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The “Queen Kahuna “Aloha” cast on” © Aloha means hello... so... hello easy toe!

How many stitches to cast on for toe-up socks...



The stitches per inch (SPI) in your swatch are a good indicator of how many stitches to cast onto each needle for your sock toe or cuff. Eventually, you will find **your** personal favorite width of toe cast on, but I will offer the following guidelines for your first socks

It has been my best experience that you count the stitches in one inch on your swatch, and then cast on “one inch worth of stitches” for *each side* of your socks. **However, you will always cast on an ODD number of stitches for the “Aloha” toe.**

So...If you are getting nine stitches to the inch, then cast on nine stitches.

If you are getting eight stitches to the inch, go up one stitch and cast on nine stitches.

If you are getting seven stitches to the inch cast on seven stitches.

If you are getting six stitches to the inch, go up one stitch and cast on seven stitches.

If you are getting five stitches to the inch then cast on five stitches.

I doubt that you will ever knit socks to less than five stitches to the inch, so five is about as low as you go!

Other considerations:

If you have slim feet or making socks for youths, ball of foot circumference of up to 6 inches, five would be a good number of cast on stitches for your sock toe for any stitches per inch.

Extremely wide feet could have 11 cast on stitches even though you are getting 9 SPI (Stitches Per Inch)

You can explore these “other consideration” options further after you make your first pair of socks and see how they fit you. A poll suggested that you will make at least three pair of socks before you find the “perfect sock for you”. Don’t be discouraged... you will find *your way* that pleases *you*!

Long tail cast on method...

You will be using a German, or long tail cast on variation. *The variation I describe below works well for “Crazy Toes & Heels”.*

Preview...for casting onto two circular needles simultaneously. You will hold one tip *of each* circular needle next to each other, and cast a stitch onto one needle, then cast a stitch onto the opposite needle. You repeat the sequence until you have the number of cast on stitches you need on “each” needle.

I am going to explain everything with detailed steps... If you do not know how to work a long tail cast on, it is not hard; so do not agonize over it! Just follow along with the step-by-step directions that follow and you will “get it”. If you know how to work a long tail cast on, casting onto alternate needles will be a breeze.

First cast-on round using a “long tail” cast on...

There are two methods for holding the needles for casting on the “Queen Kahuna, Aloha Toe” method...

The first method I show you of pulling the receiving needle out a bit further than the opposite needle takes a tiny bit more time, but is easier to get the hang of.

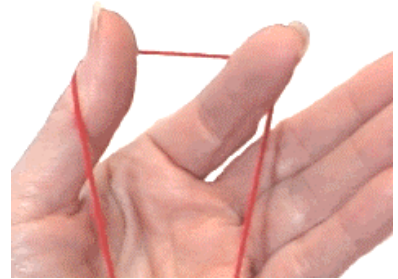
The second method of keeping the needles even but flipping them forward and backward is faster and easier, once you get the feel for holding the two needles together. Both methods give the same results.

IMPORTANT: We are going to take the term “long tail” literally for this sock. Since you are going to knit the second round of the toe with the skein yarn *and the remaining tail for a double strand of yarn*, you need to start with a yarn tail length at least as long as it takes to wrap the yarn around one needle 50 times. This is generous, but safe!

You will need two skeins of yarn, one for each sock, preferably wound into center pull balls.

Step 1: Hold the yarn so the “loose tail end” drapes over the thumb and down the left, and the “skein yarn” drapes around the index finger and down the right.

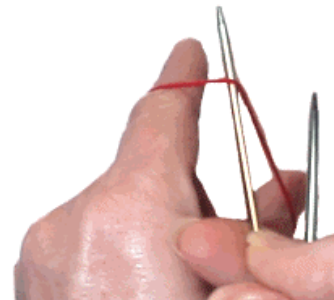
Fold you other three fingers down over the yarn tails and grip the strands securely against your palm.



Step 2: Holding ***one*** tip of ***each*** circular needle in your right hand... (Not both ends of one needle! Hold one needle end from each of the two needles.)

Turn your hand with the straddled yarn so the back of your hand now faces you.

Insert left needle under the strand of yarn that spans across your thumb and index finger.

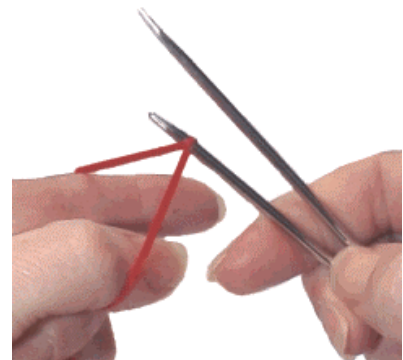


Step 3: Swing the needles counterclockwise (to the right) so you twist the stitch around the needle.

That is your first stitch. (No slipknot knot! No knot lump!)
You can use this method for the first stitch for any cast on.

Adjust the two needle tips so the needle farthest away from you (the one on the right) sticks out beyond the one holding the twisted stitch. (Also see needle position step 4)

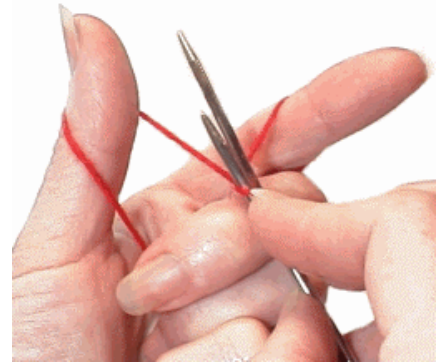
*You only work that cast on stitch ONCE in place of a “slipknot”.
Work all remaining stitches for this cast on as follows...*



Note: right needle still sticks out further than the left one.

Step 4: Re-adjust the yarn in your left hand, pulling the needles lower than your thumb and index finger, so the yarns form a **V** in the center between those fingers.

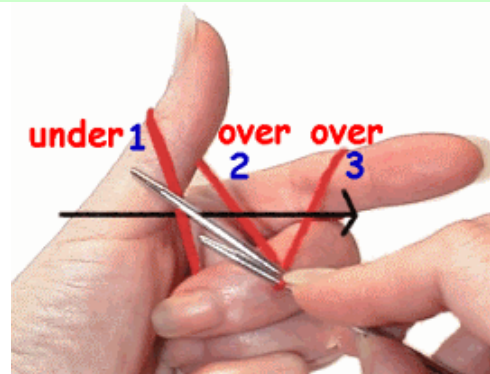
Hold the twisted first stitch with the tip of your right hand index finger...grip the yarn tails at the left hand palm with your middle, ring and pinky fingers...



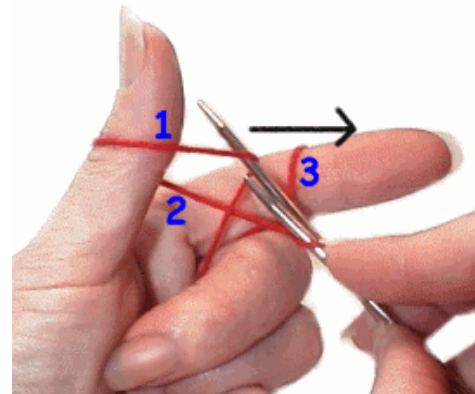
Step 5: Swing the needles to the left and **with the longer right needle** touch your thumb. (Just to get oriented the first few times. After that it will be a fluid movement with no stops.)

Scoop the longer right needle **under strand #1...**
...over strands #2 and #3...

(Don't catch the yarn in the shorter needle.)

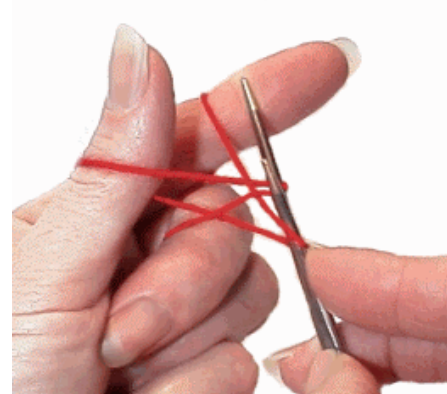


Step 6: Keep swinging caught yarn loop to the right **past strand three** that is draping the index finger...



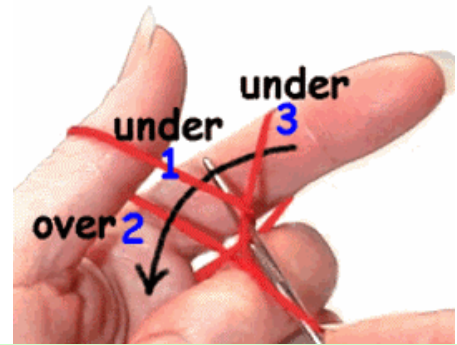
Step 7: Touch index finger with needle.

(Just to get oriented the first few times. After that it will be a fluid movement with no stops.)



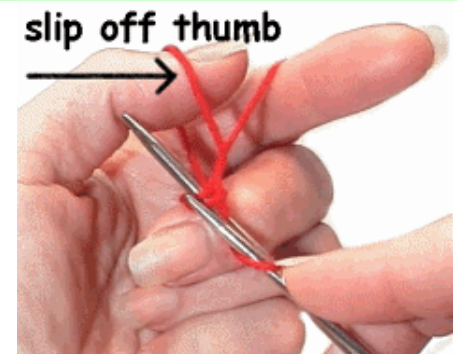
Step 8: Now, go **under** strand #3 of the index finger...

...**through** the loop on the thumb formed by strands #1 and #2...



Step 9: Slide the loop of yarn off the thumb...

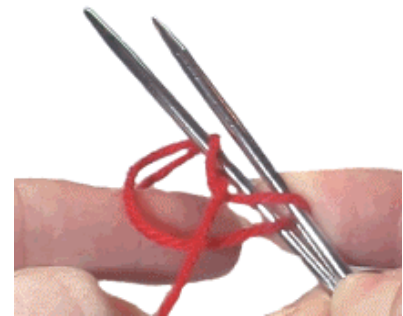
The stitch must be on the longer needle only. Make sure you do not catch any of the yarn from this stitch on the shorter needle!



Step 10: Pull the strands of yarn, tightening your stitch over the longer needle.

It was not that difficult, was it?

Quite a few picture steps but once you “get it” you will fly through each cast on stitch in a few seconds.



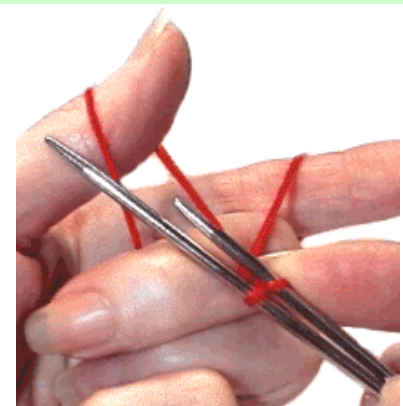
View is under needles.

Step 11: You have one stitch on each needle. The first twisted stitch on the left needle and a long tail cast on stitch on the right needle.

Remember that you are going to alternate stitches from one needle to the other, so it is time to work the left needle again.

For the second stitch on the left needle, pull the **LEFT** needle out a bit further, and **repeat steps 4 – 10** until you have put another stitch on the left needle.

Keep stitches snug **between** the two needles!



Be sure to not catch the yarn from the cast on stitch around the other needle.

Step 12: You now have the second stitch on the left needle.

To make the second stitch on the right needle, pull the right needle a bit more forward than the left one, and repeat steps 4 – 10 again.

Continue to alternate cast on stitches onto each needle until you have the desired number of stitches on *each* needle tip.



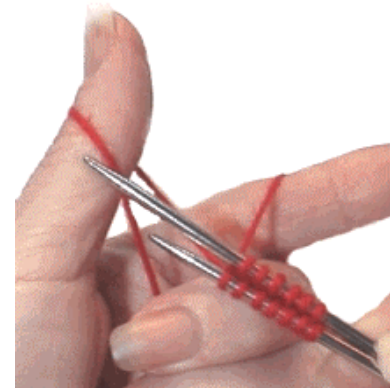
Keep stitches snug between the two needles!

Observation: The image on the right has seven stitches on the left needle, and I am getting ready to cast on the seventh, and last stitch, onto the right needle. All the stitches are stuck together in the center for a nice strong toe!

If you are making five, nine or eleven cast on stitches on each needle, continue to alternate cast on stitches onto each needle until you have the desired number of stitches on *each* needle.

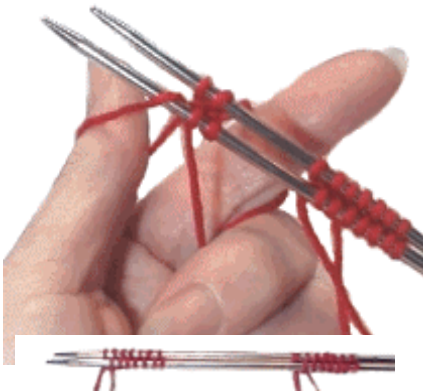
Was that easy or what??

This is the cast on for one sock... if making two socks, continue as below.



Cast-on for second sock:

If you want to make two socks at the same time, it is very easy to do.



Push the first sock cast on stitches to the right on the needles so they are out of the way. The further away the other cast on stitches are, the easier it will be to slightly split the needles at the tips for easier *yarn catching!*

For the second sock toe cast on, pick up the yarn from the second skein of yarn for the second sock. Then simply repeat steps 1-12 of the first sock cast on until you have your second set of desired number of stitches for the second sock, cast onto the two needles.

- *If needed, you can read more details about using two skeins of yarn on page 23, under “So how does this possibly work”.*

It really is that easy to do a second sock at the same time. There is no “magic” to it, no incredible technique that only the most mastered knitter can accomplish... just cast on another toe with another skein of yarn!

Congratulations! You have just completed the *Queen Kahuna “Crazy Toes & Heels” “Aloha Toe”* cast on... so easy, so quick.

Alternate needle technique for cast on...



Picture shows how to catch right needle yarn. The back of the cast on stitches will face you for this catch.

In the previous cast on instructions, I told you to slide the needle you are casting onto slightly out further than the other one so you could catch the yarn with one needle only. Once you get the technique of the cast on, there is another quicker way to do it.

Instead of pulling one needle out further than the other one, leave the needle ends even. Push the already cast on stitches for the first sock down on the needle, away from the needle tips, so you can separate the two needles slightly at the tips. Then it is easier to slip the yarn between the needles.

By turning the position of **your right-hand palm toward you for the left needle cast on... right-hand palm away from you for the right needle cast on...** you alternate each needle position to the bottom so you can catch the yarn for that stitch cast on with the *bottom* needle.

Practice! Use whichever method is most comfortable



Proceed with the “Crazy Toes & Heels “really round” toe...



queenkahuna-creations.com

Yes, other people might not even know what fabulous wool fashions are in your shoes. They might never appreciate the fact that “you made those socks yourself”, or that the wool once kept a very special pet sheep warm (if indeed it is sheep wool). Or that the yarn might have kept some other yarn-making-fur-animal warm, and now it warms you too. But **you** know what grand creations are on your feet...and it is perfectly okay for you to walk around feeling a bit smug inside about it all!



Aloha.... Mab