

# Trusty Toe Up Socks

by: Tanis Lavallée



## Size

Adult S (M, L)  
Finished measurements (unstretched): 7.5 (8, 9)"  
(stretches comfortably up to about 11 (12, 13)"  
circumference). Leg and Foot lengths vary depend-  
ing on knitter's preference.

## Yarn

Approx. 320 (360, 420) yards fingering weight yarn.  
Cover sample shown in Yarnini Self Stripping Sock -  
*discontinued*.

## Gauge

32 sts & 46 rounds = 4" in stockinette stitch in the  
round.

## Needles

Set of 2.25mm (US 1) 32" or 40" circular needles (for  
magic loop), or size needed to obtain gauge.

## Additional Tools and Materials

Tapestry needle, waste yarn for afterthought heel.

## Why Toe Up Socks?

I was a die hard top-down sock knitter for years! I thought that sock knitter's fell in one camp or the other, that it was simply a personal preference and that my preference was for top down sock knitting. Turns out that's not exactly true, some sock projects and yarns are better suited to a toe up construction. I like knitting my socks toe up when using self striping yarns because though I'm usually quite flexible about the length of the leg of my sock, the foot has to be a very precise length in order to fit properly. In order to make sure that the stripes fall exactly how I want them to it's easiest to start with the toe and then end on the leg whenever I want. Using this same logic I like knitting my socks toe up whenever I'm trying to maximize my yardage. I can knit the socks longer and longer until I run out of yarn, or, inversely, stop as soon as I've used up 50% to ensure that I'll have enough yardage remaining for the second sock.



## Abbreviations

**k** :: knit.

**p** :: purl

**k1fb** :: knit into the front and then into the back of the same stitch.

**k2tog** :: knit 2 stitches together as one.

**ssk** :: Slip, slip, knit. Slip one stitch as if to knit, slip the next stitch as if to purl, knit the 2 together through the back loops.

**yo** :: yarn over. Bring yarn to front by bringing it between your two needles and then up and over your right hand needle.

**ryo** :: reverse yarn over. Bring yarn to front by bringing it up and over your right hand needle and then between your two needles ending at the back of your work.

## Working Short Rows

**Wrap and turn a knit stitch:** with yarn in back, slip next stitch purlwise to right hand needle, bring yarn to front, return slipped stitch to left hand needle, bring yarn to back, then turn work.

**Wrap and turn a purl stitch:** with yarn in front, slip next stitch purlwise to right hand needle, bring yarn to back, return stitch to left hand needle, bring yarn back to front, then turn work.

**Hiding wrap on a knit stitch:** with right hand needle, pick up the wrap from the front and knit it together with the stitch it wraps.

**Hiding wrap on a purl stitch:** with right hand needle, pick up wrap through the back of loop and purl it together with the stitch it wraps.

## Notes

- I have written these instructions for magic loop because that is how I like to work my toe up socks. I find it less finicky when working the toe and heel. If you prefer dpns, by all means!
- I have included instructions for both a short row heel and an afterthought heel because I use both regularly depending on the project. I'll use an afterthought heel for self striping sock yarn so as not to disturb the stripe sequence of the yarn. I'll also use it if I'm about at a point where I should start thinking about a heel but don't feel like thinking so I can just carry on and add the heel in at the end. I'll use a short row heel when I'm knitting a sock in a solid or gradient dyed yarn or really, any time I'm not using self striping yarn as I do think it's the neater looking of the two.

## Instructions

Using [Judy's Magic Cast On](#), cast on 20 (24, 28) stitches. 10 (12, 14) stitches on top needle, same on bottom needle.

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## Toe

**Round 1:** Knit 1 round.

**Round 2:** k1fb, knit to 2 stitches before end of needle, kfb, k1, repeat on second needle.

Repeat these two rounds 10 (10, 11) times. 60 (64, 72) total stitches.

## Foot

Knit in stockinette stitch (knit all stitches) until foot measures 2" shorter than desired measurement from tip of toe to end of heel.



A short row heel - socks knit from a one of a kind sock blank we dyed.

## Heel

I use 2 different types of heels depending on the desired finished sock (see Notes on p. 2). Either heel is worked on half the total number of stitches.

### Short Row Heel

Knit to 1 stitch from end of needle, wrap and turn.  
Purl to 1 stitch from end of needle, wrap and turn.  
Knit to 1 stitch from wrapped stitch from previous row, wrap and turn.  
Purl to 1 stitch from wrapped stitch from previous row, wrap and turn.  
Continue in this manner, working to 1 stitch from wrapped stitch from previous row until you have 10 (11, 12) wrapped stitches on either side and 10 (10, 12) center stitches.  
Next, knit across to the first wrapped stitch, knit the stitch, hiding the wrap (see note about hiding wraps). Turn.  
Next, purl across to the first wrapped stitch, purl the stitch, hiding the wrap. Turn.  
Continue in this manner, working one more stitch each row and hiding the wraps as you go, until you've worked across all the stitches.



An afterthought heel - yarn by Fab Funky Fibres / believe in the impossible colourway.

### Afterthought Heel

An afterthought heel is worked at the very end of the sock knitting process. You essentially knit a tube and then put the heel in later. It can be done with or without the use of waste yarn but I prefer to use waste yarn if it's handy. If you skip the waste yarn just knit the foot and leg as one long tube as long as you'd like and skip the waste yarn instruction.

**Waste yarn:** Knit across 30 (32, 36) stitches with waste yarn, slip these just worked stitches back to left hand needle and continue knitting with working yarn. Finish working sock and come back to the heel after casting off the cuff.

**Picking Up Stitches:** Now that you've cast off the cuff of your sock, return to the waste yarn. Using working needle, pick up 30 (32, 36) stitches just below row of waste yarn and 30 (32, 36) just above. With these stitches safely on your needle carefully snip away the waste yarn. Join working yarn, use yarn tail to visually mark beginning of round. *If not using waste yarn you will follow the same steps only you will be snipping away a row of stitches in your main colour.*

**Round 1:** knit all stitches picking up 2 extra stitches in the gap between your needles on each end.

**Round 2:** k1, ssk, knit to 3 stitches from end of row, k2tog, k1, repeat on second needle.

**Round 3:** knit all stitches.

Repeat rounds 2 and 3 until you have 20 (24, 28) stitches remaining. Cut yarn leaving a 12" tail, using kitchener stitch graft heel closed.

## Leg

Continue working in stockinette stitch in the round until foot measures 1.5" shorter than desired finished measurement. Work in ribbing of choice for 1.5" - I typically like a 1 x 1 rib for sock cuffs.

Bind off using Jeny's Surprisingly Stretchy Bind Off for 1 x 1 rib: (reverse yo, k1, pass yo over knit stitch), then (yo, p1, pass yo over purl stitch), then pass the second stitch on the needle over the first one. Repeat to end.

## Finishing

Weave in ends, repeat for second sock and Voila!