Waffle Stitch Toe-Up Socks

(This pattern assumes that you have some working knowledge in sock knitting, so is not for beginner sock knitters.)



You will need **US size 2 needles**. (I use one 36" long circular needle, and use the magic loop method, knitting 2 socks at once.) You could use five size 2 double point needles in the traditional way of knitting socks. Here is a link showing how to do magic loop. (http://www.wonderhowto.com/how-to/video/how-to-do-magic-loop-knitting-4601/view/) You can also google 'knitting magic loop" for more information.

You will need approx. **100 grams of sock yarn**. (I never use the full amount of yarn, but some people need to.)

1 Tapestry needle.

1 Crochet hook.

The pattern is a very simple one.

(Knit on multiples of 4)
Rounds 1 and 2: k2, p2
Rounds 3 and 4: Knit

Repeat these four rounds to form the waffle stitch in the pattern This is the pattern you will be using on the top of your sock and the cuff.

Begin by casting on 28 stitches <u>per sock</u>, (14 stitches for the top of the sock and 14 stitches for the bottom of the sock) using your favorite cast on for toe up socks. I use the Judy Becker Magic Cast-on for all of my toe up socks. Cat Bordhi has an EXCELLENT tutorial at YouTube. She is 'silly' in the way she teaches, but she gets the idea across and it's so easy to follow her. She uses 2 circulars in this tutorial instead of magic loop, but it's the same concept as using one long circular. The link is: http://www.youtube.com/watch?v=lhBIS0AhhQY or you can google Cat Bordhi if this link doesn't work for some reason.

You can use either 1 long circ. needle, or 5 dbl point needles depending on your preference for sock knitting. (I use one long circ. needle, aka magic loop so if you cast on 28 stitches, you would have 14 stitches on each needle, per sock. Once you have completed the Judy Becker Magic Cast on, you are all set to begin knitting in the round.



Toe shaping: (you will be knitting in the round)

Round 1: knit all stitches around

Round 2: knit in the front and back of the *first and last stitches* (per needle) to increase the toe if using Magic loop method, for a total of 4 increases per sock. (If using 5 dbl point needles, k in the front and back of the first stitch on needle 1, the last stitch of needle 2, the first stitch of needle 3, and the last stitch of needle 4) I have found that by doing the first round of increase stitches this way the 'rabbit ears' that you get if you do a k2, m1 increase on the first increase round are eliminated.

Round 3:Knit all stitches around

Round 4: If using 1 long circ. needle k2, m1R, k across needle, until 2 stitches remain, m1L, k2. Repeat on second sock if doing 2 socks at a time, and then repeat on the other needle....for a total of 4 increases PER SOCK.

(If using 4 dbl point needles, on <u>needle 1</u>- knit 2 m1R, knit across: <u>needle 2</u>- knit to last 2 stitches and m1L, k2. <u>Needle 3</u> - same as needle 1, <u>needle 4</u>- same as needle 2)

Repeat rounds 3 and 4 until the desired number of stitches are on the needles. For this pair of socks, I increased until I had a total of 56 stitches for each sock. Some people prefer to use 60 stitches, and others 64 stitches depending on the size of their feet. It's up to you and how you want your sock to fit.

Work until the piece is a couple of inches from the toe, and then begin working the foot part of the sock.

<u>Work foot:</u> Continue to work in the round, working the above pattern on <u>ONLY</u> the instep part of the foot, until you achieve the total foot length you want <u>BEFORE</u> the gusset increases,

The gusset will begin when the measurement from the toe is 2 ½" *less* than what you want the total length of your sock to be.

<u>Begin gusset</u> by knitting across instep stitches, and then increase one stitch on each side on the *sole stitches*. Increase as for toe increases every other row until you have increased 10 stitches on each side of the sole. You will still be working in the round, but only increasing the sole stitches, NOT the instep stitches.



(Arrows point to beginning of gusset stitches.)

Work **heel** as follows:

After completing the gusset increases, you are ready to turn the heel.

Place a marker in the <u>exact center</u> of the heel stitches to mark the center. You will now work only on the sole part of the sock, and let the instep stitches rest for now. Begin on the knit side of the sole.

Row 1: Slip the first stitch, k to 3 stitches past the center marker. SSK, k1, turn.

Row 2: Slip the first stitch, p7, p2tog, p1, turn.

Row 3: Slip 1, k8, SSK, k1, turn.

Row 4: Slip 1, p9, p2tog, p1, turn.

Row 5: Slip 1, k10, SSK, k1, turn.

Row 6: Slip 1, p11, p2tog, p1, turn

Continue in this manner, working back and forth until all of the <u>extra</u> stitches from the gusset increases are worked and the original number of stitches are on your needle again. <u>It's so easy!</u>



When you are back to the original number of stitches, (for me that was 28 stitches) just begin working in the round again, working the above pattern on the instep stitches and stockinette stitch on the heel stitches.

(If you find that you have a hole where your heel joins, just pull up a stitch from the row below, twist it on your needle, and knit together with the next stitch on the round where you are working. This will close the hole).

Do several rounds, and then begin the pattern on the back of the leg/heel also. Knit the leg until it's a couple inches shorter than the total desired length, and then knit 2 inches of k2, p2 ribbing.



Bind off loosely, using the Elizabeth Zimmerman sewn bind off. There is a tutorial here: (the EZ instructions are toward the bottom of the page) http://knitty.com/ISSUEsummer06/FEATsum06TT.html

With a crochet hook, weave in the ends, and then block the socks as normal.

The advantage of knitting socks toe-up is that if you use handspun yarn (as I often do) the risk of running out of yarn is higher as it's hard to accurately measure the length of yarn that you are working with. With a toe-up sock, you can just bind off the cuff when you run out of yarn. (If you do a cuff down sock, you will be running out of yarn at the toe if you run out. Not Good!). Also, doing the heels for a toe-up sock are much, much easier if you do magic loop, 2 socks at a time.

For questions, email me at wilmab4397@gmail.com
Put 'toe up sock question' in the subject line so I don't think it's spam.