



Toe-Up, Slip-Stitch Heel, Sock Formula for 2 Cires



Keep in mind that this is a formula - you have to plug in your own desired stitch count to make it work. Plus, there is a lot of assumed knowledge in this formula in regards to working socks on 2 circulars and doing increases and decreases. This isn't a good pattern for beginning sock knitters.

CO between 8 and 12 sts (depending on gauge and your personal preferences) per needle using your favorite toe-up cast on (I prefer Judy's Magic Cast On), and inc at the beg and end of each needle every row 3 or 4 times, then every other row until you arrive at your desired total # of sts (T). The number of sts per needle = N, or $N=T/2$.

Work even to 3" less than desired foot length (from cast on edge).

Increase for gusset

Designate one needle as "heel" needle and one needle as "instep" needle. Instep needle will be left alone and never has any change in st count.

On heel needle, k1, inc (use your preferred method), k to last st, inc, k1. K across instep.

K 1 round plain.

Repeat these last 2 rows until you have (N+20) on your heel needle - this is your gusset # (G).

Turn heel

You will now work back and forth on the heel needle only.

Row 1) K ($G/2 + 8$), m1, k1, W&T

Row 2) p18, m1p, p1, W&T

Row 3) k16, m1, k1, W&T

Row 4) p14, m1p, p1, W&T

Row 5) k12, m1, k1, W&T

Row 6) p10, m1p, p1, W&T

Row 7) k8, m1, k1, W&T

Row 8) p6, m1p, p1, W&T

You have now turned the heel (H), and $H = N+28$

K most of one round by knitting across the rest of the heel and across the instep; pick up the wraps and knit them together with their sts as you come to them.

Reminders:

T=total # sts around

$N=T/2$

$G=N+20$

$H=N+28$

Heel flap (working back and forth on heel needle only again)

Row 1) K [$H/2 + (N/2-1)$], ssk, turn (as you work across this first heel row continue picking up remaining wraps and k them tog with their sts)

Row 2) sl 1, p(N-2), p2tog, turn

Row 3) sl 1, *(k1, sl 1) rpt from * to 1 st before gap created by last turn, ssk, turn

Repeat rows 2 and 3 until all heel sts but 1 have been decreased away.

On last row, don't turn, and instead continue in the round by knitting across the instep, and then k2tog at the beginning of the heel needle to eliminate this last st.

You're done with the thinking part! Now just continue even to your desired leg length, and finish with the cuff of your choice. Don't forget that binding off on toe-up socks can be tricky - keep it loose!