

Pattern Basic Toe-Ups

by Ingrid Hiddessen



This basic knitting pattern gives you plenty of space to modify your own needs and ideas for toe-up socks. My goal was to make a pattern which could be easily adjusted to different foot sizes. If you want a reinforced or patterned heel, it's best to start with that 4 rounds after the "double stitches" row. This pattern is also very useable for knitting cable or lace socks.

I've knit perfectly fitting socks with needle 2.75mm (US 2) for a 40 European (US Women's size 9-9.5).

Material:

- 100g (or approx. 3.5 oz.) cashmere sock yarn 350m (382 yds.) LL/100g (swatch 32Mx44R=10x10cm)

- 1 DPN needle set in size 2.75 and 2.5 mm (US 2 and 1.5); for cast-on, 2 circular needles of the same size will be needed.

Pattern description:

Toe:

I have made a video of the way I like to cast on stitches, which you can view here:

<http://strickpraxis.wordpress.com/2008/07/11/die-toe-up-sockenspitze-ein-videokurs/>

Of course, you can also use your favorite toe-up cast-on method.

It's not necessary that the circular needles have the same size as the dpns. In this case, I've used one of each size 2.5 and 3 mm (US 1.5 and US 2.5).

After casting on (you use the dpn's already as shown in my video) knit 1 round and then start with the toe increases in every second round as follows:

Needle 1 and 3: knit across to the last stitch, M1, k1;

Needle 2 and 4: k1, M1, knit across the remaining stitches.

You can watch the toe increases method here:

<http://strickpraxis.wordpress.com/2009/07/12/strickenglisch-fur-deutsche-2/>



Foot:

For size 40 knit up to 15 cm (6 inches) in plain stockinette stitch (in my case 68 rounds)

after casting on. Now you can start with the gusset.

Gusset increases:

Round 1:

Needle 1 (sole stitches): knit across to the last stitch, M1 left, knit 1;

Needle 2 and 3 (instep stitches): knit in stockinette stitch;

Needle 4 (sole stitches): k1, m1 right, knit across the remaining stitches

Round 2: knit all stitches

Repeat these 2 rounds until you have increased 13 stitches on each side. You now have a total of 56 sole stitches (28 stitches on needles 1 and 4).

For the gusset increases you can look at these videos:

<http://strickpraxis.wordpress.com/2009/07/12/strickenglisch-fur-deutsche-2/>

<http://strickpraxis.wordpress.com/2009/07/13/strickenglisch-fur-deutschmlrm1b->

[zunahme-aus-dem-querfaden/](http://strickpraxis.wordpress.com/2009/07/13/strickenglisch-fur-deutschmlrm1b-zunahme-aus-dem-querfaden/)

It's always possible to adjust the total of 13 increases for a different-sized foot. Don't worry, you are already far on the foot; 13 stitches aren't too much! For a longer foot, you can add more increases if you want to. You can also do fewer for a smaller foot. One of the best things about knitting toe-up is that you can try on your sock at any time.

Note: a nice alternative is to purl the gusset increases instead of knit.



Heel turn:

The heel turn is done by knitting "double-stitches" in short rows on needle 1+4.

You start in the middle of the sole stitches, at the beginning of needle 1 as follows:

1st Row (RS): K15 stitches on needle 1, turn.

2nd Row (WS): start with one "double-stitch": insert the needle from right to left into the first stitch, slip stitch and yarn together, pull the yarn firmly to the back, so the stitch is drawn over the needle and is now "double". Holes might appear if the yarn is not drawn firmly enough, so try to keep it tight. Work the remaining stitches purlwise, including the last stitch on needle 4, then turn.

3rd Row (RS): Work one "double-stitch" by bringing the yarn in front of work, slip first stitch as if to purl from left to right and pull the yarn again firmly to the back. Knit across the remaining stitches, leaving the "double-stitch" unworked at the end of row on 1st needle, turn.

4th Row (WS): Work one "double-stitch", then purl across the remaining stitches, leaving the "double-stitch" unworked at the end of row on needle 4, turn.

Continue in this manner until there are worked 7 "double-stitches" on each side, ending with a RS row, 16 stitches remaining in between.



Heel:

Knit 1 round across all the stitches (needle 1; needle 2 and 3; needle 4). Both "legs" of the "double-stitches" have to be knitted together as 1 stitch. End the row in the middle of the heel, at the beginning of needle 1.

I've made a video of working ssk stitches, which you can see here:

<http://strickpraxis.wordpress.com/2009/07/14/strickenglisch-abnahmen-k2togund-ssk/>

Now you can start with knitting the heelflap back and forth on the heel stitches as follows:

Knit 14, ssk , turn

Slip 1 stitch with yarn in front, purl 28, k2 tog, turn

Slip 1 stitch with yarn in back, knit 28, ssk, turn

Slip 1 stitch with yarn in front, purl 27, k2 tog, turn

Repeat these rows until there are 15 stitches left on each needle.



The picture shows a reinforced heelflap.

Leg:

Begin working in the round again. You can make extra stitches between needles 1 & 2 and 3 & 4 to avoid holes in the same way as you do with knitting a top down sock and decrease these extra stitches in the next round.

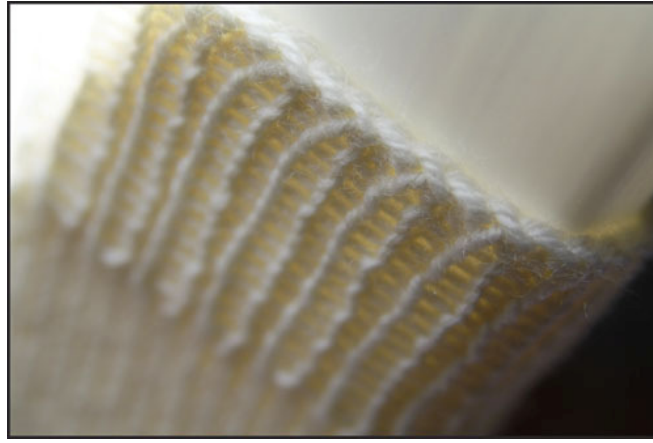
Knit in plain stockinette as long as the desired length (in my case 48 rounds).

Continue with a smaller size needles and knit 15 rounds of ribbing 1k/p1.

Binding off:

Personally, I like the elastic bind-off from the inside of the sock. It doesn't curl as much and you don't have to knit quite as loose to get a stretchy cuff.

Knit 2 stitches, put them back on the left needle and knit them together through the back loops. Knit 1 stitch in pattern, put both back to the left needle and knit them together through the back loops. Repeat in this manner until all the stitches are bound off.



For your own calculations, you can use the following measurements of the single parts of the sock:

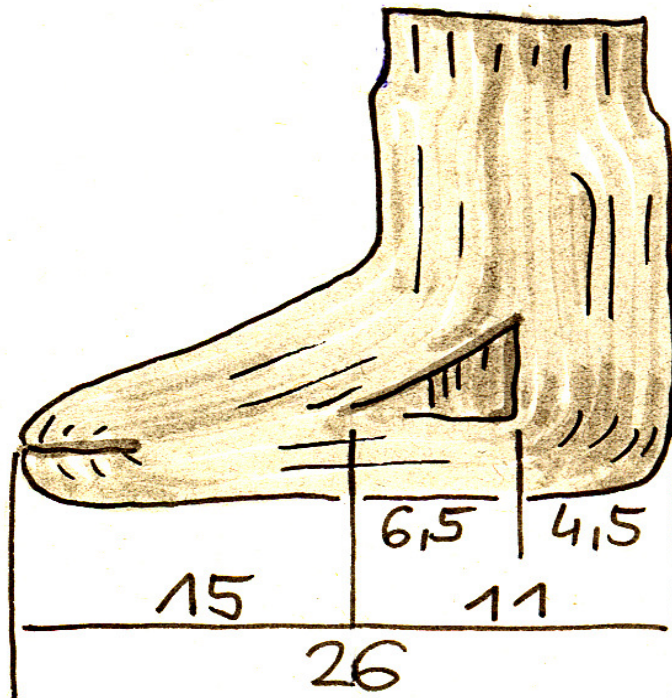
Total foot length: 26 cm (10 in.)

Toe and foot length: 15 cm (6 in.)

Total gusset length with 13 sts increase: 6,5 cm (2.5 in.)

Heel turn: 4,5 cm (1.75 in.)

Gusset and center-back heel: 11 cm (4.3 in.)



These measurements are for a US Women's size 9-9.5 (40 European)

Many thanks to Mara for that outline! I would not be able to do one.

Thanks to Jose, Chelsea and Ute for their help with this English translation.

If you should find any mistake in this pattern, don't hesitate to contact me!