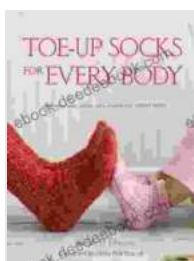


# Toe Up Socks For Every Body: A Comprehensive Guide

Toe up socks are a great way to create custom fit socks that are perfect for any foot size or shape. They are also a great way to use up leftover yarn. In this guide, we will show you how to make toe up socks with step-by-step instructions and helpful tips.



## Toe-Up Socks for Every Body by Wendy D. Johnson

★★★★☆ 4.5 out of 5

Language : English  
File size : 8256 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Print length : 144 pages



## Materials You'll Need

- Worsted weight yarn (approximately 100 grams)
- Size 2 circular needles (or size needed to obtain gauge)
- Tapestry needle
- Scissors

## Gauge

18 stitches and 24 rows = 4 inches in stockinette stitch

## **Instructions**

### **Step 1: Cast on and shape the toe**

1. Cast on 3 stitches.
2. Knit 1, increase 1 (knit front and back into next stitch),knit 1.
3. Knit 2, increase 1, knit 2.
4. Continue increasing in this manner until you have 14 stitches on the needle.
5. Knit 1 round without increasing.
6. Knit 2, decrease 1 (knit 2 together),knit 12.
7. Knit 1, decrease 1, knit 2.
8. Continue decreasing in this manner until you have 3 stitches on the needle.
9. Knit 1, increase 1, knit 1.
10. Knit 1 round without increasing.
11. Repeat Steps 2-10 until you have as many rows as desired for the toe.

### **Step 2: Knit the gusset**

1. Divide the stitches evenly between 2 needles (7 stitches on each needle).
2. Knit 1 round without increasing.
3. Knit 2, increase 1, knit 5.
4. Knit 1 round without increasing.

5. Repeat Steps 3-4 until the gusset is as long as desired.

### **Step 3: Knit the leg**

1. Join the stitches from the two needles and knit in the round.
2. Knit until the leg is as long as desired.

### **Step 4: Shape the heel**

1. Divide the stitches evenly between 3 needles (14 stitches on each needle).
2. Knit 1 round without decreasing.
3. Knit 1, decrease 1 (knit 2 together),knit 12.
4. Knit 1 round without decreasing.
5. Repeat Steps 3-4 until there are 7 stitches on each needle.

### **Step 5: Turn the heel**

1. With the right needle, knit 2 stitches from the left needle.
2. With the left needle, knit 2 stitches from the right needle.
3. Repeat Steps 1-2 until all of the stitches have been transferred to the left needle.

### **Step 6: Knit the heel flap**

1. Knit 1 row.
2. Turn the work and purl 1 row.
3. Repeat Steps 1-2 for a total of 14 rows.

### **Step 7: Decrease the heel**

1. With the right needle, knit 2 stitches from the left needle.
2. With the left needle, knit 1 stitch and then decrease 1 (knit 2 together).
3. Repeat Steps 1-2 until there are 7 stitches on the left needle.
4. Knit 1 round without decreasing.
5. Repeat Steps 1-4 until there are 3 stitches on the left needle.

### **Step 8: Graft the heel**

1. With a tapestry needle, graft the first stitch on the left needle to the last stitch on the right needle.
2. Graft the second stitch on the left needle to the second to last stitch on the right needle.
3. Continue grafting the stitches until all of the stitches have been joined.

### **Step 9: Knit the instep**

1. With the right needle, knit 2 stitches from the left needle.
2. With the left needle, knit 1 stitch and then increase 1 (knit front and back into next stitch).
3. Repeat Steps 1-2 until there are 14 stitches on the left needle.
4. Knit 1 round without increasing.
5. Repeat Steps 1-4 until the instep is as long as desired.

### **Step 10: Knit the cuff**

1. Knit until the cuff is as long as desired.

2. Bind off all of the stitches.

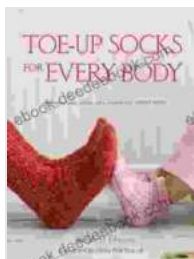
## Step 11: Finish

1. Weave in any loose ends.
2. Block the socks to desired shape.

## Tips

- Use a variety of colors and yarns to create unique socks.
- Add embellishments such as beads, sequins, or lace to your socks.
- Make socks for different seasons by using different weights of yarn.
- Toe up socks are a great way to use up leftover yarn.
- Don't be afraid to experiment with different stitch patterns.

Toe up socks are a versatile and customizable way to keep your feet warm and stylish. With this guide, you can now make toe up socks for every body, no matter what size or shape. So get creative and start knitting today!



### Toe-Up Socks for Every Body by Wendy D. Johnson

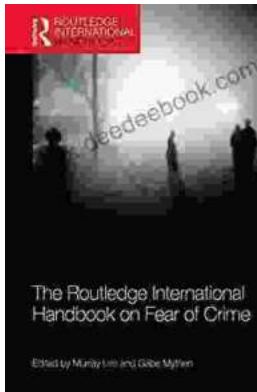
★★★★☆ 4.5 out of 5

Language : English  
File size : 8256 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Print length : 144 pages

FREE

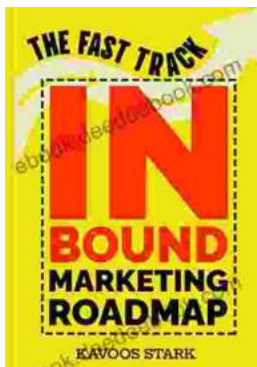
DOWNLOAD E-BOOK





## The Routledge International Handbook on Fear of Crime

Fear of crime is a serious problem that can have a debilitating impact on individuals and communities. It can lead to anxiety, depression, and even physical illness. It can...



## The Fast Track Inbound Marketing Roadmap: A Step-by-Step Guide to Success

Inbound marketing is a powerful way to attract, engage, and delight customers. But it can be tough to know where to start, especially if you're...