

# THE HUMBLE SOCK GOES TOE UP

A TOE UP WITH A HEEL FLAP FOR DPN'S AND MAGIC LOOP

PATTERN BY NIKKI BURNS

{This recipe is primarily posted here for my personal reference. Of course, you are welcome to use it, but please know that it has not been test knit by someone else, or checked for typos by anyone but me. If you find anything weird, let me know, k? xo nikki}



**Yarn:** Fingering weight yarn. You will need 100gms/3.5oz OR two 50gm/2oz skeins.

**Needles:** Size 1 or 2 (2.5-2.75 mm) needles. One 32" circular needle OR [set of 5 dpns]

**Notions:** stitch markers

**Gauge:** 8 stitches=1".

**Sizes:** Women's small (medium/large)

## Abbreviations:

### **m1 (Make one) increase**

You can do you favorite increase, or make a backwards loop onto right needle, so that the working yarn points away from you.

### **sl 1**

Slip one stitch. Slip it knitwise if on knit side, slip one purlwise if on purl side, unless otherwise instructed.

### **ssk**

Slip one stitch, then slip the next. Insert left needle into the front loops of the slipped stitches and knit them together from this position (through the back loops).

### **K2tog**

Knit two stitches together as if they were a single stitch

### **P2tog**

Knit two stitches together as if they were a single stitch

**Toe**

Using circular needle and [Turkish cast-on](#), cast on 14(16, 16) stitches [which is 7(8, 8) wraps]. Knit 2 rounds.

[If you want to use dpns, transfer them now. Place stitches from Needle A on two needles, place stitches from Needle B on 2 needles.]

[CIRC]

*Increase round:*

Needle A: K1, m1, k to last st, m1, k1,

Needle B: K1, m1, k to last st, m1, k1.

4 stitches increased.

Repeat this *increase round* until 30, (32, 36) stitches.

Next round: Work around all stitches evenly.

Repeat these 2 rounds (1 increase round, then 1 round even) until 60 (64, 68) stitches.

[DPN]

*Increase round:*

Needles 1: K1, m1, k to end

Needles 2: k to last st, m1, k1

Needles 3: k1, m1, k to end

Needles 4: k to last st, m1, k1

4 stitches increased.

Repeat this *increase round* until 30, (32, 36) stitches.

Next round: Work around all stitches evenly.

Repeat these 2 rounds (1 increase round, then 1 round even) until 60 (64, 68) stitches.

**Foot**

Continue knitting in the round until the foot is the desired length less 2.5". Begin heel.

**Heel**

Note: You will be working the heel back & forth over 30 (32, 34) sole stitches. The other 30 (32, 34) instep stitches are not part of the heel and remain unworked until the gusset.

DPN Note: You may find it easier to work the heel flap across one needle, rather than both Needles 1 & 2.

**Heel Flap**

Row 1: sl 1, knit across 29 (31, 33), turn.

Row 2: sl 1, purl across 29 (31, 33), turn.

Rep rows 1-2 until heel flap is 2.5" long.

**Turn Heel**

Row 1: (rs) sl 1, k16, (17, 18) stitches, ssk, k1, turn.

Row 2: (ws) sl 1, p5, p2tog, p1, turn

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

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

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

Continue working one more stitch as established, until all stitches have been worked. End with a purl row.

**Gusset**

[CIRC]

Needle A: Knit half of the heel stitches and place a marker here. Knit the remaining half of the heel stitches; pick up 1 stitch in each of the slipped edge stitches along the heel flap, and 1 additional stitch where heel flap and instep join. Place marker. Work across 15 (17, 17) instep stitches.

Needle B: Work across 15 (17, 17) remaining instep stitches. Place marker. Pick up and knit 1 stitch where instep and heel flap join and 1 stitch in each slipped stitch along the edge of the heel flap, and knit half of the heel stitches (to marker).

Rounds now start in the middle of the heel. You have 3 markers on your work; one end-of-round marker at the heel, and one marker on *each side* of the instep.

Knit 1 round even. You are ready for gusset decreasing.

[DPN]

Knit half of the heel stitches. Place marker.

Needle 1: Knit the remaining half of the heel stitches; pick up 1 stitch in each of the slipped edge stitches along the heel flap, and 1 additional stitch where heel flap and instep join.

Needles 2 & 3: Work across instep.

Needle 4: Pick up and knit 1 stitch where instep and heel flap join and 1 stitch in each slipped stitch along the edge of the heel flap, then knit half of the heel stitches (to marker).

Rounds now start in the middle of the heel flap. Needles 1 & 4 should have the same number of stitches; these are the heel & gusset stitches.

Knit 1 round even. You are ready for gusset decreasing.

**Gusset Decreasing**

[CIRC]

*Decrease Round:*

Needle A: Knit to 2 stitches before marker, k2tog, pass marker, k to end

Needle B: Knit to marker, pass marker, ssk, knit to end.

Next round: Work around all stitches evenly.

Repeat these 2 rounds (1 decrease round, then 1 round even) until 60 (64, 68) stitches remain.

Transfer stitches so that half of the stitches are on needle A, and half the stitches are on needle B. Remove markers. You are now ready to work the leg section.

[DPN]

*Decrease Round:*

Needle 1: Knit to last 2 stitches, k2tog.

Needle 2 & 3: Knit across instep.

Needle 4: ssk, knit to end.

Next round: Work around all stitches evenly.

Repeat these 2 rounds (1 decrease round, then 1 round even) until 60 (64, 68) stitches remain.

You are now ready to work the leg section.

**Leg**

Work in stockinette stitch (knit every round) and continue until leg measures 2" less than desired length.

**Cuff**

Knit (K2, P2) ribbing for 2". Cast off loosely. Weave in ends.