

# Kate's Toe-Up Training Sock-DPNs

A miniature sock, designed to demonstrate toe-up sock knitting techniques. Written for DPNs. Instructions assume the knitter is familiar with working in the round.

## Materials:

scrap of worsted weight yarn  
4.5mm double-pointed needles - set of 4 or 5  
2 safety pins or removable stitch markers  
2 other stitch markers

## Gauge:

Approximately 20 stitches & 26 rounds = 4 inches/10cm in stocking stitch in the round

### 1. Toe

Using Judy's Magic Cast On, cast on 12 stitches, 6 on each of two needles.

*Round 1:* K6 with one needle, k3 with another, and k3 with a third.

*Round 2, increase:* On first half: K1, m1, k to 1 st before center of round, m1, k1.

On second half: k1, m1, k to 1 st before end of round, m1, k1.

*Round 3:* Knit.

Repeat *Rounds 2 & 3* until you have 24 stitches total, 12 on the first needle, and 12 total on the other two.

### 2. The Foot

Knit 6 rounds even.

### 3. The Gusset

*Round 1:* M1R, place 1st heel marker, k to end of first needle, place 2nd heel marker on that needle, M1L; k to end of round.

*Round 2:* Knit all stitches.

*Round 3:* M1R, k to center of round, M1L. K to end of round.

*Round 4:* Knit all stitches.

Repeat *Rounds 3 & 4* until you have 32 stitches; 20 on the first - 12 between the markers, and 4 outside either side - & 12 divided across the other two.



## Notes & Techniques

Judy's Magic Cast on:

<http://www.knitty.com/ISSUESpring06/FEATmagiccaston.html>

Round 1 distributes your stitches so that first half is on one needle, the second half divided across the other two. Your sole/heel sts are on the first half of the round; the top of foot/instep is the second.

Place a safety pin or removable marker in the fabric to indicate the start of the round, and a second to indicate the center of the round.

Use the backwards loop M1 – make a backwards loop and place it on the right needle. This is my favorite increase: it's quick and simple, and is “non-denominational” – it doesn't lean in any particular direction, and works equally well between knit or purl stitches.

## Notes & Techniques

Increases are always worked at the ends of the first needle. Slip the markers as you get to them.

M1R: With the tip of the left needle, pick up the bar between the last stitch worked and the next stitch, *from back to front*; knit it through the front loop.

M1L: With the tip of the left needle, pick up the bar between the last stitch worked and the next stitch, *from front to back*; knit it through the back loop.

#### **4. Short Row Gusset Heel – Step 1**

*Row 1 (RS):* Knit to 1 st before *second* heel marker, wrap and turn.

*Row 2 (WS):* Purl to 1 st before *first* marker, wrap and turn.

*Row 3 (RS):* Knit to 2 sts before marker, w&t.

*Row 4 (WS):* Purl to 2 sts before marker, w&t.

*Row 5 (RS):* Knit to 3 sts before marker, w&t.

*Row 6 (WS):* Purl to 3 sts before marker, w&t.

*Row 7 (RS):* Knit to 4 sts before marker, w&t.

*Row 8 (WS):* Purl to 4 sts before marker, w&t.  
4 sts rem unwrapped in the center.

#### **5. Short Row Gusset Heel – Step 2**

*Row 1 (RS):* K4, knit the next 3 sts together with their wraps (1 wrapped st remains), work an ssk on the final stitch together with its wrap AND the first of the gusset stitches. Turn.

*Row 2 (WS):* Slip 1, p7, purl the next 3 sts together with their wraps (1 wrapped st remains), and work a p2tog on the final st together with its wrap AND the first of the gusset stitches. Turn.

*Row 3 (RS):* Sl 1, k10 (to 1 st before gap), SSK. Turn.

*Row 4 (WS):* Sl 1, p10 (to 1 st before gap), p2tog. Turn.

Repeat *Rows 3 & 4* until all gusset stitches have been decreased, and you're back to 24 stitches total.

#### **6. Leg & Cuff**

Resume working in the round: knit 6 rounds.

Ribbing round: [K1, p1] around.

Work 5 more rounds as set.

Cast off VERY loosely, using the Russian Lace Cast Off.

#### **Notes & Techniques**

This step is worked back and forth in rows on the stitches between the heel markers.

To wrap and turn (w&t): slip the next st purlwise to the right needle; move the yarn; slip the stitch back. Turn your work.

There will be 4 wrapped sts on each side when you're done.

#### **Notes & Techniques**

In this step, you are working across the heel flap, reducing the gusset stitches one-by-one. Remove the heel markers when you get to them.

SSK: Slip 1 knitwise, slip a second sts knitwise, insert left needle, from left to right, into the fronts of these two slipped stitches, and knit them together, wrapping the yarn around the right needle as normal.

To work a knit st with its wrap: insert right needle into the wrap from underneath and knit it together with the st.

To work a purl st with its wrap: insert right needle into the back of the wrap and lift it onto left needle; purl the wrap together with the st.

#### **Notes & Techniques**

##### Russian Lace Cast-Off (Knit version)

K1, \*k1, insert the tip of the left needle into the fronts of these two sts (as if to ssk), and knit them together; repeat from \* until a single stitch remains. Break yarn and pull the end through to secure.

#### **TIP: To reduce the hole of at the top of the heel, work as follows**

Stop the Gusset decreases when 1 gusset st remains on each side. 26 sts rem total. At this point, you'll resume working in the round.

*First leg round:* Sl 1, k10, ssk, k across instep sts, k2tog, k to end of sole. 24 sts rem.

This takes you all the way around to the end of the sole sts/start of instep. This is the new start of round.