

# Toes Up Tabi Sock Pattern

By Judith Helms and Wayne Damron

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This Toe-Up Tabi Sock pattern utilizes my “Slipper Toe Cap for shaping the big toe, as well as the four toe section of this Tabi sock. Once you understand the process you will be able to design custom socks for any shape foot.

## **In the Beginning-**

I have found that the most important step in designing a custom sock shape is getting correct measurements. To do that, my brother came up with this great idea. It's simple, works well, and you can use it for all your sock patterns.

**A.** Fold a legal size piece of paper in half lengthwise. Measure down from the top on the center line about 4 inches and make a mark.

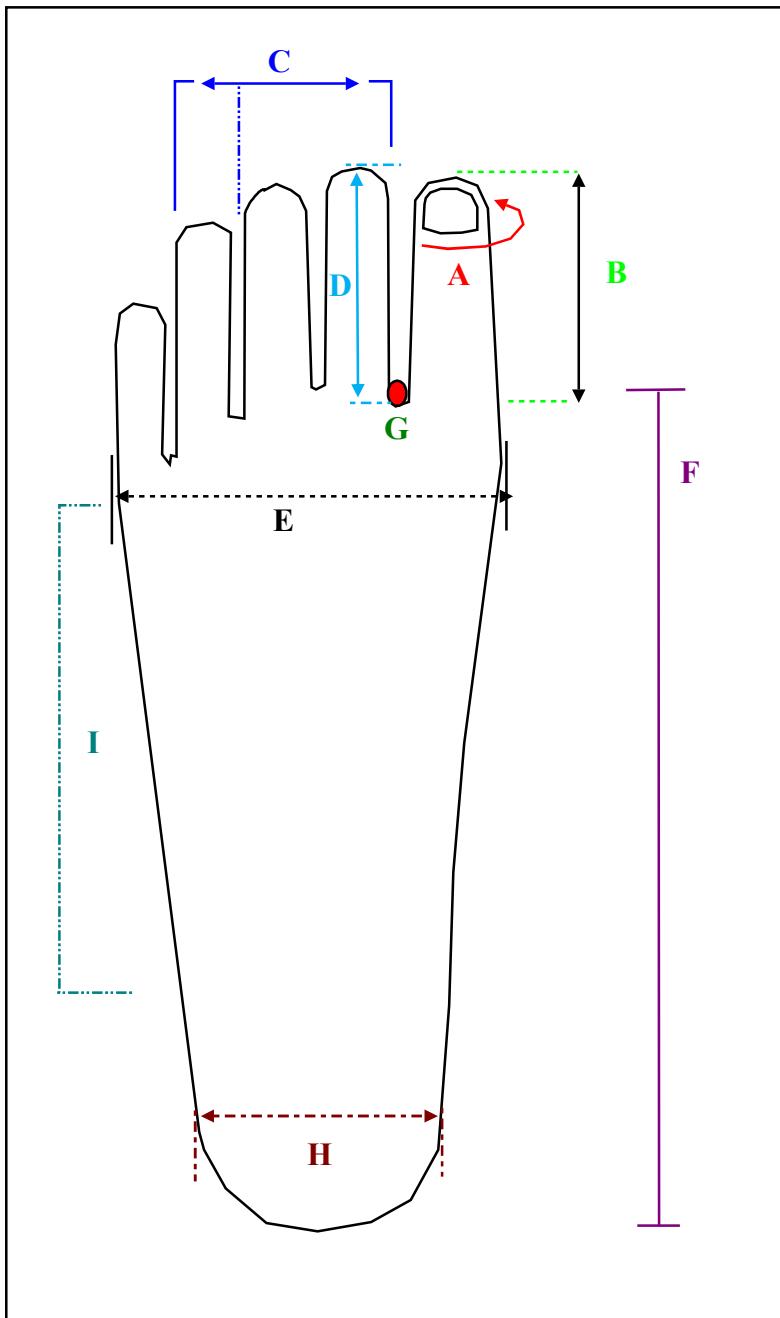
**B.** Cut a piece plywood or heavy cardboard about 2 inches larger than the paper,  $12\frac{1}{2}$  inches by 18 inches. Divide the  $12\frac{1}{2}$  inch width at the top and bottom and draw a line connecting the marks. Now, make a mark 6 inches down from the top of the board on that same line. Drill a hole to fit a 3 inch dowel ( $\frac{1}{4}$  or  $3/16$  inch in diameter) at the spot you just marked on the board, insert your dowel with a spot of glue. If using cardboard you can use a sharpened pencil to make your hole.

**C.** With a pencil, punch a hole in your pattern paper at the mark you made in the beginning. Slip it over the dowel. Now, position your foot on the paper with the dowel riding between your big toe and your second toe. *This also allows you to re-position your foot if need be at some later time, making it easier to duplicate the correct position of your foot on the paper.*

Draw around your foot. Then proceed to the measurement phase on page 2



## Tabi Sock Measurements



With a picture of your foot drawn, you will need the following measurements.

**A** = circumference around big toe

**B** = distance from tip of big toe to inside toe base, you might want to take this measurement while your foot is riding on the dowel. The bottom of edge of the dowel will be where your CTF (connecting toe fan) will actually rest. *Be generous.*

**C** = Width across toes 2- 3 for sharply angled toes, like my brothers; or across 2-4, if your foot is more square in front, *or your simply want more toe room. Be sure to mark outside edges of toes.*

See page # 10 for an illustration

**D** = Depth of 2nd toe from tip to toe base on big toe side.

**E** = Width at ball of foot

**F** = Distance from Red Dot between toes, to back edge of heel.

**G** = Measure depth of toe to floor at the **red dot**. This will help you determine how many sts will be needed to join the two toe sections

**H** = Width of heel turn. .

**I** = Instep-length will vary for each foot.

### My Measurements **A**

= \_\_\_\_\_ inches (Divide in half for length of Cast on.

**B**= \_\_\_\_\_ inches

**C**= \_\_\_\_\_ inches (determines Cast on length)

**D**= \_\_\_\_\_ inches (determines length of straight side of 4 toe section before joining to Big Toe Section)

**E**= \_\_\_\_\_ inches total stitches you need for NA , top half of sock.)

## Measurements Cont-

**F**=\_\_\_\_\_ inches (Length of total sock when stretched. To have a smooth fit, plan your heel turn about 1 inch before heel edge. I like my Tabi socks to fit smooth, so I plan my heel turn at  $7 \frac{1}{2}$  inches from the join of the Big toe to the 4 toe section., so I start my heel about  $5 \frac{1}{2}$  inches from the BT join. I like my heel to ride in the extended **cup** of the turn. Bottom line here is to make one and try it on.

**G**=\_\_\_\_\_ inches ( Don't get stingy. Always opt for comfort. I have found that adding 3 stitches to the connecting st count creates a nice fan (CTF - connecting toe fan) that smoothly conforms to the shape of the area between the toes. I will illustrate this when you get ready to connect the two units.

## Knitting Key

**K** = knit

**P** = purl

**Sl** = slip

**YO** = yarn over

**KBL** = knit through back loop

**Wyif** = with yarn in front

**Wyib** = with yarn in back

**Sts** = stitches

**RN** = right needle

**LN** = left needle

**PNT** = Pull needle through

**NA** = needle A Using Magic Loop method, NA holds first half of round.

**NB** = needle B “ “ “ “ , NB holds second half of round

**SPR** = slipped stitch in previous row

**PSSO** = pass slipped stitch over

**Beg** = beginning

**MK** = marker

**NS** = naked stitch ( a stitch that has been robbed of it's wrap)

## Materials

**2 skeins of Palette fingering yarn (Knitpicks)**

**Needles - 47 in # 1 circle needles for Magic Loop (Knitpicks fixed circles)**

You can also make these with **Sports weight yarn**, just adjust the stitch counts to fit your measurements.

## Gauge- Check your GAUGE

**8 sts per inch with fingering yarn. Sports yarn usually runs 6 sts per inch,**

**11 rows per inch, sports yarn - 9 rows**

## Knitting Notes

1. All instructions are given for fingering yarn. If you are using **Sports Weight**, see note on back page regard the CTF (connecting toe fan). The depth of toes between the big toe and the 2nd toe to the floor, “G” is crucial in determining the number of sts this fan requires.

**PLEASE READ THROUGH ALL THE INSTRUCTIONS BEFORE BEGINNING THIS PROJECT.**

## Tabi Sock Pattern

### Section A- Big Toe Cap

**Cast On for big toe-** Divide measurement “A” in half. Apply “your” gauge to calculate the number of stitches to be cast on. With waste yarn, crochet the number of loops you need for your stitches plus 10. Break off waste yarn. Tie a loose knot in the end to indicate the last loop (this is the end you will undo later to pick up your stitches to begin working in the round). With working yarn, pick up the number of stitches required, beginning 5 loops in from last chain.

Begin the “Slipper Toe Cap” by working 4 sets of short rows-

**Set up - Pick up cast on sts off chain, Turn . Purl across. Turn.**

**Row #1.** Wyib, Sl 1 knitwise, Knit across remaining sts. Turn.

**Row #2.** Wyif, Sl 1 purlwise, purl across till 1 st remains on LN. Turn.

**Row #3.** Wyib, Sl 1 knitwise, Knit across till 1 st remains on LN. Turn.

**Row #4.** Wyif, Sl 1 purlwise, purl across till 2 sts remains on LN. Turn.

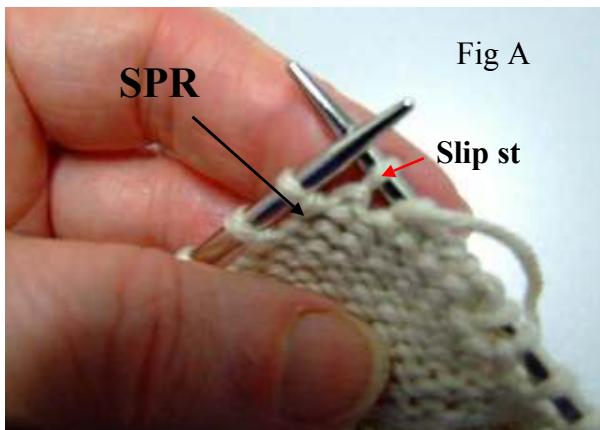
**Row #5.** Wyib, Sl 1 knitwise, Knit across till 2 sts remains on LN. Turn.

**Row #6.** Wyif, Sl 1 purlwise, purl across till 2 sts remains on LN. Turn.

**Row #7.** Wyib, Sl 1 knitwise, Knit across till 3 sts remains on LN. Turn.

**\*( Row #8 begins the turnover for the cap)**

**Row #8.** Wyif, Sl 1 purlwise, purl across till 5 sts remains on LN. Continue as illustrated below.



Next, Sl 1, (Fig A in red).

*\*Note the purl bump at the base of the st to the left. This is a st from the previous row, or SPR.*



Fig B -Slip SPR (purl bump from previous row) onto RN, and then onto the LN. Purl this loop.

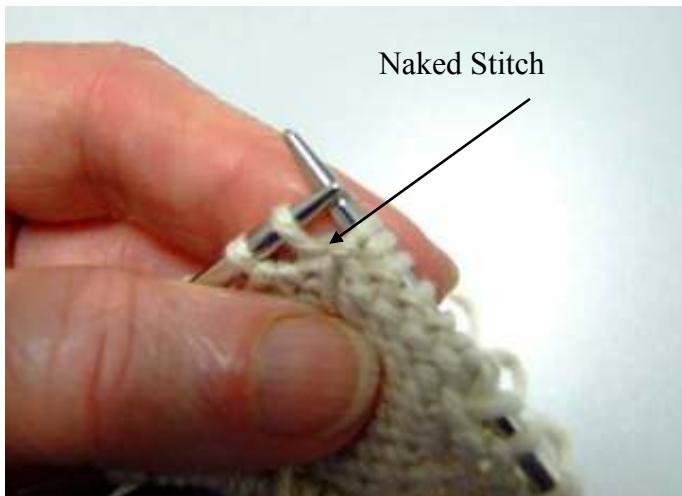
Next, Pss0. (Pass the slipped st over the newly made purl)



\* You can also leave the SPR on the RN, slip the tip of the LN behind the loop and purl the st.

In either event, place the new purled stitch back on the RN and pssو.

At this point you will turn your work to the right side. But before you do please read below.



Before turning-

*In the picture to the left, I have pointed out the “Naked” stitch. It is the one that has just been robbed of the horizontal stitch laying at its base.*

*Optional- I give this naked st a twist and **return it to the LN** before turning to assure that it stays snug..*

*After the first two set up rows, you will be using this naked st for your **Slip st**.*

**\*\*If you wish you may twist it as you slip it.**

**Row 9.** (Rightside row of turnover ) Wyib, Sl 1 knitwise, knit across till 5 stitches remain on LN.  
*(Be sure to keep the beginning slip st and the next 2 stitches after it, very firm).*



Fig. D

Next, Sl 1 (knitwise),



Fig E

Fig E. [: Slip SPR unto \*RN. Place tip of LN in front loop of SPR. Wrap yarn as to knit (Fig F). Knit SPR, using LN to assist you. Next, PSSO.

\* you can also put on LN, then knit thru back loop.

Give your naked st a twist and return it to the LN. Turn.

[: -Slip 1, purl across to the Naked st. Slip it, and pick up the next SPR (Fig A), purl it as before. Twist the Naked st, return it to the LN and turn your work.

-Slip 1(knitwise), knit across the the naked st. Slip it (knitwise), pick up SPR as in Fig E. Knit thru back loop; pssو. Give your naked st a twist, return it to the LN; turn. :]

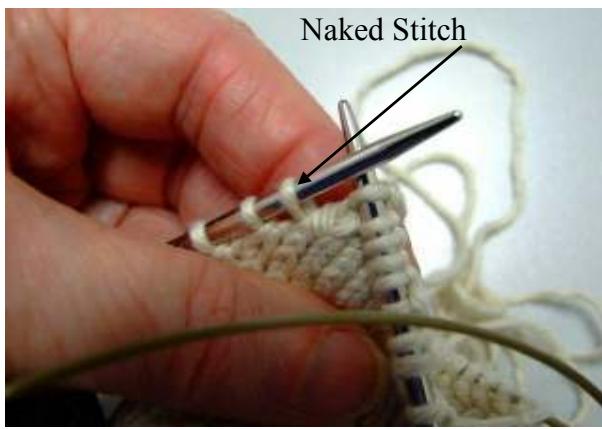
Repeat these two rows until one loop remains each end. Turn.

**Row 10** - Sl 1 (pw), Purl across. Purl last st through back loop. Turn.

**Row 11.** Sl 1, (kw), Knit across. PNT. Let all sts rest on circle needle cord.



Fig F



Naked Stitch

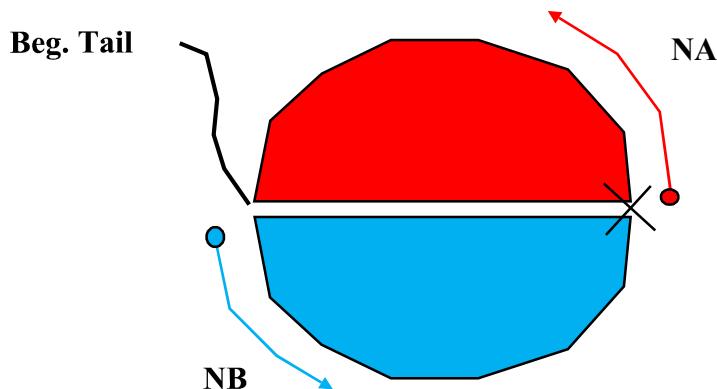
## Big Toe- continued

With right side facing you, fold bottom edge up so you see the purl side. Undo the chain and gently begin releasing the loops, slipping the tip of the right end of the circle needle into each loop before you pull the crochet chain out. Continue across, one st at a time, and don't forget the last loop in the chain. *\* Pull up on both ends of the waste yarn to expose the last loop.*

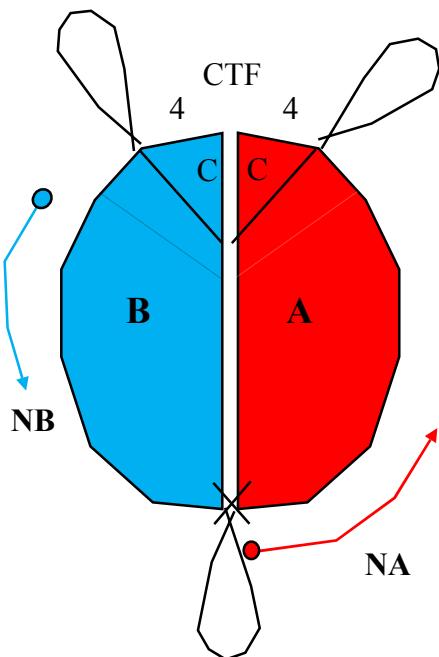
Check to make sure you have the same number of stitches on both sides of your NA (beginning of round), and NB (second half of round). **Example-if you originally cast on 12, you should have 24 sts total. Place marker at beginning of round.**

### Left Foot

Next, turn work around so that both needle point to the right. Your working yarn will be on the back needle (NB), and the last loop you picked up from the provisional chain will be on the front needle (NA). The beginning tail will be on your left.



**Now you are set-up to knit in the round.** Knit 1 round across NA and NB. Before starting the 2nd round, thread your beginning tail with a yarn needle and poke the needle out the end of your toe cap on the left side as shown above. This yarn end will be your marker for mid point in the round, and placement of your CTF (**connecting toe fan**). Once this is done, continue, knitting even rounds until you are just  $\frac{3}{4}$  of an inch or 8 rows shy of your measurement "B."

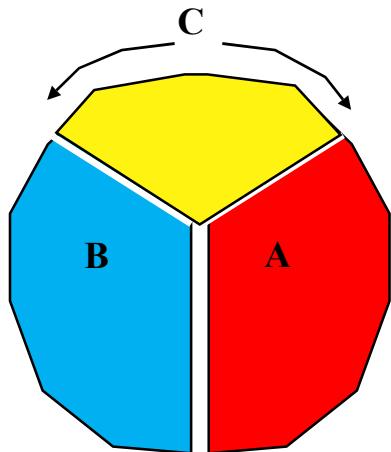


### Constructing the connecting toe fan ( CTF)

You will be increasing 6 sts over 8 rounds in the area that will be attached to the 4 toe section of your sock, or section "C".

- 1-Knit across NA until you have 1 st left. YO, K1. NB- K 1, YO, knit across to finish round.
- 2-Knit even, knitting through back loops of YO's.
- 3- Knit even
- 4- Repeat round 1-3 one more time.
- 5 - Repeat round 1.
6. - NA, knit across until there are 4 sts on left needle. Pull your needle through. Knit 2, Knit through back loop of YO, knit 1. Next, knit 1, off NB, knit thru back loop of YO, K 2. Pull needle thru. This is your section "C" in the illustration to the left.

\* You will complete the rest of part B of the rounds when the two sections are connected.



Your toe is now sectioned off in three parts and ready to be Kitchener stitches to the second section or Toe Cap.

Measure off about 12 inches to use for your Kitchener Stitch. Break yarn.

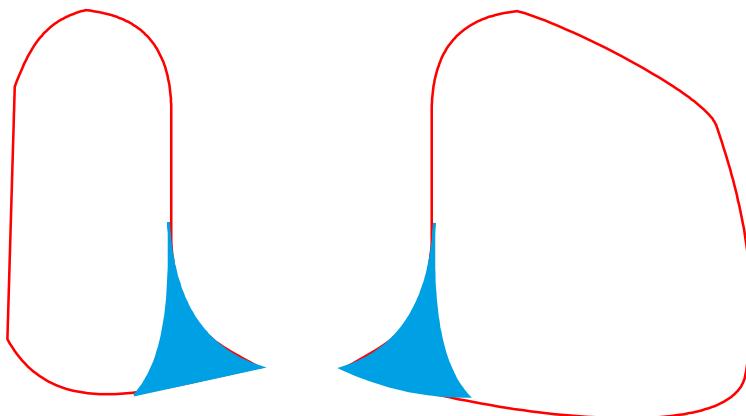
Place all 8 sts (or your count) of "C" onto DPN. I use a size "0."

\* You can also put them on a piece of yarn, and slip them on the dpn later. Now you are ready to make the four toe section :)

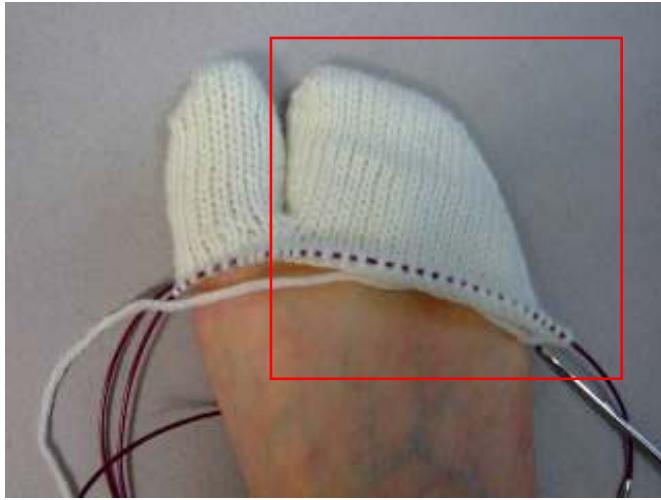
Section "C" creates the gusset, or wedge that meets in the middle between the big toe and the remaining toes. It creates an ease that is missing when you simply Kitchener sts just a few stitches together between the toes,. It makes it much more comfortable to wear.

As you make this type of sock, don't be afraid to experiment with the number of stitches to increase, and then adjust the pattern accordingly to your liking. Try it on after you connect both units and knit a few even rows.

I increased 6 stitches for this CTF, then use the center **8 stitches** to connect the units with the Kitchener st.



To the left you can see the gusset outlined in red. It is very smooth.



**The portion of the sock in the red square at the left I call the “4 Toe Cap.”**

\*On the following page there is a guide to help you determine the shape you need.

## Section B- 4 Toe Cap

Using measurement “C” (for your toe shape) apply your gauge to calculate the number of stitches you need to cast on for this section. Crochet the number of loops needed plus 10. With working yarn, pick up appropriate number of stitches. Turn. Purl across. Work 2 sets of short rows as follows:

\* Remember to snug up the 1st two sts of every row.

**Row 1.** Wyib Sl 1 knitwise, Knit across remaining sts. Turn.

**Row 2.** Wyif Sl 1 purlwise, purl across till 1 st remains on LN. Turn.

**Row 3.** Wyib Sl 1 knitwise, Knit across till 1 st remains on LN. Turn

**Row 4.** Wyif Sl 1 purlwise, purl across till 2 sts remains on LN. Turn.

**Row 5.** Wyib Sl 1 knitwise, knit across until 2 sts remain on LN. Turn.

**Row 6.** Wyif Sl 1 purlwise, purl across till 4 sts remains on LN. Slip next st (pw), lift SPR onto RN. Purl SPR, PSSO. [: Slip “Naked” stitch, onto RN. Slip SPR to left onto RN, purl it. PSSO:]. Repeat this process until only 1 loop remains on LN. Turn.

**Row 7.** Wyib Sl 1 knitwise, knit across until 4 sts remain on LN. Slip next st (pw), lift SPR onto RN. Knit SPR, PSSO. [: Slip “Naked” stitch, onto RN. Slip SPR to left onto RN, knit it. PSSO:]. Repeat this process until only 1 loop remains on LN. Turn.

**Row 8.** Wyif Sl 1 purlwise, purl across. Purl last stitch through back loop.

**Row 9.** Wyib Sl 1 knitwise, Knit across. PNT.

**Proceed as you did for the big toe cap, and pick up all the loops on your crocheted chain.**

**Next round-** NA - K 1, YO, Knit across. NB knit across until 1 stitch remains on LN. YO, knit last stitch.

Rnd 2 - NA -K 1, knit through back loop of YO. Knit across. NB - Knit across until 2 stitches remains on LN. Knit through back loop of YO. Knit one.

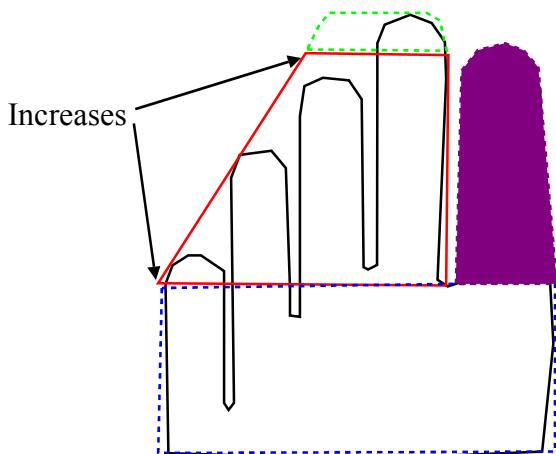
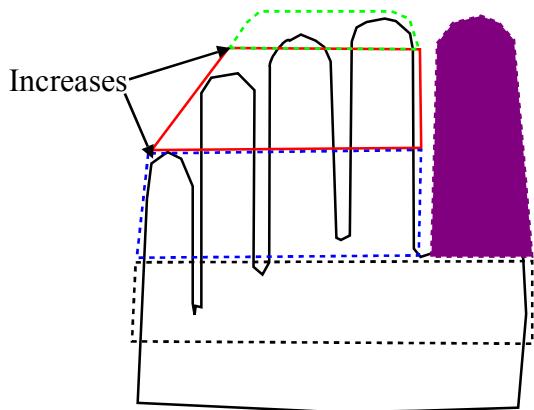
Repeat these 2 rounds, increasing only on the little toe side until you have knitted the \*depth needed for the 2nd toe, ( D) ending with rnd #2.

\* In the illustration below, I have drawn 2 different shapes of toes. Each foot is divided into 3 parts, **toe cap**, **increase section**, and **straight section (knit even)**. The number of increases required for your sock will depend on the layout of your toes. The rule of thumb - you only have to increase to the outside edge of your little toe. From that point on you can begin working even, or if need be, you can slow down the rate of your increases to every 3rd or 4th round, depending on the shape of your foot.

\*\*Just remember, you can continue increases after you have join the two sections together.

**Your ultimate goal is to reach the number of stitches needed for measurement “ E,” (in my case it was 36 sts on needles A and B, 72 total sts).**

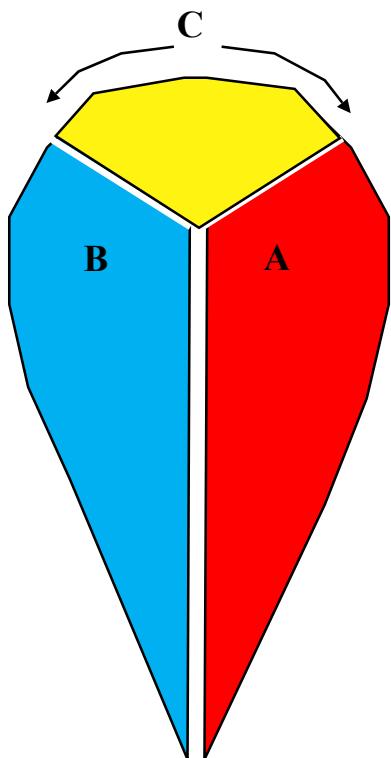
But..... When in doubt TRY IT ON!



## Creating the CTF for the 4 Toe Section

Once you have reached  $\frac{3}{4}$  or 8 rounds short of the desired length on the big toe side of your 4 toe section (where the beginning tail is hanging out), begin the next round as follows:

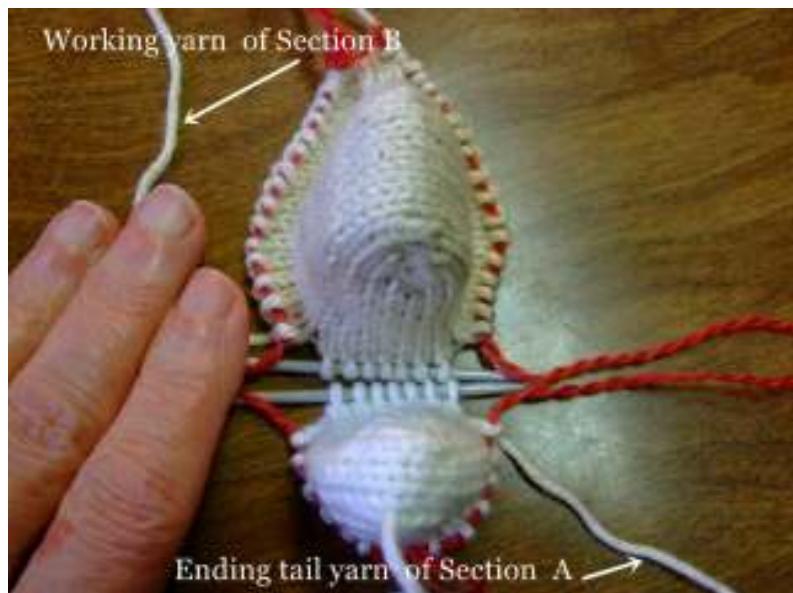
Repeat the same 8 rounds and increases you did before on page 8, for the big toe. When you are finished sectioning off 8 sts, continue knitting across, NB. Now, knit across NA, to the 8 sts you have on section C- do not break yarn.



**Y\*\*\*-DO NOT BREAK-** we will be using the working yarn to complete the round after attaching the big toe.

Place all 8 sts of "C" onto DPN. I use a size "0."

Next, you are going to set up your two units to be joined by the Kitchener stitch.



At left is my set up for attaching the big toe to the four toe section via the Kitchener stitch. This sample had 7 sts.

The yarn from the BT, will always be used for the Kitchener stitch.

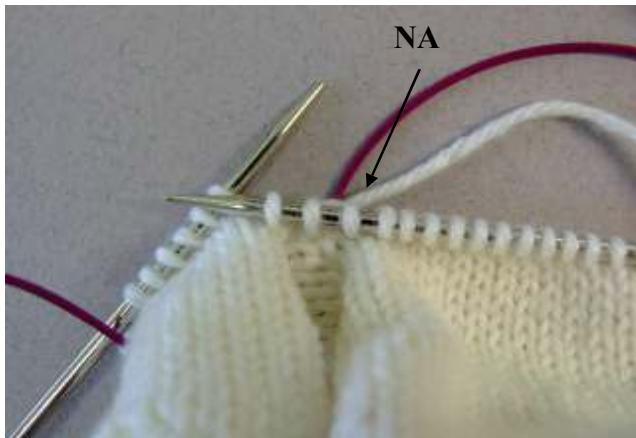
For this photo I have put my other stitches on a piece of waste yarn, however, I usually just leave them on the cord of my circle needle.

If you choose to use the waste yarn, pick up the NB side first, then tie a loop in the yarn before you pick up the NA side. This way you don't have to count the stitches when you are returning them to the needles.



After securing the end of your Kitchener stitch yarn, pick up the remainder of the stitches off the waste yarn of the first half of the big toe( unless you have them on the needle already). See photo at left.

I



With the working yarn and NA, pick up three stitches in the gap, left by the join.

*Working right to left, I “make” one in the bar between the first Kitchener st join and the last st on my right. One in the middle where the st is snug, and the next in the bar on the other side.*



With NB, K the second half of the big toe; pick up 3 stitches in the gap as before, knit across second half of 4 toe unit. PNT.

From this point on you will normally be able to work even in the round until you are ready to begin your heel.

If you need to add more width to accommodate a wider foot, then increase as before on the little toe edge until you have your desired stitch count.

If you need to add more stitches to expand the instep section for a high instep, then increase one stitch in from the beginning and ending of about every fourth round of the top instep section-**not** the sole section.. The round count can vary between increases, depending on how many stitches you need to increase instep section, and how fast the increase must be made to accommodate the foot shape.

**TRY IT ON!!!**

**TRY IT ON!!!**

## **Finishing Up**

Once your toe sections are complete, work until you have reach “F” minus an inch. If you are using my Neat and Sweet Short row heel you need to think about starting you heel now. But first STOP, and be sure you are setting up your heel on the “bottom of the sock” in relation to the toes for the left foot.

Once you heel is complete, work 1 inch of ankle stitches then knit the leg section as long as you like. The actual sock design is totally up to you. Use you favorite heel, rib, or instep design.

I like to rib the top and leg portions of my socks as I feel they fit better. I also always use an Invisible bind off.

### **Right Foot Toe Section.**

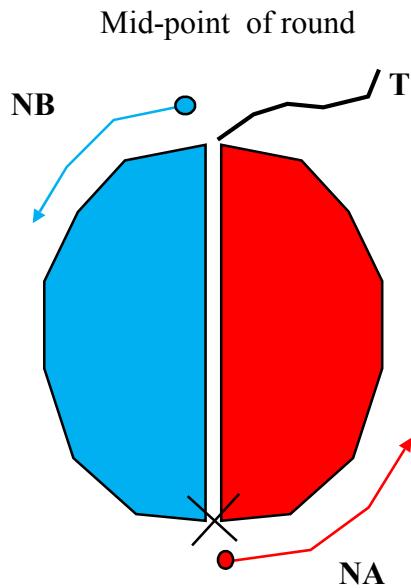
You will work the right foot toe caps as for the left, accept for one change.

After you have picked up the stitches off of the crocheted chain., you will knit across the first needle to the beginning tail, PNT. TURN. Set up your needle tips to knit across. STOP. Thread you beginning tail with a yarn needle and poke it out through the bottom so it lie on the extreme left. This will mark the mid point in the round from now on.

You have just moved the Beginning of the round. The needle you are now going to knit with becomes you NA.

**See next page for full illustration.**

## Magic Loop Set- Up for Left and Right Toes



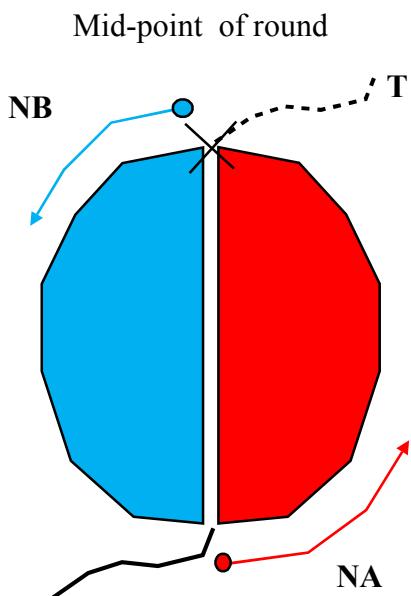
### Left Foot set-up for all toes.

Immediately after you have finished your cap and picked up the stitches off the crocheted chain, you will start knitting in the round.

At left is an illustration of Magic Loop set up for knitting in the round, using NA (needle A) for the first half of the round, and NB(needle B) for the second half of the round.

X = beginning of round

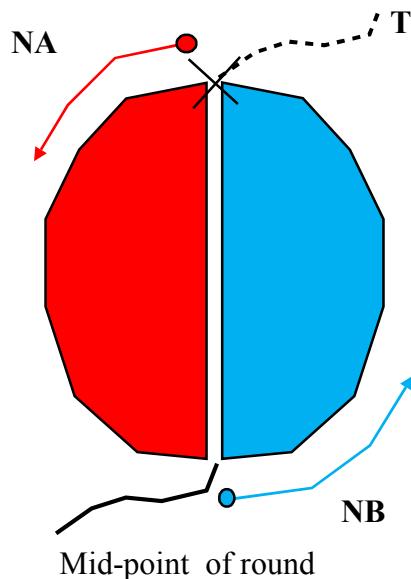
T = beginning tail, marking mid point in round.



### Right Foot set-up- all Toes

Knit across first half of round to beginning tail. PNT. Thread tail into yarn needle, and poke it through the opposite end where you see the solid line.

The original tail end has now become the beginning of your round.



*This little switch, keeps the ends of your toe caps shaped to conform to your feet.*

I have included all the tutorials that I thought helpful for this project. If for any reason you didn't get them in your download, you can go to [www.idahostixandstrings.com](http://www.idahostixandstrings.com) and click on Knitting Tips and Tutorials, or you can contact me, and I will upload them to your email.

If you have any questions, you know where to find me.

Knit-tweaker