





### Turn the Heel:

You will now work back and forth on the stitches on Needle 2 and will not knit the stitches on Needles 1 while turning the heel. Turn heel as follows:

Row 1: (RS) K33 (37, 41), KFB, K1, W&T  
Row 2: P 20 (22, 24), PFB, P1, W&T  
Row 3: K 18 (20, 22), KFB, K1, W&T  
Row 4: P 16 (18, 20), PFB, P1, W&T  
Row 5: K 14 (16, 18), KFB, K1, W&T  
Row 6: P 12 (14, 16), PFB, P1, W&T  
Row 7: K 10 (12, 14), KFB, K1, W&T  
Row 8: P 8 (10, 12), PFB, P1, W&T

Needle 2 now holds 57 (63, 69) stitches, having just completed a wrong-side row. On the right side, knit to the end of Needle 2, knitting each wrap together with the stitch it wraps. Work across instep stitches on Needle 1 in the lace pattern.

Heel flap: Work back and forth on heel stitches on Needle 2:

Row 1 (RS): K 42 (47, 52) (knitting each wrap together with the stitch it wraps), SSK, turn  
Row 2: SL 1, P 27 (31, 35), P2TOG, turn  
Row 3: [SL 1, K 1] 14 (16, 18) times, SSK, turn

Repeat Rows 2-3 until all side stitches have been worked, end having worked Row 2. Turn your work and knit across, decreasing 2 stitches evenly on this row. Needle 2 now holds 27 (31, 35) stitches

Begin working in the round again. Work the stitches on Needle 1 as established above. Starting with the same row you worked on Needle 1, work the lace pattern over Needle 2, **starting with the second stitch on the chart, and ending having worked stitch 28 (32, 36)**. When your sock is 1 inch short of the desired leg length, work in k1 p1 ribbing for 1 inch. Bind off very loosely in rib.

### References for Creating Toes for Toe-Up Socks

For an online article on different techniques for creating toes for toe-up socks, see my article in the Winter 2002 edition of Knitty, *Tip Top Toes*: <http://www.knitty.com/issuewinter02/FEATtipoptoes.html>

For a good tutorial on the Turkish cast-on, see this article from misocrafty:  
<http://misocrafty.squarespace.com/journal/2006/1/30/turkish-cast-on-tutorial.html>

For Judy's Magic Cast-on (my personal favorite), see:  
[http://www.persistentillusion.com/blogblog/index.php?page\\_id=500](http://www.persistentillusion.com/blogblog/index.php?page_id=500)

### Bind-offs for Toe-Up Socks

In the pattern, you are directed to bind off very loosely. There are several ways to achieve this.

One way is simply to use a needle a couple of sizes larger than the one used to knit the sock.

Another method is Elizabeth Zimmermann's Stretchy Sewn Cast-off. There is a nice tutorial for this method on the Socknitters website here: <http://www.socknitters.com/toe-up/lessonsix.htm>

Yet another method is a variation of a Russian bind-off. This is the one I use most of the time. I execute it thusly:

K2, slip these 2 sts back to the lefthand needle, K2TOG, \*K1, SL 2 sts on righthand needle back to the lefthand needle, K2TOG \*. Repeat from \* to \*.

I've seen it stated that you work it in purl all the way around, or in knit all the way around. When I am doing a ribbed cuff on a sock, I do the bind-off in ribbing, so I knit the knits and purl the purls. When it comes to working the 2 stitches together, I work it knit or purl, depending on what the second stitch of the two is.

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