

MABON MEDLEY Socks

By Terry Liann Morris – SailingKnitter

Perhaps my Scottish Mabon (surname) family ancestors wore knit clothing with patterning similar to these socks. The Mabon Medley socks showcase a selection of traditional stitch designs. Over the years these patterns have stayed popular as they are both easy to work up and are pleasing to the eye. These socks are knit cuff-down to the toe and feature the traditional heel flap and gusset construction method. Directions are given both in charts as well as line-by-line written instructions.

Materials

380 (420) yds fingering or sock weight yarn
1 set US Size 1 (2.25mm) double point needles *or size needed to obtain gauge*
Cable needle

Sizes (2)

Women's Medium, Women's Large/Men's Medium,

Gauge

8.5 sts = 1" over stockinette st

Notes

1. The larger sock size may require more yarn than some 100gr (or 2 ea 50gr) skeins of yarn contain. Check that you have sufficient yardage available before beginning.
2. **M1 = Make 1** in the gap between the needles by picking up a strand with the left needle from front to back under that strand and then knitting through the back loop of the picked up stitch. This will twist the picked up stitch and close the hole.
3. **Cable 4 Back** = slip the next 2 sts onto a cable needle and hold in *back* of work. Knit 2 sts, then knit the 2 sts from the cable needle.
4. **Cable 4 Front** = slip the next 2 sts onto a cable needle and hold in *front* of your work. Knit 2 sts, then knit the 2 sts from the cable needle.

CUFF

Loosely cast on 60 (72) sts (the German Twisted Cast On method is recommended). Join to knit in the round taking care not to twist the stitches.

Begin working 2x2 ribbing (k2, p2) and continue until cuff measures approx. 1 ½" from cast on edge.

LEG

Begin working from MOTIF 1 chart or line-by-line instructions. Work each line of the chart twice for a complete rnd. Repeat chart or line-by-line instruction one additional time for a total of 24 rnds.

Next work MOTIF 2, repeating the chart as necessary for 5 complete rnds.



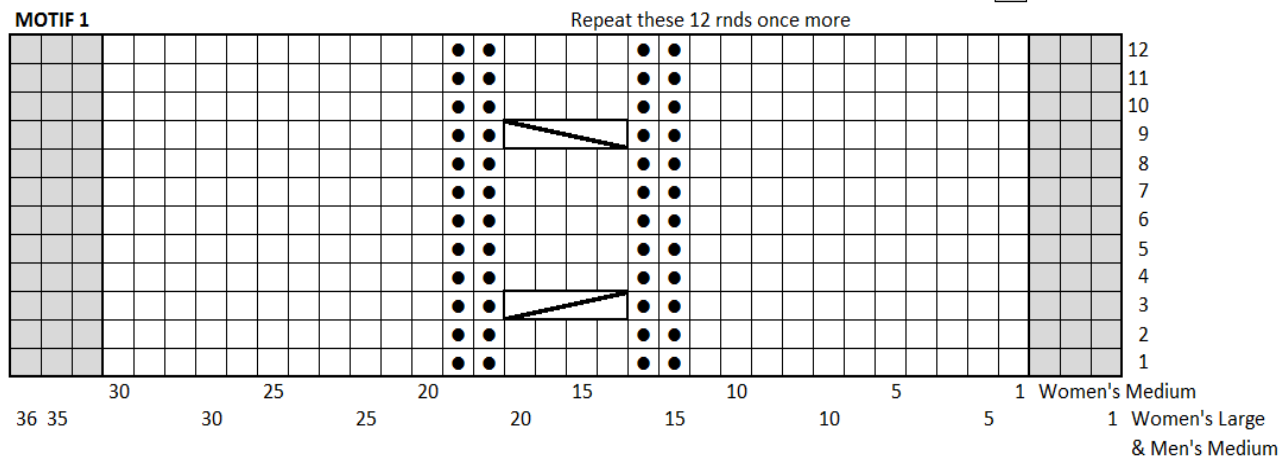
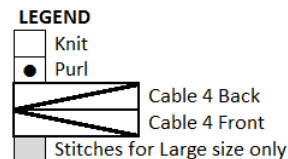
ABBREVIATIONS

C4B	Cable 4 Back
C4F	Cable 4 Front
k	Knit
k2tog	Knit 2 together
p	Purl
rnd	Round
RS	Right Side
ssk	Slip 1 knitwise, slip 1 knitwise, knit these 2 together thru back loops.

Then work MOTIF 3 chart or line-by-line instructions. Repeat each line of the chart to the end of the rnd. Repeat motif 3 three more times for a total of 16 rnds.

Next work *another repeat* of MOTIF 2 for 5 rnds.

Finally on the leg, work MOTIF 4, working each line of the chart 4 times for a complete rnd.



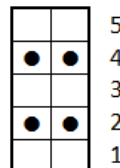
MOTIF 1 Line-by-line Instructions

- Rnd 1:** *k11 (14), p2, k4, p2, k11 (14), repeat from * once
- Rnd 2:** *same as Rnd 1
- Rnd 3:** *k11 (14), p2, C4B, p2, k11 (14), repeat from * once
- Rnd 4 thru 8:** same as Rnd 1
- Rnd 9:** * k11 (14), p2, C4F, p2, k11 (14), repeat from * once
- Rnd 10 thru 12:** same as Rnd 1

MOTIF 2 Line-by-line Instructions

- Rnd 1:** knit
- Rnd 2:** purl
- Rnd 3:** knit
- Rnd 4:** purl
- Rnd 5:** knit

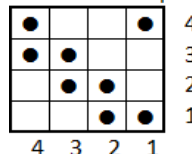
MOTIF 2



MOTIF 3 Line-by-line Instructions

- Rnd 1:** *p2, k2, repeat from * to end of rnd
 - Rnd 2:** *k1, p2, k1, repeat from * end of rnd
 - Rnd 3:** *k2, p2, repeat from * end of rnd
 - Rnd 4:** *p1, k2, p1, repeat from * end of rnd
- Repeat these 4 lines of motif 3 three more times for a total of 16 rnds.

MOTIF 3 Repeat this chart 3 more times



Remember to repeat MOTIF 2 another time before starting MOTIF 4

MOTIF 4 Line-by-line Instructions

Rnd 1: knit

Rnd 2: *k6 (8), p1, k1, p1, k6 (7), repeat from * 3 times

Rnd 3: *k7 (9), p1, k7 (8), repeat from * 3 times

Rnd 4: *k5 (7), p1, k3, p1, k5 (6), repeat from * 3 times

Rnd 5: *k6 (8), p1, k1, p1, k6 (7), repeat from * 3 times

Rnd 6: *k4 (6), p1, k2, p1, k2, p1, k4 (5), repeat from * 3 times

Rnd 7: *k5 (7), p1, k3, p1, k5 (6), repeat from * 3 times

Rnd 8: *k3 (5), p1, k2, p1, k1, p1, k2, p1, k3 (4), repeat from * 3 times

Rnd 9: *k4 (6), p1, k2, p1, k2, p1, k4 (5), repeat from * 3 times

Rnd 10: *k2 (4), p1, k2, p1, k3, p1, k2, p1, k2 (3), repeat from * 3 times

Rnd 11: *k3 (5), p1, k2, p1, k1, p1, k2, p1, k3 (4), repeat from * 3 times

Rnd 12: *k1 (3), (p1, k2) 4 times, p1, k1 (2), repeat from * 3 times

Rnd 13: *k2 (4), p1, k2, p1, k3, p1, k2, p1, k2 (3), repeat from * 3 times

Rnd 14: *k3 (5), p1, k2, p1, k1, p1, k2, p1, k3 (4), repeat from * 3 times

Rnd 15: *k1 (3), (p1, k2) 4 times, p1, k1 (2), repeat from * 3 times

Rnd 16: *k2 (4), p1, k2, p1, k3, p1, k2, p1, k2 (3), repeat from * 3 times

Rnd 17: *k3 (5), p1, k2, p1, k1, p1, k2, p1, k3 (4), repeat from * 3 times

Rnd 18: *k4 (6), (p1, k2) twice, p1, k4 (5), repeat from * 3 times

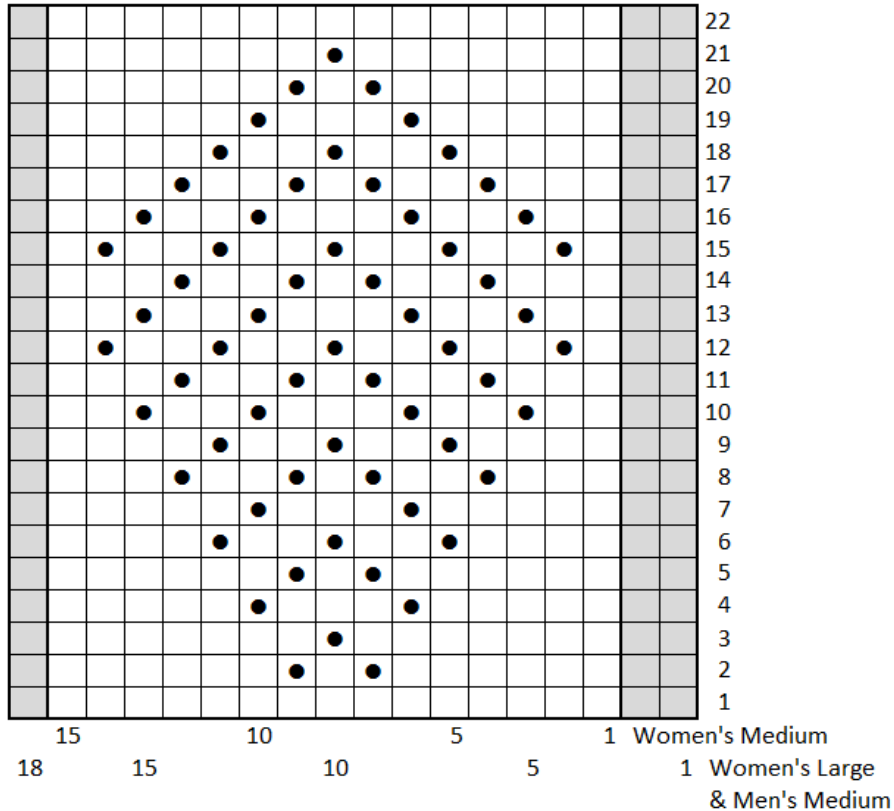
Rnd 19: *k5 (7), p1, k3, p1, k5 (6), repeat from * 3 times

Rnd 20: *k6 (8), p1, k1, p1, k6 (7), repeat from * 3 times

Rnd 21: *k7 (9), p1, k7 (8), repeat from * 3 times

Rnd 22: knit

MOTIF 4



**Remember
to work
another
repeat of
MOTIF 2
before
beginning
MOTIF 4
HEEL FLAP**

Set up for Heel: k15 (18). Stop. Turn work.

You will now begin to work back and forth in rows for the Heel Flap.

Next (WS): Slip 1 as to purl, p14 (17). Continuing in the same direction, p15 (18) from the next needle. Place these last 30 (36) sts worked onto one needle for your heel flap. Rearrange the remaining 30 (36) sts evenly onto 2 needles to hold for the instep to be worked later. You will still have 60 (72) sts.

Work the 2 rows of the following heel flap pattern until flap measures 2" (2 ¼") in length ending after working a WS row.

Heel Flap Pattern

Row 1 (RS): Slip 1 as to knit, k1, *slip 1 as to purl, k1, repeat from * to end of row

Row 2 (WS): Slip 1 as to purl, purl to the end of the row

HEEL CUP

Note: All slipped stitches in the heel cup are slipped as to purl.

Row 1 (RS): slip 1, k16 (19), ssk, k1, turn. You will leave 10 (13) sts unworked

Row 2 (WS): slip 1, p5, p2tog, p1, turn

Row 3: slip 1, k6, ssk, k1, turn

Row 4: slip 1, p7, p2tog, p1, turn

Row 5: slip 1, k8, ssk, k1, turn

Row 6: slip 1, p9, p2tog, p1, turn

Row 7: slip 1, k10, ssk, k1, turn

Row 8: slip 1, p11, p2tog, p1, turn

Row 9: slip 1, k12, ssk, k1, turn

Row 10: slip 1, p13, p2tog, p1, turn

Row 11: slip 1, k14, ssk, k1, turn

Row 12: Slip 1, p15, p2tog, p1, turn

Women's Large / Men's Medium continue

Row 13: slip 1, k16, ssk, k1, turn

Row 14: slip 1, p17, p2tog, p1, turn

Row 15: slip 1, knit 18, ssk, turn

Row 16: Slip 1, purl 18, p2tog, turn

Both Sizes

You will end up with 18 (20) sts.

Next row: Slip 1, knit to end

GUSSETS

Starting with the gussets, the sole of the foot will be worked in Stockinette st (just knits) new motifs will be worked on the instep (top of foot). Start with the **Set up Round** below, then, work the alternating decrease rounds of the gussets.

Note: When picking up sts on the heel flap you pick up 1 st for each slipped stitch. Due to differences in each knitter's row gauge you may have fewer or more rows on your heel flap. If you have fewer rows, pick up the total number as called for in the instructions by putting 2 sts in some loops. If you

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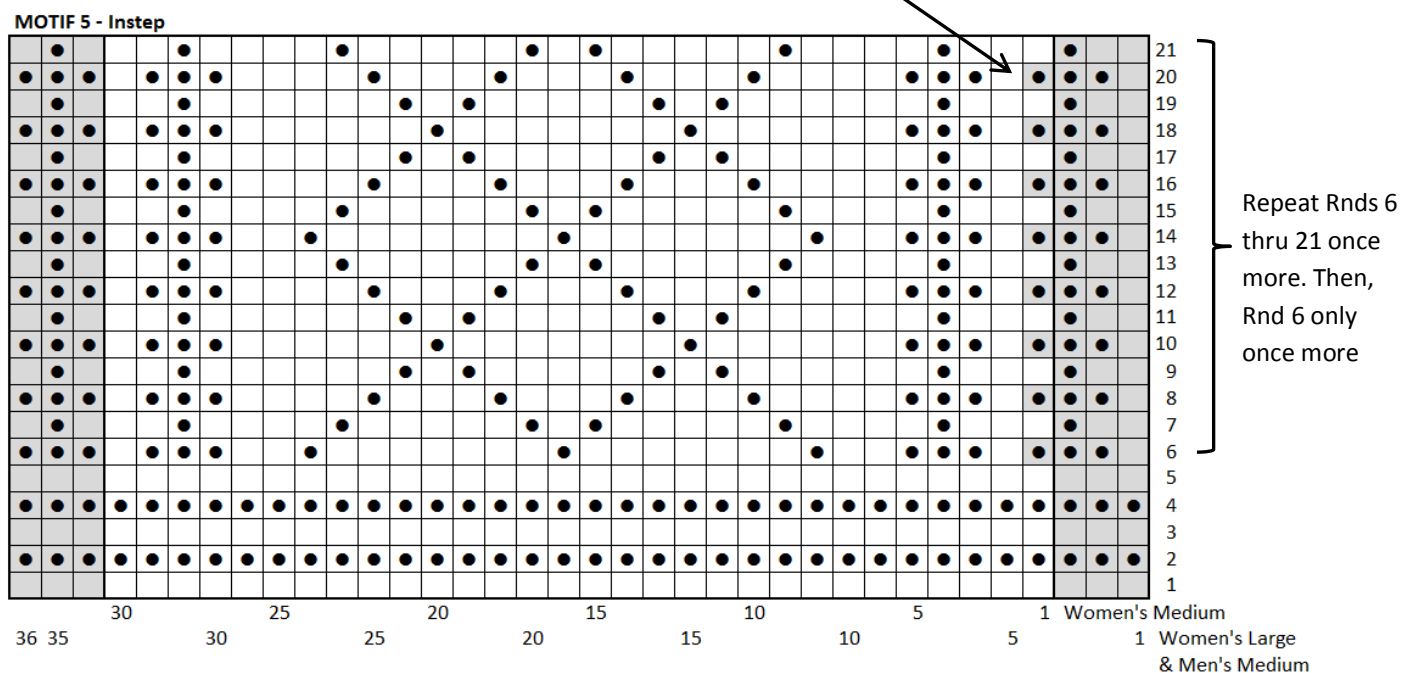
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have more rows, pick up 1 st for each row and note that you will have a higher total st count before the decreases.

Set up Round: Continuing with the heel flap needle, pick up and knit 15 (18) sts along edge of heel flap and Make 1 (see Note 2). You will have 16 (19) sts total picked up. With free needle, begin MOTIF 5 (Rnd 1 is simply knit sts) chart or line-by-line instructions over the next 30 (36) sts from the 2 needles placing all onto one needle. With a free needle, Make 1, pick up and knit 15 (18) sts along remaining heel flap edge, finally knit 9 (10) sts from the heel flap needle. This is the center bottom of the foot and the beginning/ending of all rounds. Needles should be arranged with 25 (29) sts on first needle, 30 (36) sts on second needle, and 25 (29) sts on third needle = 80 (94) sts.

SPECIAL NOTE

● Purl only for Women's Large Size
 Knit for Women's Medium Size



MOTIF 5 Line-by-line Instructions

Rnd 1: knit

Rnd 2: purl

Rnd 3: knit

Rnd 4: purl

Rnd 5: knit

Rnd 6: k0 (1), p0 (3), k2 (1), p3, k2, (p1, k7) twice, p1, k2, p3, k1, p0 (3)

Rnd 7: k0 (2), p0 (1), k3, p1, k4, p1, k5, p1, k1, p1, k5, p1, k4, p1, k2 (3), p0 (1), k0 (1)

Rnd 8: k0 (1), p0 (3), k2 (1), p3, k4, (p1, k3) 3 times, p1, k4, p3, k1, p0 (3)

Rnd 9: k0 (2), p0 (1), k3, p1, k6, p1, k1, p1, k5, p1, k1, p1, k6, p1, k2 (3), p0 (1), k0 (1)

Rnd 10: k0 (1), p0 (3), k2 (1), p3, k6, p1, k7, p1, k6, p3, k1, p0 (3)

Rnd 11: k0 (2), p0 (1), k3, p1, k6, p1, k1, p1, k5, p1, k1, p1, k6, p1, k2 (3), p0 (1), k0 (1)

Rnd 12: k0 (1), p0 (3), k2 (1), p3, k4, (p1, k3) 3 times, p1, k4, p3, k1, p0 (3)

Rnd 13: k0 (2), p0 (1), k3, p1, k4, p1, k5, p1, k1, p1, k5, p1, k4, p1, k2 (3), p0 (1), k0 (1)

Rnd 14: k0 (1), p0 (3), k2 (1), p3, k2, (p1, k7) twice, p1, k2, p3, k1, p0 (3)
Rnd 15: k0 (2), p0 (1), k3, p1, k4, p1, k5, p1, k1, p1, k5, p1, k4, p1, k2 (3), p0 (1), k0 (1)
Rnd 16: k0 (1), p0 (3), k2 (1), p3, k4, (p1, k3) 3 times, p1, k4, p3, k1, p0 (3)
Rnd 17: k0 (2), p0 (1), k3, p1, k6, p1, k1, p1, k5, p1, k1, p1, k6, p1, k2 (3), p0 (1), k0 (1)
Rnd 18: k0 (1), p0 (3) k2 (1), p3, k6, p1, k7, p1, k6, p3, k1, p0 (3)
Rnd 19: k0 (2), p0 (1), k3, p1, k6, p1, k1, p1, k5, p1, k1, p1, k6, p1, k2 (3), p0 (1), k0 (1)
Rnd 20: k0 (1), p0 (3), k2 (1), p3, k4, (p1, k3) 3 times, p1, k4, p3, k1, p0 (3)
Rnd 21: k0 (2), p0 (1), k3, p1, k4, p1, k5, p1, k1, p1, k5, p1, k4, p1, k2 (3), p0 (1), k0 (1)
 Repeat **Rnd 6 thru 21** once more. Then repeat **Rnd 6 only** once more.

Gusset Decreases

Rnd 1: Knit all stitches on first needle. Knit instep stitches from MOTIF 5 chart or instructions. Knit all stitches on last needle.

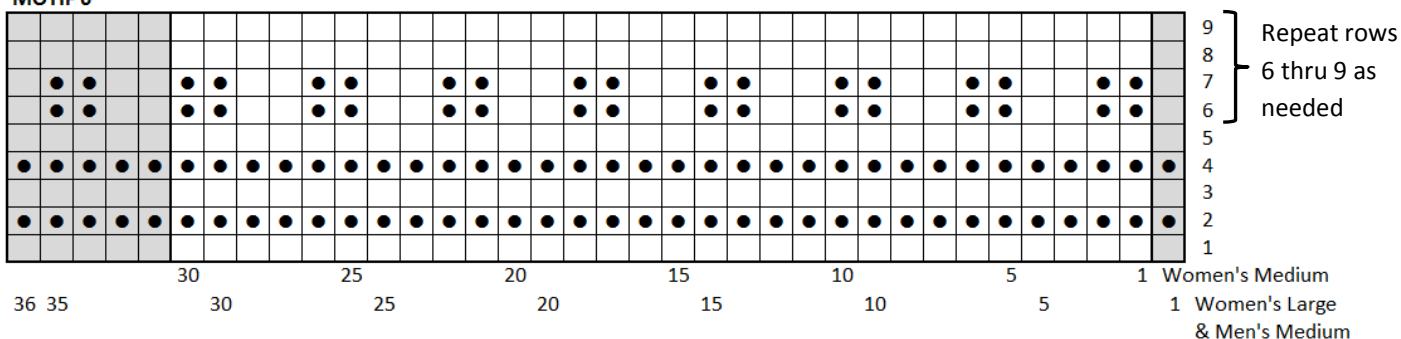
Rnd 2: Knit to last 3 sts on first needle, k2tog, k1. Work instep stitches from MOTIF 5 chart or instructions on next needle. On the last needle, k1, ssk, knit to the end of the needle.

Continue to work these 2 rnds of gusset decreases working the 21 rows of MOTIF 5, *and then repeating Rnds 6 thru 21 once, then Rnd 6 once more*, at the same time, stop decreasing when you have 15 (18) sts remaining on the first and last needles for the sole. You will have a total of 60 (72) sts again.

FOOT

Continue to knit all stitches on first needle. Work instep stitches from MOTIF 5 until motif, including the repeat of Rnds 6 thru 21, and Rnd 6 again are completed. Then change to MOTIF 6. Work the 9 rnds as charted or written line-by-line, and then repeat rnds 6 thru 9 down instep as needed. Knit all stitches on last needle. Continue working in this manner until foot length measures 7" (8 ½") from the back of the heel *or until 1 ¾ (2) inches less than your total desired foot length*.

MOTIF 6



MOTIF 6 Line-by-line Instructions

Rnd 1: knit

Rnd 2: purl

Rnd 3: knit

Rnd 4: purl

Rnd 5: knit

Rnds 6 & 7: k0 (1), (p2, k2) 7 (8) times, p2, k0 (1)

Rnds 8 & 9: knit

Repeat **Rnds 6 thru 9** only until foot measures desired length before working toe.

TOE DECREASES

The toe is worked in stockinette stitch (all knits).

Rnd 1: Knit to the last 3 stitches on first needle, k2tog, k1, on second (instep) needle, k1, ssk, knit to the last 3 stitches, k2tog, k1, on last needle, k1, ssk, knit to end

Rnd 2: Knit all around

Continue working these 2 rnds until you have 32 sts remaining.

Next, work Rnd 1 only (decreases every rnd) until you have 20 (24) sts remaining.

Continuing with the last needle, knit across the 5 (6) sts on the first needle = 10 (12) sts each on 2 needles. Graft (Kitchener stitch) the toe closed. Weave in ends. Enjoy!