

Toe Cosy

Yarn:

Elann Peruvian Highland Chunky, 70 m to 50 g – 1 skein (Tranquil Lagoon used, about 38 g)

Elann Peruvian Highland Wool, 100 m to 50 g – small amount (brown used)

Needles

2 - 24" size 10 circulars (or 1 long for magic loop, or 4 or 5 dpns)
size 7 single points or circs

Abbreviations:

M1 = Pick up bar between two stitches and knit into the back of the bar

P2tog – purl two stitches together

K2tog – knit two stitches together

Gauge: 18 st x 24 rows = 4"

Note – this was made for a size 11 men's surgical shoe, whose toe is 4" across.

Adjustments may need to be made for gauge, shoe size or height of bandaging.

Using Chunky yarn and your choice of larger needles, use Turkish cast-on, or other favorite toe-up method, cast on 16 st. Knit into top and bottom for a total of 32 st, 16 on each circular needle.

Row 1: Knit 1, M1, knit to last stitch on first needle, M1, K1, repeat on second needle – 4 stitches added (36 total).

Row 2: Knit 1 round even.

Repeat these two rows 2 times more (44 st total)

For most of the rest of the cosy, increases will only be performed on the top of the foot to make room for the bandages, the sole is knit plain.

Row 1: Knit 8, M1 K1 M1, K4, M1 K1 M1, K8, knit across sole (4 st increased on top, 26 st on top, 22 on sole))

Row 2: Knit even

Row 3: K8, M1 K2 M1, K6, M1 K2, M1, K8, knit across sole (30 st on top, 22 on sole)

Row 4: Knit even

Row 5: K8, M1 K3 M1, K8, M1 K3, M1, K8, knit across sole (34 st on top, 22 on sole)

Row 6: Knit even

Row 7: K8, M1 K4 M1, K10, M1 K4 M1, K8, knit across sole (38 st on top, 22 on sole)

Row 8: Knit even

Row 9: K8, M1 K5 M1, K12, M1 K5 M1, K8, knit across sole (42 st on top, 22 on sole)

Check fit to make sure all is well, and either continue increases every other row, or continue on even.

Knit even until work measures ~4 ½ inches from toe (this is easier to measure on the sole).

Work 4 rows K2 P2 ribbing

Decrease round: K2, P2tog, work to last 4 stitches on first circ, P2tog, K2, repeat on second needle (4 stitches decreased)

Work 1 round even

Decrease round: Work 15 stitches in pattern, K2tog, work 6 st in pattern, K2 together, work remaining stitches in pattern.

Work 4 rounds even.

Bind off loosely in pattern.

Ankle Strap

Using worsted weight yarn and smaller needles, pick up 6 stitches along side of work, starting about 1 ½ inches up from sole. Work seed stitch (Row 1: *K1 P1* repeat to end Row 2: *P1 K1* repeat to end) until strap is about 13 inches long (or length needed to go around heel and attach to other side. Bind off in pattern. Sew or safety pin in place.

Any design can be embroidered onto the top. I put a little daisy on mine ☺