

Vanilla Sock Pattern for Two-at-a-Time Toe Up Socks

Materials

- 2 circular needles (sized appropriately for your yarn and gauge) at least 24" in length
- Fingering weight yarn divided into two balls at least 200 yds each (or single skein wound into a cake with a ballwinder)
- Stitch markers
- Stitch holders or extra needles



Glossary of Terms:

Abbreviation	Description
LLinc	Left-leaning increase
RLinc	Right-leaning increase
Sl	Slip a stitch
K	Knit
P	Purl

Prep

Label your needles or mark one set of circular needles with a small bit of nail polish at the tips. You can also use two different colored needles. Having different needles helps you remember what side you're working on as well as prevents you from accidentally using only one needle. This pattern will follow the construction of the sock by the numbered parts, starting with "Step 1: Toes" and ending with "Step 7: Cuffs." Note the following pattern doesn't use set stitch numbers other than for the construction of the toe. You must note the number of stitches you are using per the sock size you're knitting. The number of stitches will depend on the gauge of your knitting and the sock yarn you've chosen.

Step 1: Toes

Using the Figure 8 or Turkish cast on, cast on 8 stitches on both needles 16 stitches total. Turn the work so that the tail of the knitting is on left. Note, this will always be the starting point of your round. Let's call the front *Side A* and the back *Side B*.

Draw your illustration here:



Round 1: knit all the way around

Round 2: begin your increases. **Side A** - knit 1, increase using a right-leaning increase (**LRinc**), K 5, increase using a left-leaning increase (**LLinc**), K1. **Side B** - repeat knitting for Side A. You should have 10 stitches on each side or 20 stitches total.

Round 3: Place a stitch marker to mark the beginning of the round. repeat Round 2. You should have 24 stitches total.

Round 4: knit entire round.

Odd rounds - repeat Round 2 or the "increase" round.

Even rounds - knit entire round.

Continue to alternate "increase" and "knit" knit rounds until you have enough of a circumference to fit around your toes at their widest measurement.

After knitting the first toe, put all your stitches on stitch holders (you can also use two double-pointed knitting needles. Repeat the previous steps for creating a toe. End with the tale on the left side. Place the stitches from your first toe being careful to keep the tail on the left. Make sure you divide the number on stitches from Toe #1 evenly between the front and back circular needles. Keep both balls

or ends of yarn for each toe separate. You may have to untangle or untwist these strands from time to time.

You will now begin knitting the feet.

Steps 2 & 3: Feet – Soles/Insteps

At this point you are knitting both socks at one time on two circular needles. You are now ready to take off and knit the foot or sole and instep of your socks. This is the easy part. Knit the instep and sole in the stitch pattern(s) you've chosen until each foot reaches the measurement of the length between the tip of your toes to the beginning of the ball of your heel. Note the number of stitches you have on your needles for both *Sides A & B* (for both feet). You'll need this number for *Step 5 - Heel Flaps*. You're now ready to begin the gusset increases.

Total number of stitches: _____

Step 4: Gussets

Knit both socks at the same time using the following instructions.

Round 1: Side A - K1, LLinc, knit in the stitch pattern you've chosen for the instep until you have 2 stitches left on *Side A*, then RLinc. *Side B* - Repeat the increases made for *Side A*. Then knit the stitch pattern you've chosen for the sole of the foot

Round 2: Side A - knit in the stitch pattern for the instep *Side B* - knit in the stitch pattern for the sole.

Repeat Rounds 1 & 2 six more times. End at the marker.

You are now ready to start your heel flaps.

Step 5: Heel Flaps (Ribbed Heel)

You are now knitting the Side B (sole-side) of both socks. You will knit Side B front and back instead of knitting all of the sock in the round. Leave Side A alone on the other pair of circular needles.

Row 1: P2TOG, Purl rest of stitches in row

Row 2: SSK, *K1 Sl1, repeat from * to end of the row. Avoid ending on a slip stitch. Repeat Rows 1 & 2' decreasing on both the purl and knits sides until you have only 4 stitches left on your needle.

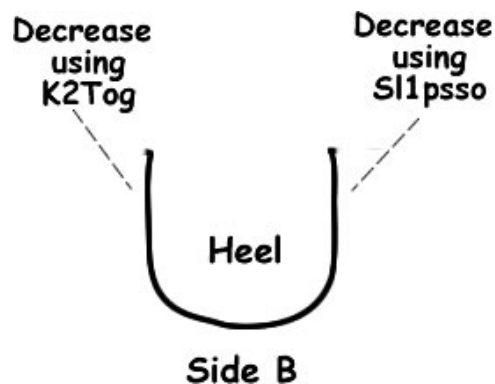
You are now ready to join *side A* to the heel flap to create the gussets of your socks and continue knitting the heel. At this point you should transfer one of the socks back to stitch holder or additional set of needles. It's easier to work each heel individually.

Turn Sl 1 as if to purl and purl the remaining 3 stitches

Pick 12-16 stitches (depending on your sock size) and knit along the heel flap. You should have 16-20 stitches. Turn your work.

Sl 1 as if to purl, purl the rest of the stitches in the row. Pick up 12-16 stitches and purl along the other side of the heel flap. When you reach the last stitch of the row slip one stitch from the needle for *Side A* and purl these two stitches together. Note you will continue to combine or incorporate the stitches from Side A in this fashion until you have the original stitch number from the Sole/Instep from Steps 2 & 3.

End with the beginning of *Side B*. You will now decrease on each side (right and left) of *Side B* using Sl1 Pss0 (right side) & K2 tog (left side).



Continue these decreases on *Side B* only in this manner while knitting the entire sock in the round. Remember, if you are using a stitch pattern for *Side A* continue

in this pattern on that side. Knit the sock in the round in this fashion until you have decreased *Side B*, so that you have the same amount of stitches on *Side A & B*.

Once you've completed the heel for both socks you can place them back on the two circular needles making sure that all the stitches for each sock are evenly distributed between your two needles for *Side A & Side B*.

Step 6: Legs

Continue to work in your chosen stitch pattern. Until you reach a desired length. Note if you are doing calf shaping, make sure you note the number of increases you need.

Step 7: Cuffs

Choose your ribbing or cuff. For a simple 1x1 or 2x 2 ribbing you can use Elizabeth Zimmerman's sewn bind off. This bind off allows for a little more elasticity in the top of the ribbing.

Additional Resource – Short Row Heel

For those of you who want to try toe-up socks with a short row heel, visit this well-illustrated tutorial:

http://www.cometosilver.com/socks/2circsocks_start.htm

Your Notes: