

### Toe-Up Forethought Heel Sock Template

2 sizes: foot circ 20-22 cm ("ladies' medium"), foot circ 23-25 cm ("men's medium")

Foot length is adjustable. Written for magic loop / 2-circulars.

Gauge: 8-9 sts/inch (fingering wt; 400m/100g or thereabouts with 2mm needles)

You'll need 2 stitch markers (if you are knitting two-at-a-time, you'll need 4!).

#### Toe:

Using Judy's Magic Cast-On, cast on a total of 10 [16] sts on each side of magic loop, or on each circ, for a total of 20 [32] sts for each sock.

Round 1: knit

Round 2: KFB, k to 1 before end, KFB, K on each of the 2 sides of the sock / needle.

Repeat rounds 1-2 until 30 [36] sts on each side of the sock / needle. Total sts 60 [72].

**Fitting tip:** for snug-fitting socks, measure around the ball of your foot and multiply this number by 0.45. This is the width that your sock should have when you lay it flat on the table and measure across it at the point where you're finished knitting the toe (in other words, the sock's circumference should be 90% of your foot circumference). When your sock is the right size, put in a *lifeline* (thread a tapestry needle with slippery yarn – dental floss or embroidery cotton works well – and run it through all the loops on the needle, following the path of the needle itself. No need to knot, just let the ends hang.). Continue knitting with the foot. If you decide your sock is the wrong size, you can frog back to the lifeline – it acts as a stopper - and make corrections.

#### Foot:

One side of the sock is the sole and is knit plain. The other side with 30 [36] sts is the instep and is patterned. There are some pattern suggestions (first 3 feature openwork/lacey patterns; following 3 are rib-based and more manly) at the end of this template; these are "all-over" rib-based patterns which are all stretchy and will hug your leg nicely. They work particularly well with the complex-yet-not-stripping colourways of Malabrigo yarn.

#### Heel slit:

Set up the pattern and knit as established until you reach the beginning of the heel, as indicated by the figure below. This is easy to establish by trying the sock on; you shouldn't be standing on the needle when you stand on the floor; it should snug up just below your heel.



At this point, stop knitting once you have completed the instep sts, and run a lifeline through the sole sts only. Now take a piece of scrap fingering weight yarn – slippery works best - in a *different colour* and,

leaving the working yarn aside, use it to knit the sole sts. Then, transfer all the sole sts back to the LH needle, and knit over the scrap yarn once again using the working yarn. Stop at the end of the sole sts, and run another lifeline through them.

You should have 3 rows: a main yarn row with lifeline, a scrap yarn row, and then another main yarn row with lifeline.

Continue a few (2 to 6, not critical) more rounds of the pattern on the instep and plain knitting on the sole until you hit a convenient place in the pattern repeats, to begin the pattern on the back of the leg.

#### **Leg:**

The leg simply continues the pattern as set on the instep, and now starts the pattern on the sole (now the back of the leg) sts. The stitch count should be constant. Simply continue the pattern as set.

Knit to the desired sock height (up your leg). Finish with ribbing as desired, making the ribbing flow naturally from the pattern.

Cast off using Jeny's Surprisingly Stretch Bindoff, or a picot cast off for a more feminine look. ***Don't use a standard cast-off, as it will be too tight!***

#### **Heel:**

Pick out the scrap yarn knit in for the heel slit. The slit should open like a "mouth", with the sts on either edge trapped in the lifelines.

*Starting in the middle of the sole sts*, start picking the sts from the lifelines onto your needle(s). As you come to the end of the slit ("the corners of the mouth"), pick up a stitch or two from the edges of the sock body, to close any possible hole. Continue all around the heel slit until all sts have been transferred from the lifelines to the needle(s).

Knit one complete round plain, *placing a stitch marker at each side of the slit* ("corners of the mouth"), and knitting *through the back loop* any extra stitches you picked up there (to ensure tightness). End the round in the middle of the sole where you started picking up the sts.

#### **Heel Gussets**

You'll be knitting back-and-forth in the corners a little bit to create little "wedges" that serve to provide just a little extra room across the instep. You can see this "wedge" in the photo below (yellow circle) . This ensures a better fit.



Knit to 8 sts past the first marker. Wrap and turn.  
 Purl to 8 sts past the first marker. Wrap and turn.  
 Knit to 6 sts past the first marker. Wrap and turn.  
 Purl to 6 sts past the first marker. Wrap and turn.  
 Knit to 4 sts past the first marker. Wrap and turn.  
 Purl to 4 sts past the first marker. Wrap and turn.  
 Knit across to the second marker, lifting each wrap and knitting it together with the stitch it rides on.

Knit to 8 sts past the second marker. Wrap and turn.  
 Purl to 8 sts past the second marker. Wrap and turn.  
 Knit to 6 sts past the second marker. Wrap and turn.  
 Purl to 6 sts past the second marker. Wrap and turn.  
 Knit to 4 sts past the second marker. Wrap and turn.  
 Purl to 4 sts past the second marker. Wrap and turn.  
 Knit across to the end of the round, lifting each wrap and knitting it together with the stitch it rides on.

### Heel Decreases

R 1: Knit to 2 sts before first marker (dealing with any remaining wrapped sts on the first round only)  
 Slip 2 sts together, knitwise. Remove marker. K1, then slip 2 slipped sts over (as a unit). Replace marker.  
 Repeat at second marker.

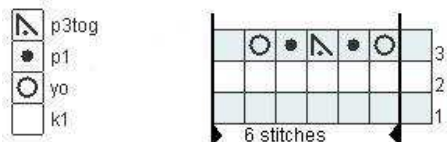
R 2: Knit.

Repeat R1 and R2 until 14 [20] sts remain. Try on the sock. You may wish to decrease a bit more on the heel sts, but don't overdo it or you'll end up with a pointy heel. Graft opening closed.

### Little Shell

Multiple of 6 + 1 sts; increase one st in the middle of the instep side to give 31 [37] sts; decrease 1 st in middle of sole sts to maintain stitch count.

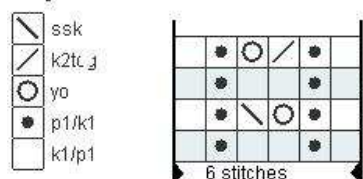
#### Key



### Lacy Rib

Multiple of 6 sts

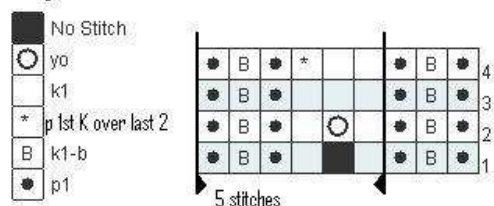
#### Key



### Openwork Rib

Multiple of 5 + 3 sts; for smaller size dec 2 sts on instep side to give 28 sts; inc 2 sts on sole side to maintain stitch count. For larger size inc 2 sts on instep side to give 38 sts; dec 2 on sole.

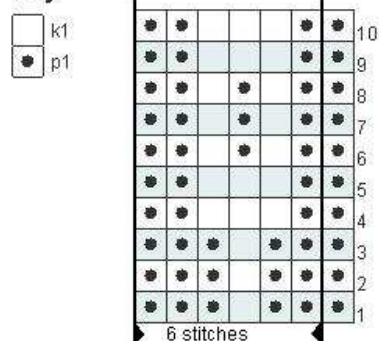
#### Key



### Chain Rib

Multiple of 6 + 1 sts; increase one st in the middle of the instep side to give 31 [37] sts; decrease 1 st in middle of sole sts to maintain stitch count.


#### Key

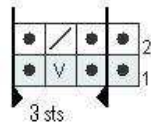


### **Bumpy Rib**

*Multiple of 3+1 sts; increase one st in the middle of the instep side to give 31 [37] sts; decrease 1 st in middle of sole sts to maintain stitch count.*

#### **Key**

	KFB
	k2tog
	p1



### **Mistake Rib**

*Multiple of 4 +(2+3) sts; for smaller size dec 1 st on instep side to give 28 sts; inc 1 st on sole side to maintain stitch count. For larger size inc 1 st on instep side to give 37 sts; dec 1 st on sole side to maintain stitch count.*

#### **Key**

	k1
	p1

