

# Toe up heel flap sock tutorial (for DPN or ML)

*After learning how to knit socks (cuff down), I often found myself being overly cautious when knitting the leg portion. I didn't want to get to the foot and find that I didn't have enough yarn to finish. Unfortunately, being overly cautious means that you're often left over with a hunk of yarn that could have been an extra 2 inches in your sock legs, had you guesstimated correctly. Having not yet mastered short row heels, and preferring double pointed needles, I decided to find a way to make toe-up simple stockinette socks with a heel flap. Now I can knit knit until cuff time, making longer socks and having less random leftovers. This also comes in super handy if you want to have plain or striped knee-high socks, since you can try these on as you go, always placing increases at the right spot and having a perfectly fitting foot.*

*If you've never knit a pair of socks before, this could be a great way to start. Since you can try the foot on as you go along, you won't need to worry about an ill fitting knit afterwards. As long as you have patience around the heel flap/turning section, sock newbies should be just fine.*

**Skill level:** Easy!

**Skills required:** Cast on/Cast off, knitting, purling, increasing and decreasing (using KFB, SSK, and K2tog/P2tog).

**You need:**

- 1 set of double pointed needles or 1 circular needle long enough for magic loop in the size needed for your choice of yarn
- your choice of yarn, suitable yardage for the length of socks you plan to make (approximate yardage required in fingering/sock yarn is 400 yds for regular length socks and 600-700 yds for knee high socks. Yardage varies depending on the weight of yarn you're choosing).
- 1-2 stitch markers

Sock sizes: 64 stitch sock (72 stitch sock -- is a larger sock, width wise)

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## *Toe + Foot*

- Cast on 12 stitches
- Knit across
- Pick up 12 stitches on the other side
- Row 1
  - Needle 1 | K1, KFB, K to last 2 stitches, KFB, K1*
  - Needle 2 | K1, KFB, K to last 2 stitches, KFB, K1*
- Row 2
  - Knit all stitches on Needle 1 and Needle 2

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- Repeat Row 1 and Row 2 until you have 64 (72) stitches in total, with 32 (36) stitches on each needle.
- Switch from 2 needles to 3-4 needles and knit in the round until the length of the foot is 2 inches shorter than your foot length.

## *Gusset Increases*

- Row 1
  - Needle 1 | K1, KFB, K to last 2 stitches, KFB, K1*
  - Needles 2, 3, 4 | Knit all stitches*
- Row 2
  - Knit all stitches on all needles*
- Repeat Row 1 and Row 2 until you have a total of 84 (94) stitches on your needles. This will have created 10 (11) increases.

## *Extend for Heel*

- Knit 16 (18) stitches from Needle 1 onto Needle 4 or 5 (depending on how many needles you are working with)
- SSK, Knit 18 (19) stitches onto a new needle. This needle is now referred to as the "heel needle."
- Ignore rest of stitches, since you are now going to be working back and forth on the heel needle.
- Row 1 | Turn, P2tog, P across row
- Row 2 | Turn, SSK, K across row
- Repeat Row 1 and Row 2 until there are 8 (8) stitches left on the heel needle, with you continuing to the next part on the **wrong side** of the knitting.

## *Heel Flap + Turning Heel*

- Turn, Slip 1, K across heel
- Pick up and knit 11 (13) stitches across the decrease edge that you created when extending for the heel.
- Turn, Slip 1, P across picked up stitches and heel.
- Pick up and purl 11 (13) stitches across the other decrease edge that you created when extending for the heel.
- Turn work. You should have 30 (34) stitches on your heel needle now.
- Row 1 | Slip 1 as if to knit, K to last stitch. Slip 1, Slip 1 from next needle and K2tog, through the back loop. Turn.
- Row 2 | Slip 1 as if to purl, P to last stitch. Slip 1, Slip 1 from next needle and P2tog, through the back loop. Turn.
- Repeat Row 1 and Row 2 until you have 64 (72) stitches on your needles again. This is a total of 15 (17) repeats, ending with a purl row.

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## Leg + Cuff

- Now you are ready to knit the leg. Knit plain or in a pattern for as long as you want (provided you have the yarn yardage!), ending with a ribbed cuff of your choice (I usually opt for a 2x2 cuff). For a tighter cuff, try switching to needles 1 size smaller than you're using. The cuff should have more grip. You could also knit the cuff with a thin thread of elastic held with your yarn to create a more elastic cuff.
- If you want to knit knee high socks, mark the stitch that's in the center of the back of the foot and do paired increases up the leg (knit to 1 stitch before marker, KFB, slip marker, KFB, knit rest of stitches), where they see fit in order to fit your calves. Remember that after an increase row, have an all knit row. If you want to make sure both of your socks match, you can keep a tally of how many inches between increases, mark your increases, or be able to read your knitting to see where you've increased.

## Cast off

- There are a lot of different cast off options for you.
  - Cast off the way you normally do, making sure to do so *loosely* to ensure a comfortable opening to your sock.
  - Cast off with needles 1-2 sizes larger than you've been using.
  - Try Elizabeth Zimmerman's sewn bindoff (just do a google search)
  - etc etc etc. Let me know if you have a particularly great way to bind off for socks!

Hope this is helpful! It's how I make my toe-up socks and they fit great!

[This tutorial is written for DPN but it should be easy enough for you magic loopers to be able to use it on your circular needles too]

Email me with any questions, corrections, or concerns  
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