

TOE-UP SOCKS

WITH

*Afterthought
Heel*



Save “fancy” yarns for fun stripes, while using hard-wearing Jawoll Superwash Sock, with extra nylon, for knitting replaceable toes and heels.

Gauge

28sts over 10cm/4".

Use needles to achieve gauge;
usually between 2 to 2.75mm.

Foot Circumference

S (M, L): approximately 21cm (23, 25) at widest part of foot.

Materials

[Lang Jawoll](#) Superwash sock yarn
for toes and heels; colour 45
taupe

[Madelinetosh Tosh Sock](#); colour
Saffron

[Madelinetosh Tosh Sock](#); colour Fig

Toe

This pattern is written for circular needles using the magic loop technique. CO 20sts using the figure-eight circular method. This will give you 10sts on each half of the circular needle.

Repeat these two rnds until there are 48sts (56, 64). Knit four more rnds in toe yarn.

Toe Increase rounds

Rnd 1: K1, m1l, knit to last st on this half of the circular needle, m1r, k1, turn to second needle, k1, m1l, knit to last st, m1r, k1.

Rnd 2: Knit one rnd.

Foot

Knit in striping pattern of your choice. The sample sock is knit in a pattern of 4rnds in one Tosh sock colour and 2rnds in the other. The colours are reversed for the second sock.

Knit until the foot measures 6cm less than desired length. Either measure from your heel to longest toe or use the charts at the end of the pattern for guidance.

Since the toe colour is next to the "four rnd" colour, the heel should match by falling in the middle of one of these sections. After 2 of the 4rnds, place the waste yarn for the afterthought heel.

Heel Placement

Knit 24 (28, 32) stitches in your Tosh sock colour. Using a smooth waste yarn in a contrasting colour, knit the remaining 24, (28, 32) stitches. Slip the waste yarn stitches back to your working needle and knit the stitches in main yarn again. Knit one more rnd in your main colour.

For more details of how to knit the afterthought heel, yarn, tips and ideas, go to the [loopknitlounge blog post](#).



Leg

Continue in stripe pattern. I like to increase the width of my sock, above the ankle, for a bit of slouchiness.

To do this, make an increase at centre back in the middle of the first “four row” stripe. Then increase on either side of this centre back stitch, every 6rnds until desired width is reached.

I have increased a total of 7sts.

Work in stripe pattern until desired length. You may like to change the striping pattern towards the top of the sock for a little variety.

Decrease 3sts, to give a number dividing by four, and work 2cm of 2k by 2p rib. BO using a stretchy bind-off method.

Heel

Using [Lang Jawoll](#) with its accompanying nylon thread, pick up 24 (28, 32) stitches along the bottom of the waste yarn. I find it easiest to see the stitches to pick-up, on the wrong-side of the knitting. When finished picking up, feed the circular needles through the sock so that knitting is on the right-side again.

Hold the sock so that the top of the waste yarn is facing you and pick up the stitches between the purl bumps of waste yarn. Flip the sock and repeat the process for the other half of the stitches. You should now have 48 (56, 64) stitches on your needle. Remove the waste yarn.

Begin to work in the round. When you get to the gap between the top and bottom half of the needles, pick up 2 additional stitches on each side, twisting the stitches.

After completing the round, you should have a total of 52 (60, 68) stitches. Knit 3 rounds of stocking stitch (If you would like to add or decrease depth of heel, knit more/less rounds of stockinette stitch during this section). Begin to shape the heel as follows:



This is a view of the finished sock heel, looking up the back of the leg. The foot folds flat underneath the sock. The leg increases can be seen running up the centre back.

Heel Shaping rounds

Rnd 1: First half of sts; *k1, ssk, k to 3sts before end of this half, k2tog, k1*. Repeat *to* for second half of heel.

Rnd 2: Knit all stitches.

Continue to work these two rounds until there is a total of 24 stitches. Graft live heel stitches together. Repeat for

Key

k:	knit
p:	purl
rnd:	round
st:	stitch
m1l:	make 1 left
m1r:	make 1 right
ssk:	slip, slip, k the 2 slipped sts together.
k2tog:	knit 2 sts together.

The following charts offer guidance for foot length based on shoe sizes.

Men's European shoe size	Men's UK shoe size	Foot length - metric	Men's North American shoe size	Foot length - imperial
38	5 1/2	24.8 cm	6	9 5/8"
39	6 1/2	25.1 cm	7	9 7/8"
40	7	25.4 cm	7 1/2	10"
42	8	26 cm	8 1/2	10 1/4"
43	8 1/2	26.7 cm	9	10 1/2"
44	10	27.3 cm	10 1/2	10 3/4"
45	11	27.9 cm	11 1/2	11"
48 1/2	13 1/2	29.2 cm	14	12"

Women's European shoe size	Women's UK shoe size	Foot length - metric	Women's North American shoe size	Foot length - imperial
35	3	22.8 cm	5	9"
36	3 1/2	23.5 cm	6	9 1/4"
37 1/2	4 1/2	24.1 cm	7	9 1/2"
38 1/2	5 1/2	24.8 cm	8	9 3/4"
40	6 1/2	25.4 cm	9	10"
41	7	25.7 cm	9 1/2	10 1/8"
42	7 1/2	26 cm	10	10 1/4"
44	9 1/2	27.3 cm	12	10 3/4"

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Please ask if you wish to translate it or use to teach a class.

Thank you and enjoy knitting!

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Or find us in the ether loopknittingshop.com

Kid's European shoe size	Kid's UK shoe size	Foot length - metric	Kid's North American shoe size	Foot length - imperial
19	3	10.62 cm	4	4 1/4"
20	4	11.87 cm	5	4 3/4"
22	5	12.5 cm	6	5"
23	6	13.12 cm	7	5 1/4"
24	7	13.75 cm	8	5 1/2"
25	8	15 cm	9	6"
27	9	15.62 cm	10	6 1/4"
28	10	16.87 cm	11	6 3/4"
29	11	17.5 cm	12	7"
31	12	18.6 cm	13	7 3/8"