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Tomar Cable Socks



These toe-up socks begin with Judy's Magic Cast On and combine a beautiful balance of simple cables and slipped stitches for a wonderfully easy yet fun design. No stitches need to be picked up for the slipped-stitch heel flap.

The pattern stitch works equally well for solid, semi-solid, self-stripping and many variegated sock yarns.

SIZE

Adult S (M, L) (*Sample in size M on 8.5" / 21.5cm foot*)
To fit foot circumference: 8 (8.5, 9)" / 20.5 (21.5, 23)cm
Finished sock foot circumference: 7 (7.5, 8)" / 18 (19, 20.5)cm
Bottom of heel to top of ribbing: 9.5" / 24cm

YARN

375 (400, 425) yds / 343 (366, 389)m fingering /sock-weight yarn (*Sample in 75% Superwash Merino Wool, 25% Nylon; 218yds per 50g*)

NEEDLES

2.5mm / US 1.5 needles for circular knitting (*see Needle Notes this page*) or size required to obtain gauge

GAUGE

36 sts and 48 rows over 4" / 10cm in Stockinette stitch in the round, blocked

NOTIONS

Stitch markers, cable needle, tapestry needle

PATTERN NOTES

Each size has its own chart with written directions for the patterned portions of the socks. The central cable is mirrored for the second sock; it is charted/written as a 'flex cable' i.e. the same symbol / abbreviation (2/2RCflex) is used but worked in one direction on the first sock and in the opposite direction on the second sock. Both charts and written directions for charts are provided.

Construction Notes

Toe increases are worked on either side of the central cable. Once increases for the gusset have been completed, the heel cap is worked leading into a reinforced heel flap; no need to pick up stitches. The heel cap involves working short rows. A narrow ribbing is worked at the cuff.

Techniques

[Jeny's Surprisingly Stretchy Bind Off](#)

For the following techniques, only links are provided; full directions are not included in this pattern.

[Jogless Bind Off in the Round](#)

[Judy's Magic Cast On](#)

Needle Notes

For knitting in the round, a variety of methods may be used:

- set of 4 or 5 DPN **or**
- two circulars 16" / 40cm or longer for [Two Circulars Method](#) **or**
- one circular 32" / 81cm or longer for [Magic Loop](#)

Although Instep and/or Sole stitches may be placed on two needles when using DPNs, in the directions the Sole and Instep needle(s) will be referred to in the singular.

CABLE STITCHES

For the following definitions, "front of work" refers to the side of the work facing the knitter and "back of work" refers to the side of the work facing away from the knitter.

1/1 LC	slip next st to CN and hold to front of work, k1, k1 from CN
1/1 RC	slip next st to CN and hold to back of work, k1, k1 from CN
2/2 LC	slip next 2 sts to CN and hold to front of work, k2, k2 from CN
2/2 RC	slip next 2 sts to CN and hold to back of work, k2, k2 from CN
2/2 RCflex	flex cable <i>Sock #1:</i> work as 2/2 RC <i>Sock #2:</i> work as 2/2 LC

CHARTS

Begin reading chart at bottom right. Since this pattern is knit in the round, all rows are RS rows and are read from right to left. Chart shows the RS of the work at all times. Stitches with yellow background are the Flex cable which is worked in the opposite direction on the second sock.

ABBREVIATIONS

BO	bind off
CN	Cable needle
CO	cast on
dec	decrease
DPN	double pointed needle
EoR	end of round / row
inc	increase
k	knit
k1b	knit 1 below: knit 1 by inserting needle from front to back through center of st one row below next st on the LN
k2tog tbl	knit 2 sts together through back of loops
kfb	knit into front and back of stitch
LLinc	left-leaning increase: using tip of LN, from back to front, lift left leg of stitch 2 rows below first stitch on RN, knit lifted loop through back of loop
LN	Left needle
M1b	make 1 back: lift yarn between needles (from back to front) and knit into front loop
M1f	make 1 front: lift yarn between the needles (from front to back) and knit into back loop
M1P	make 1 purlwise: Lift yarn between the needles (from front to back using tip of LN) and purl into back of lifted loop
p	purl
p2tog	purl 2 sts together
PCO	provisional cast on
pfb	purl into front and back of stitch
pm	place stitch marker
R	row
rep	repeat
RLinc	right-leaning increase: using tip of RN, from back to front, lift right leg of stitch 1 row below first stitch on LN and place lifted loop onto LN, knit into lifted loop
RN	Right needle
Rnd	round
RS	Right Side (public)
SL	slip stitch purlwise with yarn in back
sm	slip marker
ssk	slip 1 as if to knit, slip st back to LN and k2tog through back of loop
st(s)	stitch(es)
w&t	wrap and turn on RS – keep yib, SL1 to RN, bring yarn to front, SL1 to LN, bring yarn to back, turn work on WS – keep yif, SL1 to RN, bring yarn to back, SL1 to LN, bring yarn to front, turn work
WS	Wrong Side (non-public)
yib	yarn in back
yif	yarn in front
{ }	indicates stitch counts for subsequent rows

DIRECTIONS

Directions are written for smallest size; changes for larger sizes are given in parentheses (). When only one number is given, it applies to all sizes. Three charts with written directions are provided – one for each size; work the chart or written directions that correspond to your size.

Using [Judy's Magic Cast On](#) (JMCO), CO 16 sts (8 on each of two needles). Place an End of Round (EoR) marker. *Note: JMCO includes one knit round. If your chosen CO does not include this, knit 1 round before working the following directions.*

TOE

Four markers labelled A, B, C and D are placed in Rnd 5 to make working the increases easier.

Rnd 1 (inc): (Sole) K2, M1b, k4, M1f, k2;

(Instep) k1, M1b, p1, k4, p1, M1f, k1. ~ 20 sts

Rnd 2 (inc): (Sole) K3, M1b, k4, M1f, k3;

(Instep) k2, M1b, p1, k4, p1, M1f, k2. ~ 24 sts

Rnd 3 (inc): (Sole) K4, M1b, k4, M1f, k4;

(Instep) k3, M1b, p1, k4, p1, M1f, k3. ~ 28 sts

Rnd 4 (inc - Cable): (Sole) K5, M1b, k4, M1f, k5;

(Instep) k4, M1b, p1, 2/2 RCflex, p1, M1f, k4.

~ 32 sts

Rnd 5: (Sole) K6, pmA, k4, pmB, k6;

(Instep) k5, pmC, p1, k4, p1, pmD, k5.

Rnd 6 (inc): (Sole) Knit to marker, LLinc, sm, k4, sm,

RLinc, knit to end of Sole needle;

(Instep) knit to marker, LLinc, sm, p1, k4, p1, sm,

RLinc, knit to end of rnd. ~ 36 sts

Rnd 7: (Sole) Knit;

(Instep) knit to marker, sm, p1, k4, p1, sm, knit to

end of rnd.

Rnd 8 (inc - Cable): (Sole) Knit to marker, LLinc, sm, k4,

sm, RLinc, knit to end of Sole needle;

(Instep) knit to marker, LLinc, sm, p1, 2/2 RCflex, p1,

sm, RLinc, knit to end of rnd. ~ 40 sts

Rnd 9: Rep Rnd 7.

Rnd 10 (inc): Rep Rnd 6. ~ 44, then 52, 60, 68 sts

Rnd 11: Rep Rnd 7.

Rnd 12 (inc - Cable): Rep Rnd 8. ~ 48, then 56, 64,

72 sts

Rnd 13: Rep Rnd 7.

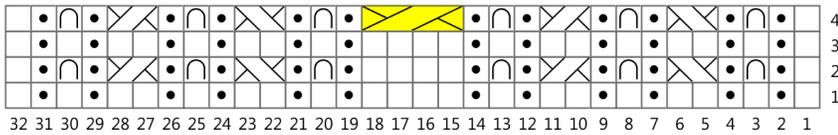
Rep Rnds 10 – 13 until there are 64 (68, 72) sts in total, ending having completed a Rnd 12 (10, 12).

FOOT

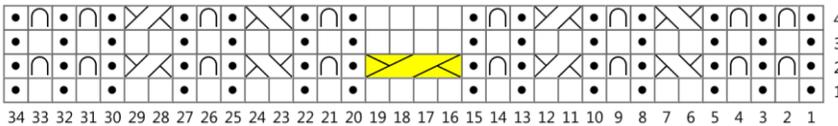
Rnd 1: Removing markers A, B, C and D, (Sole) knit;
(Instep) work Row 1 of chart for your size.

Repeat Rnd 1 working subsequent rows of chart on
Instep stitches until sock measures 5.5 (6.25, 6.5)" / 14
(16, 16.5)cm or 2.75 (3.25, 3.5)" / 7 (8.5, 9)cm shorter
than desired foot length.

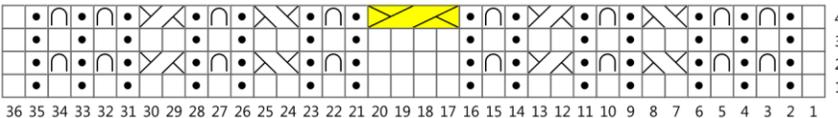
Tomar - Small



Tomar - Medium



Tomar - Large



Key

□ k - Knit

● p - Purl

k1b

⌈ Knit 1 by inserting needle from front
to back through center of st one row
below next st on the LN

1/1 LC

⌘ Slip next st to CN and hold to
front of work, k1, then k1 from CN

1/1 RC

⌘ Slip next st to CN and hold to
back of work, k1, then k1 from CN

2/2 RCflex

⌘ Sock #1: 2/2 RC - Slip next
2 sts to CN and place at back
of work, k2, then k2 from CN
Sock #2: 2/2 LC - Slip next
2 sts to CN and place at front
of work, k2, then k2 from CN

Small

R1: K1, (p1, k1, p1, k2) 2 times, p1, k1, p1, k4,
(p1, k1, p1, k2) 2 times, (p1, k1) 2 times.

R2: K1, p1, k1b, p1, 1/1 LC, p1, k1b, p1,
1/1 RC, p1, k1b, p1, k4, p1, k1b, p1, 1/1 LC,
p1, k1b, p1, 1/1 RC, p1, k1b, p1, k1.

R3: K1, (p1, k1, p1, k2) 2 times, p1, k1, p1, k4,
(p1, k1, p1, k2) 2 times, (p1, k1) 2 times.

R4: K1, p1, k1b, p1, 1/1 LC, p1, k1b, p1,
1/1 RC, p1, k1b, p1, 2/2RCflex, p1, k1b, p1,
1/1 LC, p1, k1b, p1, 1/1 RC, p1, k1b, p1, k1.

Medium

R1: P1, k1, (p1, k1, p1, k2) 2 times, p1, k1, p1,
k4, (p1, k1, p1, k2) 2 times, (p1, k1) 2 times,
p1.

R2: (P1, k1b) 2 times, p1, 1/1 LC, p1, k1b, p1,
1/1 RC, p1, k1b, p1, 2/2RCflex, p1, k1b, p1,
1/1 LC, p1, k1b, p1, 1/1 RC, (p1, k1b) 2
times, p1.

R3: P1, k1, (p1, k1, p1, k2) 2 times, p1, k1, p1,
k4, (p1, k1, p1, k2) 2 times, (p1, k1) 2 times,
p1.

R4: (P1, k1b) 2 times, p1, 1/1 LC, p1, k1b, p1,
1/1 RC, p1, k1b, p1, k4, p1, k1b, p1, 1/1 LC,
p1, k1b, p1, 1/1 RC, (p1, k1b) 2 times, p1.

Large

R1: K1, p1, k1, (p1, k1, p1, k2) 2 times, p1, k1,
p1, k4, (p1, k1, p1, k2) 2 times, (p1, k1) 3
times.

R2: K1, (p1, k1b) 2 times, p1, 1/1 LC, p1, k1b,
p1, 1/1 RC, p1, k1b, p1, k4, p1, k1b, p1,
1/1 LC, p1, k1b, p1, 1/1 RC, (p1, k1b) 2
times, p1, k1.

R3: K1, p1, k1, (p1, k1, p1, k2) 2 times, p1, k1,
p1, k4, (p1, k1, p1, k2) 2 times, (p1, k1) 3
times.

R4: K1, (p1, k1b) 2 times, p1, 1/1 LC, p1, k1b,
p1, 1/1 RC, p1, k1b, p1, 2/2RCflex, p1, k1b,
p1, 1/1 LC, p1, k1b, p1, 1/1 RC, (p1, k1b) 2
times, p1, k1.

GUSSET

Two stitches are increased every other round in the Gusset section as follows:

Rnd 1: (Sole) K2, LLinc, knit to last 2 sts, RLinc, k2;
(Instep) continue in pattern.

Rnd 2: (Sole) Knit;
(Instep) continue in pattern.

Rep Rnd 1 and 2 until there are 48 (54, 60) Sole sts ending having worked a Rnd 1.

TURNING THE HEEL

The Instep stitches will not be worked in this section; the 15 (18, 21) sts on either end of the Sole section also will not be worked until after the heel is turned. The centre 18 sts of the Sole needle form the base of the heel cap.

Stitch Definition: w&t

- on RS – keep yib, SL1 to RN, bring yarn to front, SL1 to LN, bring yarn to back, turn work;
- on WS – keep yif, SL1 to RN, bring yarn to back, SL1 to LN, bring yarn to front, turn work.

Row 1 (RS): K15 (18, 21); place 15 (18, 21) sts just worked onto a stitch holder or waste yarn; k1, kfb, k14, SL2 to RN, place next 15 (18, 21) sts on stitch holder or waste yarn, SL2 back to LN, w&t. ~ 19 sts on Sole needle; only these sts will be worked over the following rows.

Row 2 (WS): SL1 yif, pfb, purl to last 2 sts, w&t.

Row 3: SL1 yib, kfb, knit to last 3 sts, w&t.

Row 4: SL1 yif, pfb, purl to last 3 sts, w&t.

Rep Rows 3 – 4 leaving one more stitch unworked for each set of rows e.g. on Rows 5 and 6, 4 sts are left unworked; on Rows 7 and 8, 5 sts are left unworked, and so on until there are 32 (34, 36) sts on the needle.

The ssk and p2tog worked at the end of the next two rows form a small gap; this is the gap referred to in Rows 1 and 2 of the following Heel Flap section. The ssk and p2tog decreases use one stitch from either side of that gap.

Next Row (RS): Knitting any wraps along with their corresponding stitches, SL1, knit to last st, SL1 to RN, slip 15 (18, 21) held sts onto LN, SL1 back to LN, ssk. Turn.

Next Row (WS): Purling any wraps along with their corresponding stitches, SL1 yif, purl to last st, SL1 to RN, slip 15 (18, 21) held sts onto LN, SL1 back to LN, p2tog. Turn.

Heel Flap

Row 1 (RS): SL1, * k1, SL1; rep from * to 1 st before gap, ssk (one stitch from either side of the gap). Turn.

Row 2 (WS): SL1, purl to 1 st before gap, p2tog (one stitch from either side of the gap). Turn.

Rep Rows 1 – 2 until all previously held sts have been incorporated into the heel flap sts. ~ 32 (34, 36) sts

Next Rnd: With RS facing, use LN tip pick up 1 st in the gap between the needles, knit this st together with the first st on the Sole needle, knit to last st on Sole needle, SL1 to RN, with LN tip pick up 1 st in gap between needles, SL1 back to LN, k2tog tbl; (Instep) maintain pattern stitch.

Rep previous round once more. ~ 64 (68, 72) sts

The Sole needle is now referred to as the Back Leg needle.

LEG

Next Rnd: Work next row of chart for your size twice (once over Back Leg needle and once on Instep needle).

Rep previous rnd until sock leg from base of heel measures 8.5" / 21.5cm ending having completed a Row 4 of chart.

RIBBING

Small Size Only

Rnd 1 (inc): * (K1, p1) 2 times, (k2, p1, k1, p1) 2 times, k1, kfb, k2, (p1, k1, p1, k2) 2 times, (p1, k1) 2 times; rep from * once more. ~ 66 sts

Rnd 2: * (K1, p1) 2 times, (k2, p1, k1, p1) 2 times, k2, p1, k2, (p1, k1, p1, k2) 2 times, (p1, k1) 2 times; rep from * once more.

Rep Rnd 2 eight more times. Go to *Bind Off* section.

Medium Size Only

Rnd 1 (inc): * P1, (k1, p1) 2 times, (k2, p1, k1, p1) 2 times, k2, M1P, k2, (p1, k1, p1, k2) 2 times, (p1, k1) 2 times, p1; rep from * once more. ~ 70 sts

Rnd 2: * P1, (k1, p1) 2 times, (k2, p1, k1, p1) 2 times, k2, p1, k2, (p1, k1, p1, k2) 2 times, (p1, k1) 2 times, p1; rep from * once more.

Rep Rnd 2 eight more times. Go to *Bind Off* section.

Large Size Only

Rnd 1 (inc): * (K1, p1) 3 times, (k2, p1, k1, p1) 2 times, k1, kfb, k2, (p1, k1, p1, k2) 2 times, (p1, k1) 3 times; rep from * once more. ~ 74 sts

Rnd 2: * (K1, p1) 3 times, (k2, p1, k1, p1) 2 times, k2, p1, k2, (p1, k1, p1, k2) 2 times, (p1, k1) 3 times; rep from * once more.

Rep Rnd 2 eight more times. Go to *Bind Off* section.

BIND OFF

Stitch Definition: Ryo

- wrap the yarn from back to front over the needle so that the leading leg of the yarn over is behind the needle

The ribbing is bound off using [Jeny's Surprisingly Stretchy Bind Off](#). This bind off uses yarn overs (**yo**) and Reverse yarn overs (**Ryo**) added to a standard bind off.

Work the Bind Off as follows:

*Note: for the first stitch bound off, only the **Ryo** or **yo** is passed over the just-worked stitch and off the needle.*

- make an **Ryo** if the next st to be worked is a knit stitch *or* a **yo** if the next st to be worked is a purl stitch,
- work the next stitch on the LN as it presents itself,
- pass both the yarn over and the right-most stitch on the RN over the just-worked stitch and off the needles (for working the first stitch see *Note* above).

Remove the end of round marker. When the last stitch has been bound off use the [Jogless Bind Off in the Round](#) technique to create a smooth transition.

Cut yarn leaving a 6" / 15cm tail.

FINISHING

Weave in all ends. Block.



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