



Blue Mtn. Handcrafts

because a fiber addiction is cheaper than bail...

Basic Toe Up Sock Pattern



This is the basic pattern I use for my socks worked from the toe up. I prefer the toe up method because then I can just knit until I run out of yarn or I'm ready to scream from doing inches of ribbing. You can do them in any stitch pattern as long as you can fit it in the stitches you have to work with on the top of the foot—I find it is okay to steal 2 to 4 stitches from the heel section if your pattern for the top needs more. REMEMBER TO CONVERT YOUR STITCH PATTERN FOR IN THE ROUND!

You will need:

one of the following yarns: Bare Sheep Yarn Company is my favorite to use for socks!

4 oz. worsted weight yarn

3.5 oz. DK/sport weight yarn

3.5 oz. fingering weight yarn

****It works well to separate your yarn into two equal weight balls so you know exactly how much yarn you've got to work with for each sock.**

set of 5 DPN's (size 5 for the worsted and dk, and size 2 for the fingering work best for me in 5 or 6" length)

***row counter, yarn needle, and a crochet hook is handy for weaving in ends**

The Dreaded Math:

***You will need the following measurements from the feet you're making the socks for.**

length from toe to ankle bone, diameter of foot around the ball (widest part)

***Do a gauge swatch and determine how many stitches per inch you are getting**

*** Multiply stitches per inch x diameter= total number of stitches to increase to from toe (it is easier if this is rounded up or down to the closest number divisible by 4—rounding down I have found is best as the socks tend to stretch)**

Length from toe to ankle= how many inches you need to knit from the beginning before starting the heel

Example: worsted gauge 5 stitches per inch using size 5 needles x 8.5" width = 42.5 rounded to 40 stitches

*****after determining how many total stitches you need and rounding, determine how many you need to increase less 16 stitches (row 2) and increase as evenly as possible over rows 4, 6, 8, & 10—rows 4, 6, 8 for child depending on the size of the sock (toe of sock should be about 2" for adult and about 1" to 1 1/2" for child depending on size)**

The pattern is done with 40 total stitches done in worsted weight yarn, average woman's sock size in diameter, change increase numbers as necessary

***** for fingering weight yarn I find it is best to subtract 4 stitches from your total & in between toe increase rounds knit 3 rounds instead of the occasional 2 rounds**

Toe up: cast on 8 stitches over three needles, leave a tail of 4 inches or so to weave through the original 8 stitches or however many you can find to pull it closed and weave in on the inside of the toe, the crochet hook is very handy here –this is for all sizes (for fingering weight cast on 15 stitches)

- 1. knit one round , placing row counter on 1st needle helps keep track of where rounds begin and end as well as what round your on**
- 2. increase evenly so you have 16 stitches by the end of this round– all sizes --knitting one in the back before taking the stitch off the needle for increases does not leave holes in the socks
(for fingering weight–increase 6 stitches evenly over 3 needles–21 stitches)**
- 3. knit two rounds (fingering–3 rounds in between ALL increase rows hence forward)**
- 4. increase as evenly as possible 7 stitches (23 stitches total) (fingering–increase 6, 27 stitches)**
- 5. knit 3 rounds**
- 6. increase 7 stitches (30 stitches) (fingering–increase 6, 33 stitches)**
- 7. knit 3 rounds**
- 8. increase 7 stitches (37 stitches) (fingering–increase 6, 39 stitches)**
- 9. knit 2 rounds**

10. increase 3 more stitches this round so you have 40---40 stitches is what you will have to play with for the rest of the sock, 20 to 24 could be used for top of the sock if you need to steal a couple of stitches to make the pattern come out right. (Fingering--increase 6, 45 stitches)

11. knit 2 rounds

*** for fingering weight yarn you will need to do a couple of more increases and may need to add a few stitches to the increases as I have done in (a) so that my last increase comes out to an even 60 stitches for my foot size

a. increase 9 , 54 stitches--knit 3 rounds

b. increase 6, 60 stitches--knit 3 rounds

*this is usually where I close up the toe so I don't have to turn the sock inside out later

*divide your stitches so that there are 10 on each needle or as close as you can get if you are using a pattern that requires more stitches on top

*I now put row counter on the needle #2 (beginning for the top of the foot along with needle #3) to keep track of pattern rows and repeats, #1 & 4 are for bottom of foot and heel

12. start your pattern, if you are using one--basic k3 p3 ribbing works well-- on needles 2 & 3, KNIT ONLY on needles 1 & 4

13. knit until your sock is long enough and comes within a frog's hair of your ankle bone

14. knit all of stitches on needle 1 & 4 onto one needle and knit and purl back and forth in short rows until only 10 are still being worked-- or half of your stitches reserved for the heel

15. work your short rows picking up the stitch at the end on the left hand needle that you did not knit/purl before--I usually pick up a stitch in the center between the last stitch I worked and the short row stitch I need to pick up so there isn't a gaping hole

16. do #15 until you have picked up all your stitches working back and forth and can continue into needle 2 with pattern

17. I continue working needle 2 & 3 in pattern and knitting needle 1 & 4 until there is enough heel

(approx. 2 inches) and then I work them into the pattern

18. knit in pattern until sock is long enough

19. start some ribbing --k2p2 works best for me and is stretchy--and work until you think it is long enough or your tired of it

20. cut the yarn so you have a 18" tail and thread it through a yarn needle

21. to bind off run the needle knitwise through the next two stitches and then knitwise again through the 1st stitch then take the 1st stitch off the DPN

22. now run it through the next two stitches (the 1st stitch will be your previous second stitch) and back through 1st stitch as before and continue doing this until you've gone through them all--this is my least favorite part but it is the light at the end of the tunnel

23. when you come back around to the beginning run your needle through the original 1st stitch and weave into inside of sock

24. Pat yourself on the back, have a sip of that mixed drink, take another asprin, and then do it all over again.

*****If you want a pretty edging to the tops of your socks a crocheted edging is the way to go!**

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