

Socks:
Toes & Cuffs
Wrapping Up Loose Ends

Rochester Knitting Guild

December 2017

Coming to the end of a sock

- Toe Up Socks: knit ribbing and bind off *loosely* using an *elastic bind off* such as Jeny's Surprisingly Stretchy Bind Off or a Tubular Bind Off.
- Ribbing – which rib? Which rib do you like? K1 P1, K2 P2, K2 P1, it's your choice
- Bind off – Jeny's is a variation on a basic, traditional bind off, with Yarn Overs thrown in to add give to the edge.
- Tubular bind off is very tidy and stretchy, involves grafting

Coming to the end of a sock, Cuff Down

- Knit foot until it's just about at the base of the big toe, more or less, depending on the shape of the wearer's toes.
- Shaping: long toes that form a kind of a point or square feet like a duck (or, like my husband, who wears a men's 8.5 EEEE)? Long slow shaping or a more angular then squared off shaping? Decrease every other round or every third or fourth?
- Star Toes: a spiral shaping that's quite flexible and comfy
- Round Toes: variation of Star Toes

KITCHENER STITCH

or, Grafting for fun and productivity



Knitters!

Have you mastered grafting yet?

Your sock toes await!!

Kitchener

- Was a real person, British Army senior officer during Boer Wars
- May or may not have anything to do with the stitch or socks
- Pattern published not long after his death when HMS Hampshire struck a mine 1916
- The innovation – using Kitchener to graft a sock toe together smoothly instead of using a seam at the toe
- Grafted toe less likely to cause blisters from rubbing and improvement in sanitary conditions for soldiers. Using the name Kitchener promoted patriotic knitting for troops during WWI

Have you ever Kitchenered?

Grafting is inserting a line of stitches to join two sets of live stitches into a solid fabric – using a blunt needle and yarn to reproduce the path a row of stitches takes.



As many rhymes & mnemonics as there are sheep in New Zealand



Kitchener Stitch for Stockinette

Thread blunt needle with yarn 2x width of your work. Have two sets of stitches you want to join on two needles, with wrong sides of work facing.

To start: Thread yarn through the first stitch on the **front** needle as if to **purl**, pull yarn through. Leave stitch **on** needle. Thread yarn through the first stitch on the **back** needle as if to **knit**. Leave stitch **on** needle.

1) Thread yarn through first stitch on **front** needle as if to **knit**. Slip stitch **off** needle.

2) Thread yarn through next stitch on **front** needle as if to **purl**. Leave stitch **on** needle.

3) Thread yarn through first stitch on **back** needle as if to **purl**. Slip stitch **off** needle.

4) Thread yarn through next stitch on **back** needle as if to **knit**. Leave stitch **on** needle.

Repeat these 4 steps.

Chart (Optional): Front Knit Off, Front Purl On, Back Purl Off, Back Knit On OR "Knt, purl, purl, knit". You will find your own groove.

www.knitbyhand.com

Kitchener Stitch

Set Up:
Front, Purl, On,
Back, Knit, On.

Repeat:

Front, Knit, Off,
Front, Purl, On,
Back, Purl, Off,
Back, Knit, On.

www.yarnbirdy.com

Kitchener for Stocking Stitch

Front Needle:

DOWN in the 1st stitch

UP in the 2nd

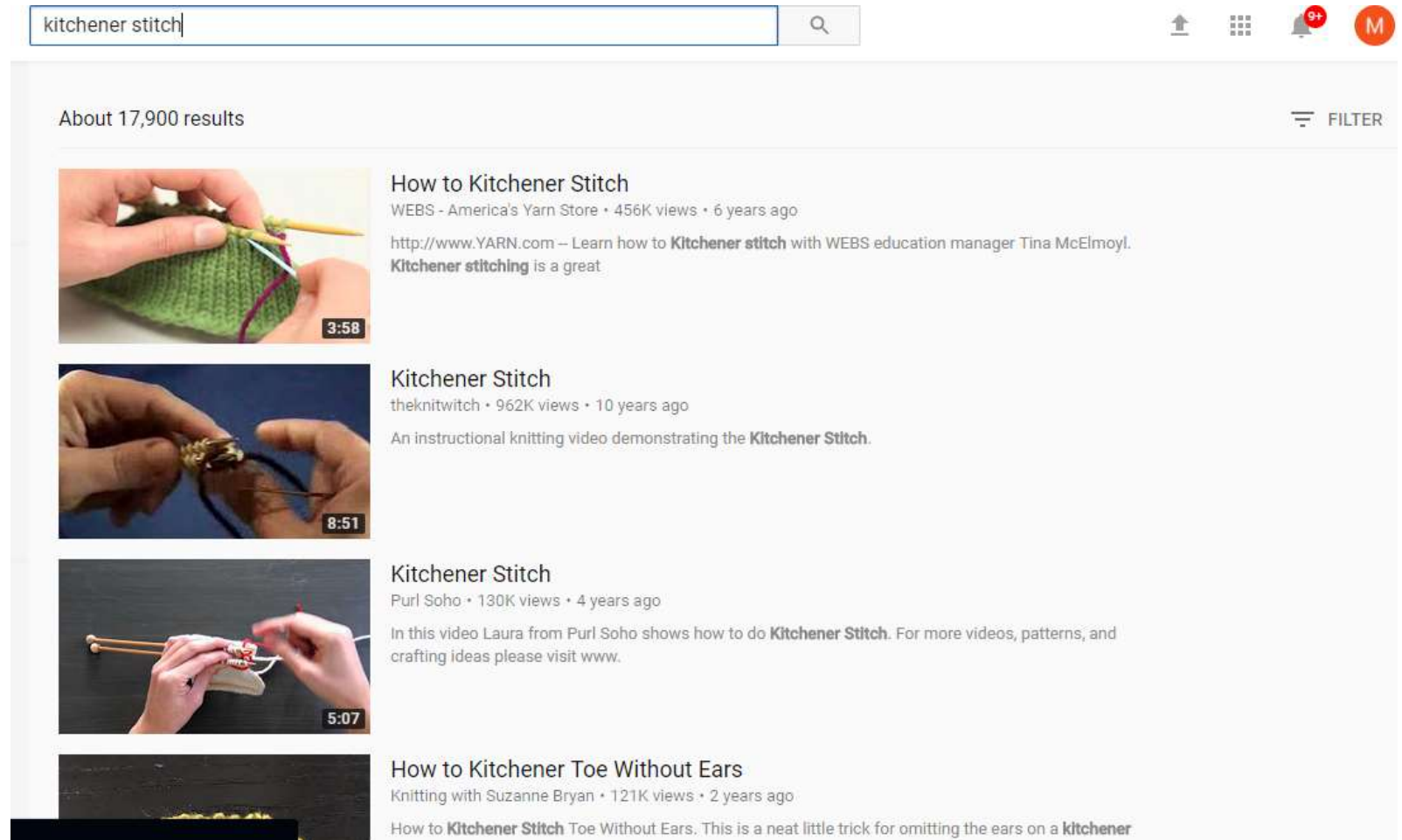
Back Needle:

DOWN in the 1st stitch

UP in the 2nd

Go to the video!

Search YouTube for Kitchener Stitch and get 17,900 results to pick from



The screenshot shows a YouTube search interface. At the top, a search bar contains the text "kitchener stitch" and a magnifying glass icon. To the right of the search bar are icons for home, grid, notifications (with a red "9+" badge), and a profile picture (with a red "M" badge). Below the search bar, it says "About 17,900 results" and a "FILTER" button. The search results are listed as follows:

- How to Kitchener Stitch**
WEBS - America's Yarn Store • 456K views • 6 years ago
<http://www.YARN.com> – Learn how to **Kitchener stitch** with WEBS education manager Tina McElmoyl. **Kitchener stitching** is a great
- Kitchener Stitch**
theknitwitch • 962K views • 10 years ago
An instructional knitting video demonstrating the **Kitchener Stitch**.
- Kitchener Stitch**
Purl Soho • 130K views • 4 years ago
In this video Laura from Purl Soho shows how to do **Kitchener Stitch**. For more videos, patterns, and crafting ideas please visit [www](http://www.purlsoho.com).
- How to Kitchener Toe Without Ears**
Knitting with Suzanne Bryan • 121K views • 2 years ago
How to **Kitchener Stitch** Toe Without Ears. This is a neat little trick for omitting the ears on a **kitchener**

Some things to keep in mind

- Every part of a sock can and should be customized for the wearer: heels, insteps, toes can all be adjusted
- Try using a tracing of the wearer's foot to get a feel for toe shaping as well as length from toe to heel
- No matter what method you're using to knit socks, slip the stitches on to two circular needles to try the sock on.
- ***EXPERIMENT*** and if the first pair isn't what you want, try another pair. Learn from what you do and don't like about that 1st pair or 1st few pairs.

More things to keep in mind

- Ribbing helps with fit and doesn't have to be 2x2 ribbing – again, experiment
- If you're not able to measure the recipient's foot and have no idea of size other than "*kinda big feet*," try Spiral Socks with no heels.
- Gauge – ought to be firm, so that it's hard to see through the fabric
- Experiment but be open to small needles and a fair number of stitches for socks that will last. Also, the difference between 56 stitches per sock and 64 isn't really that many stitches overall.

What kind of sock knitting appeals to you?

Knit every pretty pattern in Ravelry? Lace, cables, colorwork – they're all calling your name, aren't they?

OR ...

Find a good basic pattern and knit plain vanilla socks in fabulous yarns?

OR ...

A little bit of both, depending on your mood?

It's all up to you

Extending the life of your socks –

Make lots of socks and wear them in rotation to spread the wear evenly across your sock wardrobe.

Use a firm gauge and probably a yarn with some nylon in it.

Observe wear patterns of your socks and reinforce at those points. Not everyone wears out the back of the heel, often it's the toes that go first.

Pad or reinforce bottom of the heel if that's what you wear out first.



“Pre-Darn”

Your socks using the tail yarn left over from either your cast on or bind off. Just thread onto a sharp needle and skim the purl bumps in the areas you wear out first.

For me, that’s the top of the toe section and bottom of the heel.

This takes a few minutes but I had to weave the ends in anyway, so why not make it work for me?



Tips & Tricks

- Avoiding Second Sock Syndrome – knit two at a time. Use either two sets of needles and knit in sections, first on sock A and then on sock B, OR two at a time on either two circulars or Magic Loop.
- How to make sure the socks are the same length??? Safety Pins.

Insert a safety pin every 10 rounds to keep track without going back and counting a bajillion tiny stitches.



Resources

- Spiral Socks Pattern: http://com.yarnspirations.pattern-pdfs.s3.amazonaws.com/Patons_KroySocks146_kn_socks.en_US.pdf
- Round and Star Toe instructions from Interweave
<https://www.interweave.com/article/knitting/the-humble-sock/>
- YouTube Videos for Grafting, all 17,900 of them:
https://www.youtube.com/results?search_query=kitchener+stitch
- YouTube for Tubular Bind Off :
https://www.youtube.com/results?search_query=tubular+bind+off
- YouTube for Jeny's Surprisingly Stretchy Bind Off:
https://www.youtube.com/results?search_query=jeny%27s+surprisingly+stretchy+bind+off