, k until the 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) ending with a Round 4 of the Chart 1.

SHAPING THE TOES

Round 1: Work Round 1 of the Chart 2 or follow the written instructions until next m, sm, k1, ssk, k until 3 sts remain before the end, k2tog and k1. *(4 sts dec'd, 56 sts on needles, 28 sts for both the instep and for the sole)*

Round 2: Work next round of the Chart 2 until next m, sm, k until end.

Round 3: Work next round of the Chart 2 until next m, sm, k1, ssk, k until 3 sts remain before the end, k2tog and k1. *(4 sts dec'd)*

Repeat Rounds 2-3 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 charts 3 and 4 instead.

FINISHING

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



Abbreviations

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








	Knit		p2tog
	Purl		ssp
	2/2 LC		no stitch
	2/2 RC		

Chart 1

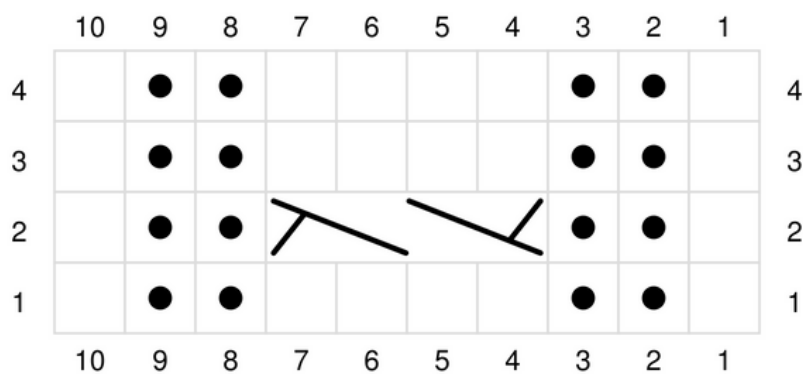


Chart 1 written pattern

Round 1: *K1, p2, k4, p2, k1; repeat from * until end.

Round 2: *K1, p2, 2/2 LC, p2, k1; repeat from * until end.

Round 3: As Round 1.

Round 4: As Round 1.

Repeat Rounds 1-4.

Chart 2

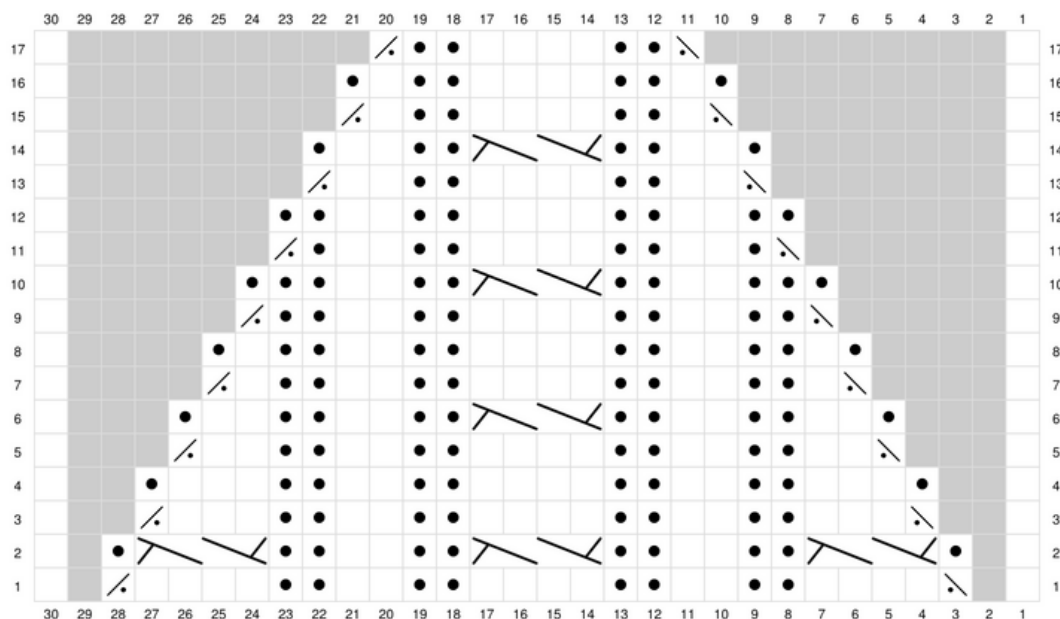


Chart 2 written pattern

- Round 1: K1, ssp, (k4, p2, k2, p2) x 2, k4, p2tog, k1. 2 sts dec'd.
- Round 2: K1, p1, (2/2 LC, p2, k2, p2) x 2, 2/2 LC, p1, k1.
- Round 3: K1, ssp, k3, p2, k2, p2, k4, p2, k2, p2, k3, p2tog, k1. 2 sts dec'd.
- Round 4: K1, p1, k3, p2, k2, p2, k4, p2, k2, p2, k3, p1, k1.
- Round 5: K1, ssp, (k2, p2) x 2, k4, (p2, k2) x 2, p2tog, k1. 2 sts dec'd.
- Round 6: K1, p1, (k2, p2) x 2, 2/2 LC, (p2, k2) x 2, p1, k1.
- Round 7: K1, ssp, k1, p2, k2, p2, k4, p2, k2, p2, k1, p2tog, k1. 2 sts dec'd.
- Round 8: K1, p1, k1, p2, k2, p2, k4, p2, k2, p2, k1, p1, k1.
- Round 9: K1, ssp, p2, k2, p2, k4, p2, k2, p2, p2tog, k1. 2 sts dec'd.
- Round 10: K1, p3, k2, p2, 2/2 LC, p2, k2, p3, k1.
- Round 11: K1, ssp, p1, k2, p2, k4, p2, k2, p1, p2tog, k1. 2 sts dec'd.
- Round 12: K1, p2, k2, p2, k4, p2, k2, p2, k1.
- Round 13: K1, ssp, k2, p2, k4, p2, k2, p2tog, k1. 2 sts dec'd.
- Round 14: K1, p1, k2, p2, 2/2 LC, p2, k2, p1, k1.
- Round 15: K1, ssp, k1, p2, k4, p2, k1, p2tog, k1. 2 sts dec'd.
- Round 16: K1, p1, k1, p2, k4, p2, k1, p1, k1.
- Round 17: K1, ssp, p2, k4, p2, p2tog, k1. 2 sts dec'd, 12 sts remain.

Chart 3

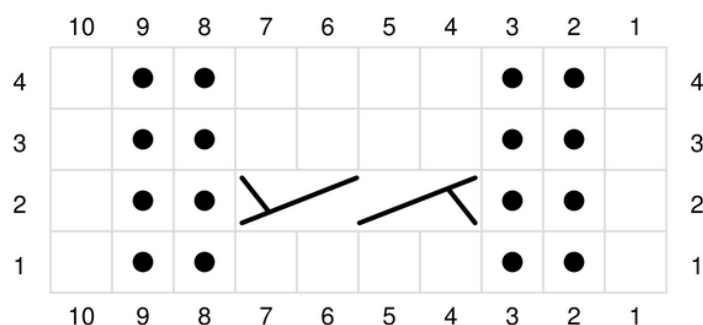


Chart 3 written pattern

Round 1: *K1, p2, k4, p2, k1; repeat from * until end.

Round 2: *K1, p2, 2/2 RC, p2, k1; repeat from * until end.

Round 3: As Round 1.

Round 4: As Round 1.

Repeat Rounds 1-4.

Chart 4

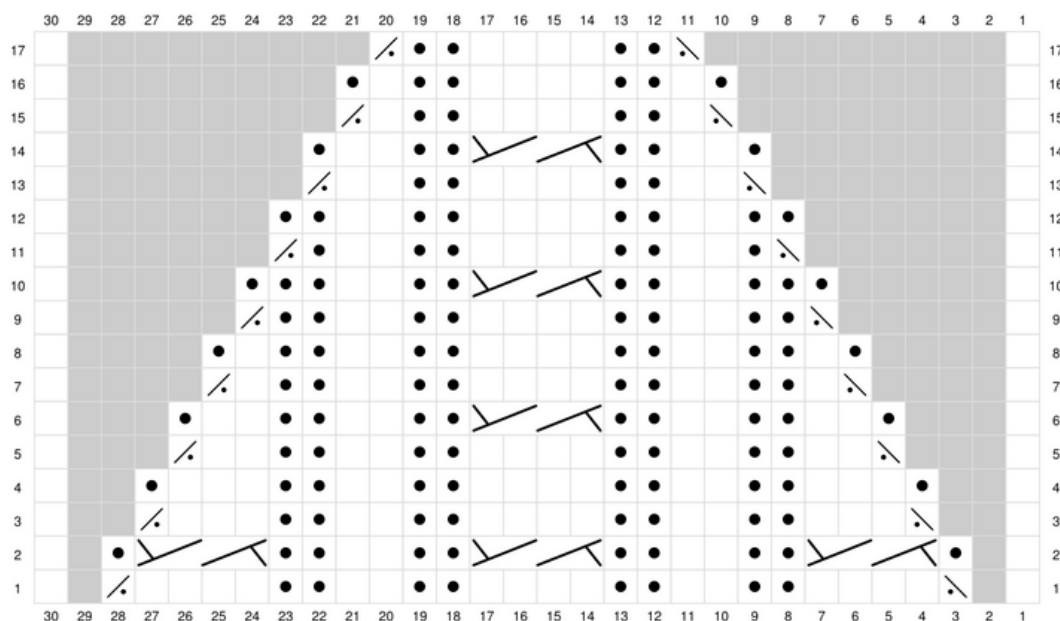


Chart 4 written pattern

Round 1: K1, ssp, (k4, p2, k2, p2) x 2, k4, p2tog, k1. 2 sts dec'd.

Round 2: K1, p1, (2/2 LR, p2, k2, p2) x 2, 2/2 RC, p1, k1.

Round 3: K1, ssp, k3, p2, k2, p2, k4, p2, k2, p2, k3, p2tog, k1. 2 sts dec'd.

Round 4: K1, p1, k3, p2, k2, p2, k4, p2, k2, p2, k3, p1, k1.

Round 5: K1, ssp, (k2, p2) x 2, k4, (p2, k2) x 2, p2tog, k1. 2 sts dec'd.

Round 6: K1, p1, (k2, p2) x 2, 2/2 RC, (p2, k2) x 2, p1, k1.

Round 7: K1, ssp, k1, p2, k2, p2, k4, p2, k2, p2, k1, p2tog, k1. 2 sts dec'd.

Round 8: K1, p1, k1, p2, k2, p2, k4, p2, k2, p2, k1, p1, k1.

Round 9: K1, ssp, p2, k2, p2, k4, p2, k2, p2, p2tog, k1. 2 sts dec'd.

Round 10: K1, p3, k2, p2, 2/2 RC, p2, k2, p3, k1.

Round 11: K1, ssp, p1, k2, p2, k4, p2, k2, p1, p2tog, k1. 2 sts dec'd.

Round 12: K1, p2, k2, p2, k4, p2, k2, p2, k1.

Round 13: K1, ssp, k2, p2, k4, p2, k2, p2tog, k1. 2 sts dec'd.

Round 14: K1, p1, k2, p2, 2/2 RC, p2, k2, p1, k1.

Round 15: K1, ssp, k1, p2, k4, p2, k1, p2tog, k1. 2 sts dec'd.

Round 16: K1, p1, k1, p2, k4, p2, k1, p1, k1.

Round 17: K1, ssp, p2, k4, p2, p2tog, k1. 2 sts dec'd, 12 sts remain.



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