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(Can)tab. by Ros Clarke



Gauge:

10 stitches and 13 rows/inch on 2.5mm (size 1 needles (or size required to get gauge).

Materials:

Fingering weight yarn (approx. 400m/100g).

Cast on and cuff

Cast on 66 stitches using a stretchy cast on such as the Twisted German Cast On

Join to knit in the round in rib as follows (use either the written or the charted directions):

Rounds 1 and 3: (p1, k4, [p1 k3]x7) twice

Round 2: (p1, k1, c2b, k1, [p1 k3]x7) twice

Round 4: (p1, c2f, c2f, [p1 k3]x7) twice

Repeat until you have completed 16 rounds.

Note: You will find the whole sock easier and quicker to knit if you cable without using a cable needle.

Cuff chart (repeat twice in each round)

		•		•			•			•			•			•	XX	XX	•	4	
		•		•			•			•			•			•				•	3
		•		•			•			•			•			•	XX	XX		•	2
		•		•			•			•			•			•				•	1

XX

c2b

cable 2 behind: slip next stitch to back of work, knit 1 stitch, return slipped stitch to left needle and knit.

XX

c2f

cable 2 front: slip next stitch to front of work, knit 1 stitch, return slipped stitch to left needle and knit.

•

purl

□

knit

Leg

Maintain the four round repeating 4-stitch cable pattern as set (this is the shaded area on the chart) and AT THE SAME TIME begin to twist the cable around the leg. You may find it helpful to place markers at the end of the round and at either side of each cabled section. Use either the written or charted directions.

Rounds 1 and 3: Maintain the p1 k3 rib and the 4-stitch cable pattern as set.

Round 2: (Work p1 k3 rib to 1 st before cable pattern, L1*, p1, k1, c2b, k1, p2 tog) x2.
Work p1 k3 rib to end of round.

Round 4: (Work p1 k3 rib to 1 st before cable pattern, L1*, p1, c2f, c2f, p2 tog) x2.
Work p1 k3 rib to end of round.

*L1: lifted increase as follows:

Round 2: L1p (lift the bar between stitches and purl it through the back of the loop)

Rounds 4, 6, 8: L1k (lift the bar between stitches and knit it through the back of the loop)

Leg chart (repeat twice in each round).

			•			•				•				•				⌘	⌘⌘	⌘⌘	•	⌘				•	8	
			•			•				•				•				•	•				•				•	7
			•			•				•				•				⌘		⌘⌘		•	⌘				•	6
			•			•				•				•					•				•				•	5
			•			•				•				•				⌘	⌘⌘	⌘⌘	•	⌘				•	•	4
			•			•				•				•					•				•				•	3
			•			•				•				•				⌘		⌘⌘		•	⌘				•	2
			•			•				•				•						•							•	1

Note that as the cable travels, you will need to move the shaded area of the chart 4 stitches to the left for each repeat of the chart. Keep the beginning of the row in the same place.

⌘ p2tog

⌘ L1p: lift the bar between stitches and purl it through the back of the loop

⌘ L1k: lift the bar between stitches and knit it through the back of the loop

⌘⌘ c2b: slip next stitch to back of work, knit following stitch, return slipped stitch to left needle and knit.

⌘⌘ c2f: slip next stitch to front of work, knit following stitch, return slipped stitch to left needle and knit.

Repeat until round 39 of the leg. If you have used stitch markers, remove them in round 39.

Round 40: Knit, following the rib and travelling cable patterns, placing markers as follows:
[p1 k3] rib to 1 st before cable, L1k, **place marker**, p1, [c2f, c2f], p2tog, [k3 p1] rib to 1 st before cable, L1k, p1, [c2f, c2f], p2tog, **place marker**, rib to end.

Round 41: Maintaining rib and cable patterns, knit to second marker. This marks the new beginning of the round.

Heel flap and shaping

The first 27 stitches of the round will form the heel flap. One of the travelling cables is worked straight down beside the heel, and the other continues to travel. Note that there are no decreases in this section. This is a Strong heel knitted in the round with the shaping for the gussets done at the same time as the heel flap.

Continue to work in the round as follows:

Round 1: k1, (sl1, k1) to marker, slip marker, L1p, p1, [4 stitch cable pattern], [p1 k3] x7, L1p, p1, [4 stitch cable pattern], p1, slip marker.

Round 2: k to marker, slip marker, [p1 k3] rib to 1 stitch before cable pattern, p1, k4, [p1 k3] rib to 1 stitch before cable pattern, p1, k4, p1, slip marker.

Round 3: k1, (sl1, k1) to marker, slip marker, [p1 k3] rib to 1 stitch before cable pattern, L1, p1, [4 stitch cable pattern], [p1 k3] rib to 1 stitch before cable pattern, L1, p1, [4 stitch cable pattern], p1, slip marker.

Maintain the cable pattern throughout and incorporate the increases into the [p1 k3] rib beginning with an L1p in round 1. Repeat rounds 2 and 3 until 32 rounds have been knitted, ending with a round 2 (98 stitches).

Heel turn

Work back and forth across the 27 stitches of the heel flap as follows:

Row 1: k17, sl1, k1, pssso, turn.

Row 2: sl1, p7, p2tog, turn.

Row 3: sl1, k7, sl1, k1, pssso, turn.

Repeat rows 2 and 3 exactly as written (i.e. do not increase the p7/k7 at this stage) until all the stitches on the heel flap have been worked, ending with a purl row. 80 stitches remain.

Now extend the heel turn across the foot as follows:

Row 1: sl1, knit until 1 stitch before gap, sl1, k1, pssso, k1, turn.

Row 2: sl1, purl until 1 stitch before gap, p2 tog, p1, turn.

Repeat row 1 and 2 a total of 7 times. 66 stitches remain.

Foot

Begin working in the round again. Note that in this first section **ALL** the increases are knitwise.

Round 1: sl1, k24, L1k, p1, [4-stitch cable pattern as set], p2 tog, k2, p1, [k3, p1] x7. New end of round.

Round 2: Maintain the plain knit, the k3 p1 rib and the 4-stitch cable pattern as set.

Round 3: Knit to stitch before cable pattern, L1k, p1, [4-stitch cable pattern as set], p2 tog, knit in [k3 p1] rib to end of round.

Repeat rounds 2 and 3 three more times. You should now have 32 plain knit stitches for the sole at the start of the round followed by 34 stitches which form the rib and cable instep.

Continue to repeat rounds 2 and 3 but now incorporating the increase stitches into the p1 k3 rib pattern as before, beginning with an L1p. Continue until foot length reaches 2" less than total length required ending with the travelling cable neatly between two rib columns (the equivalent of round 7 on the leg chart). If the travelling cable reaches the end of the rib pattern before the toe, continue as before but without the increases and decreases, so that the cable runs straight along the side of the foot.

Toe

Set-up round 1: Knit. Every time you reach a purl stitch, knit it together with the next knit stitch.

Set-up round 2: K28. Leave these stitches on a holder.

Work back and forth on remaining 29 stitches as follows:

Row 1: Knit to last stitch, wrap and turn.

Row 2: Purl to last stitch, wrap and turn.

Row 3: Knit to last unwrapped stitch, wrap and turn.

Row 4: Purl to last unwrapped stitch, wrap and turn.

Repeat rows 3 and 4 a further 8 times. 9 unwrapped stitches remain.

Row 21: Knit to first wrapped stitch, pick up wrap and knit together with wrapped stitch, turn.

Row 22: Purl to first wrapped stitch, pick up wrap and purl together with wrapped stitch, turn.

Repeat rows 21 and 22 a further 9 times. 29 stitches.

Kitchener stitch the gap in the foot.

Possible modifications

i. Changing the direction of the travelling cable

I knitted both socks with matching cables, but if you prefer to knit a symmetrical pair you may do so. Change the direction of travel by decreasing before the cable pattern and increasing after. Be careful to keep the heel flap between the two cables and make sure that you have one cable travelling across the instep and not the sole!

ii. Length of cuff or leg

The cuff may be lengthened or shortened by multiples of 4 rows and the leg by multiples of 8 rows.

iii. Lengthening or shortening the foot

The foot may be knitted to any length desired. When the travelling cable reaches the edge of the instep, simply stop the increases and decreases, so that it travels parallel to the rib at the edge of the instep. Note the directions above for decreasing at the toe, which vary slightly according to the finishing point of your travelling cable.

iv. Length of the heel flap

This is a very stretchy sock and will fit most wide feet, fat ankles and high insteps without being amended. However, if you have an exceptionally high instep, you may lengthen the heel flap by knitting an even number of extra rounds. Note that you will have to add correspondingly more rounds to the heel turn in order to decrease back down to 66 stitches. Similarly, for very small feet or for a children's size, you may want to shorten the heel flap. Knit an even number of rounds fewer and note that you will need correspondingly fewer rows in the heel turn.

v. Width of the sock

This is a very stretchy sock and will fit most wide feet, fat ankles and high insteps without being amended. To knit a man's size sock, however, you may wish to add 8 extra stitches – one [k3 p1] repeat between the travelling cables on each side. This will give you a wider heel flap (31 stitches) and a wider heel. You could also combine this with a longer heel flap, but you'll need to work out your own numbers for the heel turn! Similarly, for very small feet or for a children's size, you may want to knit fewer stitches by a multiple of 8 – remove one or more [k3 p1] repeat between the travelling cables on each side. This will give you a narrower heel flap and heel. You could also combine this with a shorter heel flap, but you'll need to work out your own numbers for the heel turn!

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