



YARN TWISTERS

Simple Toe Up Socks
created by Lisa Overby



Simple toe up sock pattern. Techniques used: Turkish Cast On, magic loop, KFB increases, Fleegle heel and a stretchy bind off.



MATERIALS & INFO

Yarn: 1 skein Yarn Twisters Rylyn; 420 yards/ 115g; 80% SW Merino, 20% Nylon OR any fingering weight yarn

Gauge: 36 sts by 48 rows equal 4" by 4" in stockinette in the round after blocking

Needles: 2.25 mm (US 1) 40" circular needle; or size needed to obtain gauge

Notions: removable stitch marker, darning needle

Finished sizes (approx. foot circumference), worn with approx. 0-1" of negative ease:

Size 1: 7" (women's shoe size 4 - 6.5)

Size 2: 8" (women's shoe size 7 - 9.5)

Size 3: 9" (women's shoe size 10 - 12.5)

Notes:

Pattern is written for magic loop technique

ABBREVIATIONS

BO - bind off

BN - bottom needle

CO - cast on

k - knit

kfb - knit front back; knit into the front of the stitch, leaving on the left-hand needle, knit into the back of the same stitch, dropping the stitch off the left-hand needle (1 stitch increased)

k2tog - knit 2 together; insert needle into the next 2 sts, knit the 2 sts together as one (1 st decreased)

p - purl

p2tog - purl 2 together; insert needle into the next 2 sts, purl the 2 sts together as one (1 st decreased)

Rnd - round

ssk - slip, slip, knit; slip 2 sts knit wise, one at a time, to the right hand needle, place sts back on left hand needle and knit them together through their back loops (1 st decreased)

st/sts - stitch/stitches

TN - top needle

PATTERN INSTRUCTIONS

Using the Turkish CO, CO 16 (20, 24) sts, 8 (10, 12) sts per needle

Link to Turkish CO:

<https://www.youtube.com/watch?v=WXV6bWY4-f8>

Rnd 1: TN: k, BN: k

Rnd 2: TN: kfb, k to 2 sts remaining, kfb, k1, BN: kfb, k to 2 sts remaining, kfb, k1 (4 sts increased)

Repeat **Rnds 1 & 2** until you have increased to 56 (60, 64) sts, 28 (30, 32) sts per needle

Begin foot pattern on TN

Rnd 1: TN: k BN: k

Repeat until the work reaches the point where the leg connects for the foot, approx. 5.5 (6, 6.5)", begin increasing for the gusset

Gusset Increases

Rnd 1: TN: k; BN: kfb, k to 2 sts remaining, kfb, k1

Rnd 2: TN: k; BN: k



Repeat these 2 Rnds until you have increased to 54 (58, 62) sts on the BN

Knit 1 more Rnd on TN

Turn the Heel

You will be working back and forth on the BN only, the stitches on the TN will not be worked until you have completed the heel decreases. Place a marker at the centre of the BN, 27 (29, 31) on either side

k to 2 sts beyond the marker, ssk, k1, turn, pull the yarn tight

Slip 1 purlwise, p to 2 sts beyond the marker, p2tog, p1, turn, pull the yarn tight, (marker can be removed at this point)

*Slip 1 purlwise, k to 1 st before the gap, ssk (the st before the gap and the st after the gap), k1, turn

Slip 1 purlwise, p to 1 st before the gap, p2tog (the st before the gap and the st after the gap), p1, turn*

Repeat * to * until 2 sts remaining after the gaps on both the k and the p side

Slip 1 purlwise, k to 1 st before the gap, ssk, k1, you will now be at the end of the BN and will begin to knit in the Rnd again

TN: k; BN: k1, k2tog, k to 2 sts remaining, ssk
TN: maintain 24 Rnd repeat; BN: k2tog, k to end

Heel is now complete, st count is back to 56 (60, 64) sts, 28 (30, 32) sts per needle

Leg

Rnd 1: TN: k BN: k

Continue until leg measures approx. 4.5" for all sizes

Cuff

Rnd 1: k1, p1
Repeat **Rnd 1** until cuff measures 2"

Loosely BO all sts in pattern

Sample was BO using Jeny's Surprisingly Stretchy Bind Off:

<http://knitty.com/ISSUEfall09/FEATjssbo.php>

Weave in ends, block and enjoy!

