

Heel and Toe Crew Socks

Designed by Faith Schmidt

Jazz up your sock knitting with contrasting heels and toes. It's easy to do and adds a fun twist to your socks. It's also a great way to use up all those little balls of leftover sock yarn.



Loom: AKB Sock Loom

Yarn: 235 yards of fingering (sock) weight yarn in MC and 55 yards of fingering (sock) weight yarn in CC. Knit Picks Essential (Eggplant (MC) and Bordeaux (CC) Kettle Hand-Dyed) was used in the sample. .

Notions: Tapestry Needle, Knitting tool, Two pieces of scrap yarn in a contrasting color(optional)

Gauge: 7.5 stitches and 11 rows to 1 inch in FS

Size: 8 1/2" foot circumference (an average woman's size 8) with a 6" leg.

Abbreviations: FS-Flat Stitch, CO-Cast On, K-Knit, P-Purl, MC-Main Color, CC-Contrast Color, BO-Bind Off

Pattern Notes:

- When creating the short rows in the heel and toe, lift the wraps over before you lift the stitch over on the wrapped pins. This will give the sock a nicer look.
- The FS was used in these socks. It is important to make sure that you do not pull the yarn too tightly. If you do, the stitches will be very difficult to pick over. To help make the FS looser, after picking over the stitch, pull the stitch away from the pin slightly. If you have too much trouble with tight stitches, use the knit stitch instead of the FS.



- The toe of the sock can be closed in a couple of different ways. You may close as directed in the DVD, by binding the sock off and then sewing the opening closed. An alternative method is to slip the first half of the stitches on to a contrasting piece of sock yarn. Slip the second half of the stitches onto another piece of sock yarn. Cut the working yarn, leaving a long tail. Thread the yarn tail onto a yarn needle. Starting with the first stitch (the side closest to the toe) take the needle through the stitch from right to left, being careful not to catch the waste yarn. Now, take the needle over to the other piece of scrap yarn and through the first stitch on the second side, going from left to right. Continue weaving from one side to the other until all the stitches have been woven. Remove the scrap yarn, gently pull on working yarn to tighten the toe stitches and weave in loose end. I prefer the second method as it makes a less bulky seam. If desired, the Kitchner Stitch (used in hand knitting) could also be used, but is a bit more complicated. There are many online tutorials on this method if you are interested in trying it.

Instructions:

1. CO 52 pins with MC, using the Cable cast on (see Pattern Notes).
2. Cuff: K2, P2 for 22 rounds.
3. Leg: Work in FS for 48 rounds.
4. Heel: Attach CC, but do NOT cut MC. Turn heel on 26 pins, using short row shaping as explained in the DVD or in the link in the Pattern Notes section. You will have 8 unwrapped pins when finished decreasing.
5. Foot: Cut the CC, leaving a tail for weaving in, twist MC and CC to avoid a hole, and then knit in FS with the MC for 69 rounds. Cut MC, leaving a tail for weaving in.
6. Toe: Attach CC and knit 1 row, then repeat the heel instructions to form the toe.
7. Sew or weave closed (see Pattern Notes). Weave in ends.

