



# Heel and Toe Crew Socks

Designed by Faith Schmidt



**LOOM:** KB Sock Loom Original, fine gauge, 52 pegs used

**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

*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.*

## 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.

## ABBREVIATIONS

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

## INSTRUCTIONS

CO 52 pegs. Prepare to work in the round.

### Cuff

K2, P2 for 22 rounds.

Leg

Work in knit stitch for 48 rounds.

### Heel

Attach CC, but do NOT cut MC. Turn heel on 26 pins, using short row shaping. See video: <https://www.knittingboard.com/sock-loom-heel-and-toe-part-1/>

You will have 8 unwrapped pins when finished decreasing.

### Foot

Cut the CC, leaving a tail for weaving in, twist MC and CC to avoid a hole, and then knit with the MC for 69 rounds. Cut MC, leaving a tail for weaving in.





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## Toe

Attach CC and knit 1 row, then repeat the heel instructions to form the toe.

Sew or weave closed. For Kitchener stitch closure see video:

<https://www.knittingboard.com/removing-stitches-and-kitchener-toe-closure/>

Weave in ends.

