

Toe-up Totem Socks



The short row heels and toes of the Nutkin sock pattern by Beth LaPensee for Knitzi.com inspired my sock pattern. Beth kindly gave me permission to use her instructions in my modified pattern. Beth pointed out to me that Priscilla Gibson-Roberts originally designed this method of doing short row heels and toes. Beth found Priscilla's instructions confusing, so she rewrote the instructions. I love this method so much and even more so when I realized that it could easily be done toe-up. By starting with a provisional cast on, a short row toe can be immediately started. From there on it's a cinch and no kitchener's grafting. Hope you enjoy it as much as I do.

The pattern stitch is "Totem Pole" from Barbara Walker's [A Second Treasury of Knitting Patterns](#) page 254. I converted the stitch pattern to knitting in the round for these socks and Meg Swanson of Schoolhouse Press kindly gave me permission to share this stitch pattern with you.

Finished Size: fits an average woman's foot 8" around. Sock length is adjustable to foot size when measured from bottom of heel to the tip of the longest toe. Make sock larger or smaller by using bigger yarn and or needles.

Materials: 100gms (3.5 oz.) any sock yarn yielding 8 stitches per 1 inch.
Set of 5 size 2(us) double pointed needles
Crochet hook size 1 (B) or comparable to double pointed needles used.

Gauge: 8 stitches/inch

Please note the following:

YO before a purl = On the short row heels and toes, you will need to YO before a purl stitch. With the yarn in back, insert your needle into the next stitch to begin the purl stitch. Bring the yarn forward to complete the purl stitch.

SSP = Slip 2 stitches individually knit wise, place these 2 stitches back onto left needle, take right needle behind these 2 stitches and purl them together through their back loops.

SSSP = Slip 3 stitches individually knit wise, place these 3 stitches back onto left needle, take right needle behind these 3 stitches and purl them together through their back loops.



Totem stitch pattern worked over 16 stitches (Rows 1-8 equal 1 pattern repeat).

Round 1: P1, K14, p1

Round 2: P1, K3, K2tog, YO, K4, YO, SSK, K3, P1

Round 3: P1, K14, P1

Round 4: P1, K2, K2tog, YO, K6, YO, SSK, K2, P1

Round 5: P1, K14, P1

Round 6: P1, K1, K2tog, YO, K2, P4, K2, YO, SSK, K1, P1

Round 7: P1, K5, P4, K5, P1

Round 8: P1, K2tog, YO, K3, P4, K3, YO, SSK, P1

Toe: With waste yarn cast on 32 stitches using the provisional (crochet) cast on (<http://www.knittingatnoon.com/provisional.html> has a good tutorial.) or any other method which allows you to pick up live stitches later.

Using 2 of your double pointed needles (Purl one row with your sock yarn before starting the toe), then work a short row toe by following the Short Row Heel directions:

1. Knit all stitches until there is one stitch remaining. Turn the work.
2. On the wrong/purl side, yarn over and purl all stitches until one stitch remains. Turn.
3. On the right/knit side, yarn over and knit up to the stitch/yarn over pair. Turn.
4. On the wrong/purl side, yarn over and purl to the first stitch/yo pair. Turn.
5. Repeat steps 3 and 4 until 10 stitches between the stitch/yo pairs remain (each needle will have: one stitch on the end, 10 stitches/yo pairs, and 5 stitches toward the center). This occurs on a k row.
6. K to the first stitch/yo pair. k1 (stitch from the stitch/yo pair), K2Tog (joining the yarn over to the knit stitch in the next stitch/yo pair). Turn.
7. On the wrong/purl side, yarn over and purl to the first stitch/yo pair. p1 (stitch from the stitch/yo pair), SSP (joining the yarn over and the purl stitch in the next stitch/yo pair). Turn.
8. On the right/knit side, yarn over and knit to the first yo and K3Tog (knit 2 yarn overs and knit stitch in the following stitch together). Turn.
9. On the wrong/purl side, yarn over and purl to the first yo. SSSP (purl 2 yarn overs and the following stitch together). Turn.
10. Repeat instructions 8 and 9 until the last stitch on each end is consumed (No yo on the last row. You should have 32 sts on your needle). This is a wrong/purl side row.

Foot: Unravel and pick up the 32 live stitches from your cast on edge. Then using 4 dpn's divide evenly on the 4 dpn's. You should have 16 stitches on each needle (for a total of 64 stitches) Knit across the instep (needles 2 and 3) in the totem pattern (see above), Knit across needles 1 and 4. Continue for 9 pattern repeats or until foot measures 2" less than desired length.

Next work short row heel over 32 stitches:

Short Row Heel:

The heel is worked over 32 stitches; 16 stitches on each of needles 1 and 4.

1. Knit all stitches until there is one stitch remaining. Turn the work.
2. On the wrong/purl side, yarn over and purl all stitches until one stitch remains. Turn.
3. On the right/knit side, yarn over and knit up to the stitch/yarn over pair. Turn.
4. On the wrong/purl side, yarn over and purl to the first stitch/yo pair. Turn.

5. Repeat steps 3 and 4 until 10 stitches between the stitch/yo pairs remain (each needle will have: one st on the end, 10 stitch/yo pairs, and 5 stitches toward the center). This occurs on a k row.
6. K to the first stitch/yo pair. k1 (stitch from the stitch/yo pair), K2Tog (joining the yarn over to the knit stitch in the next stitch/yo pair). Turn.
7. On the wrong/purl side, yarn over and purl to the first stitch/yo pair. p1 (stitch from the stitch/yo pair), SSP (joining the yarn over and the purl stitch in the next stitch/yo pair). Turn.
8. On the right/knit side, yarn over and knit to the first yo and K3Tog (knit 2 yarn overs and knit stitch in the following stitch together). Turn.
9. On the wrong/purl side, yarn over and purl to the first yo. SSSP (purl 2 yarn overs and the following stitch together). Turn.
10. Repeat instructions 8 and 9 until the last stitch on each end is consumed (1 yo and 32 sts). This is a wrong/purl side row.
11. On the right/knit side, yarn over and knit up to the last remaining yarn over on the set of heel stitches. Slip this stitch over to the needle holding the instep stitches. K2Tog. This counts as the first stitch in round 1 of the totem pattern.
12. Knit across the instep (needles 2 and 3) in the totem pattern, up to the last stitch. Place the last yarn over remaining from the heel needle on the needle with the last remaining instep stitch and SSK the two stitches together. Knit to end of needle 4.

Leg: Continue with all 64 stitches with the totem pattern for 12 pattern repeats or until desired length.

Cuff: Knit 1, purl 1 rib for 1 1/2 inches or 15 rows. Bind off loosely.

Finishing: Weave in ends. No grafting...yay ☺

Short row heel and toe directions used with permission from Beth LaPlensee for www.knitzi.com. Totem pattern (Totem Pole from Barbara Walker's Second Treasury of Knitting Patterns page 254) used with permission from Meg Swanson for www.schoolhousepress.com.

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