

CUSTOMIZABLE TOE-UP SOCK METHOD:

The following “recipe” is meant to be used in conjunction with my tutorial videos on YouTube. Check out the first one here:



This toe-up sock is truly customizable... meaning that my method here is just an outline for you to follow to make this sock your own creation. You can certainly follow my method if you'd like, but you can mix and match elements to make your own socks as well!

I started with the Seam Free Rounded Toe by Lynn Ashton.

This toe method is a free download from Ravelry and creates a rounded shape instead of a wedge shaped toe. I like it very much and it's my “go-to” for starting socks from the toe-up!

<https://www.ravelry.com/patterns/library/seam-free-rounded-toe-for-a-toe-up-sock>

I increased my toe until I had 72 stitches total, but you can certainly stop before that for smaller sizes. Also, for smaller sizes, you could cast on fewer stitches, maybe only 8 or 10 stitches to start a child or baby size.

After completing the toe, you'll want to choose a pattern for the foot section. I chose a simple ribbing pattern:

On the top of the foot needle, there are 36 stitches, so mine goes like this:

Row 1: p1, *k4, p2* repeat the stitches between the * until there are 5 stitches left. k4, p1. Knit the sole stitches.

Row 2: knit

Repeat these two rows until you reach 3" from total length of the foot.

Go here for the video tutorial



Heel Flap:

Separate half of the total number of stitches for the heel flap.

Set up: Knit across these stitches, then turn your work. Slip the first stitch purl wise and purl back across your new heel flap. Turn work.

Row 1: Slip the first stitch, as if to purl, then knit the next one. Repeat this sequence until you only have one stitch left on the needle. Knit that last stitch through the back loop. Turn your work so that the wrong side is facing you.

Row 2: Slip the first stitch as if to purl, then purl the rest of the stitches to the end of the heel flap stitches. Turn your work.

Repeat these two rows until you have the same number of rows as you have stitches across your heel flap. So, for example, if you have 32 stitches across

your needle, you'd repeat this two row sequence a total of 16 times, resulting in 32 rows.

NOTE: By slipping the first stitch of each row, you'll create a nice edge that looks like chain stitch. You can count the chain stitch edge to determine how many times you've completed the 2 row sequence.

After you've completed the heel flap, you should be ready to knit, with the right side facing you.

HEEL TURN:

Slip the first stitch purlwise, and knit to halfway across the heel flap needle. Then knit 2 more stitches.

SSK (slip, slip, knit), K1

Turn your work

Slip 1, P5, P2tog (purl 2 together), P1

Turn your work

** Slip 1, knit to one stitch before the gap

SSK, K1

Turn your work

Slip 1, Purl to one stitch before the gap

P2tog, P1

turn your work.

Repeat from ** until you've worked all the stitches on the heel flap needle

That heel turn was pretty cool huh? It never ceases to amaze me what a few short rows can do! Alrighty then, we're moving on to the gusset portion of the sock. The technique to accomplish this change in direction is to pick up the stitches along the sides of the heel flap.

Insert the right needle under both legs of the first chain edge stitch and knit into that.

Watch the video to see exactly how to pick up the stitches and what it looks like.

<https://youtu.be/1y5h3KdA8KE>

Once you've accomplished the pick up, you'll just want to carry on knitting the following two row sequence, working paired decreases until you've returned to your original cast on stitch count.

DECREASE ROW:

- Beginning at the back of the heel, knit until you have 3 stitches remaining on the needle. K2tog, K1.

- Knit across the instep stitches, keeping in pattern.

- At the beginning of the next needle (the other side of the heel flap) K1, SSK.

Knit to the end of the round.

PLAIN ROW:

- Knit the entire round, keeping in pattern on the instep stitches.

Repeat these 2 rounds until you have decreased enough stitches to return to your original number of cast on stitches.

THE LEG:

Carry on knitting, now adding in your chosen pattern on the back of the leg needle as well as the instep (now the front of the leg) stitches. Knit the leg all the way up to the desired height, or until you only have a few feet of yarn left for the bind off.

THE BIND OFF:

I prefer Elizabeth Zimmerman's EZ sewn bind off.

Cut the yarn from the skein, leaving approximately 4 times the diameter of your sock, or 2-3 feet. It's better to have too much than not enough.

Thread your yarn tail onto a darning needle.

*Insert the darning needle under the first two stitches as if to purl, leaving them on the left knitting needle.

Pull yarn through, then thread the yarn back through the first stitch. You can slip the first stitch off the left knitting needle at this point. Repeat from * until all your stitches have been sewn. I like to tie off the end and make sure to weave in 2-3" of tail to secure and finish neatly.

Follow along with my video here:

<https://youtu.be/VwWYlrYql68>

Enjoy your new socks!

