

PARSIMONIOUS TOE-UP SOCKS

by Kristin Roach

par•si•mo•ni•ous - /adjective
Characterized by or showing parsimony;
frugal or stingy.

And that is how I feel about my sock yarn – especially hand dyed sock yarns. I had less than a full skein of four different sock yarns that I had dyed myself. I wanted to use them to make a pair of socks, so I opted to use a slip-stitch pattern that would make a nice color work design while not having to carry several colors at once, thus saving even more yarn for me to use to make my socks longer.



MATERIALS AND SPECS

» **30g sock yarn** for Colors A and B

» **20g sock yarn** for Colors C and D

» **US size 1 double-pointed needles; set of 5; 6"–8" in length**, depending on what you are most comfortable working with

» **US size 3 double-pointed needles**

» **1 foot scrap yarn** in a contrasting color to your sock yarn

» **1 stitch marker**

Gauge

16 stitches = 2 inches in stockinette stitch

Sock Sizes

XXS [XS, S, M, L, XL]
Foot circumference at arch = 6¼" [7", 7¾", 8½", 9¼", 10"] approx.

Stitch Patterns

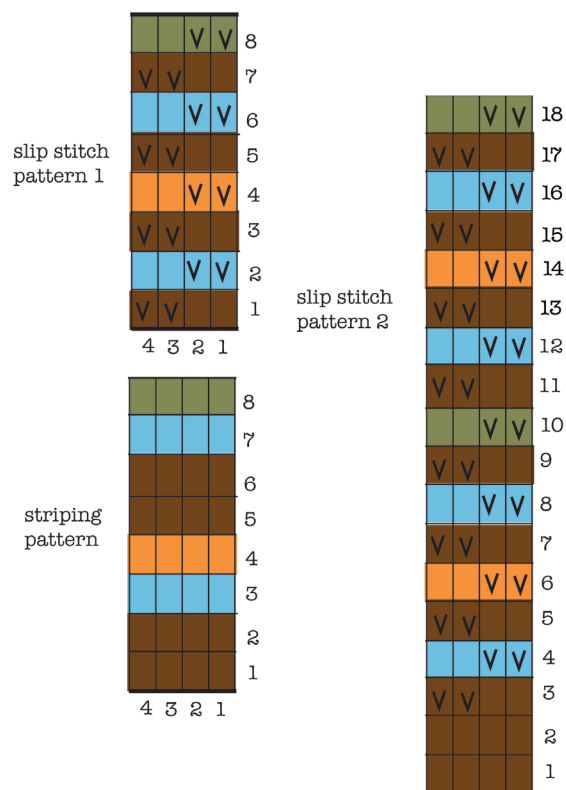
» 1x3 rib = [k3, p1] repeat to end of round

» 2x2 rib = [k2, p2] repeat to end of round

Yarn Colors

Color A — Blue
Color B — Brown
Color C — Olive
Color D — Orange

SLIP-STITCH CHART



Notes: I wear US size 7½ to 8 shoes and knitted my socks using the small-sized directions. The general rule to go by is that if you have a magic stitch number that you rely on for your socks, use that. For me that is 64 stitches on size 1 needles.

That is the number of stitches that I cast on when making top-down socks with a 5" cuff. Try on the sock as you are increasing the toe and when it fits, stop and that will be your magic sock number (that's how I found mine).

Always try on your socks while working on them. Good times to try them on are: when increasing for the toe, when working on the length of the foot, when working the increases for the calf. This pattern is based on average measurements and I know I personally am not an average. Try on your sock as you make it or you will miss out on the best part of hand knit socks – having socks that fit YOU perfectly!

Pattern

Toe

- » Cast 16 sts onto one double-pointed needle using US size 1 needles and color A yarn.
- » Slip 1 st onto Needle 1, slip 1 st onto Needle 2. Repeat until there are 8 sts on each needle (Figures A, B, and C).
- » Rnd 1: Knit all.
- » Rnd 2: K1, kfb, knit to last 2 sts on Needle 1, kfb, k2, kfb, knit to last 2 sts of Needle 2, kfb, k1 — 4 sts increased.
- » Rep round 2 once — 24 sts total.
- » Divide sts onto 4 needles — 6 sts on each needle. Place st marker between the first and second st of Needle 1. The first st on Needle 1 is the beginning of your rnd.
- » Rep rnds 1 & 2 until there are 56 [60, 64, 68, 72, 76] sts total.

Foot

- » Change to US size 3 needles and work Slip-Stitch Pattern 1 until sock measures 4.25" [5.5", 6.25", 7", 7.75", 8.5"], about 1.5" from back of heel or where your ankle bone is.
- » Using waste yarn, knit 28 [30, 32, 34, 36, 37] sts. Drop waste yarn and go back to the beginning of your rnd and continuing knitting in pattern for one more inch.
- » Cut yarn, leaving a 6" tail. Put on scrap yarn and work heel as follows.

Heel

- » Remove waste yarn and use three needles (US size 1) to pick up sts — 1 needle for each side of waste yarn and a third to tease out the sts. Pick up 56 [60, 64, 68, 72, 76] sts total; 28 [30, 32, 34, 36, 38] sts on each needle.
- » **Using color A:** Join yarn at beginning of one of the needles — this will be the beginning of your rnd and Needle 1, so place your st marker between the first and second st.
- » Knit all sts on Needle 1; m1 at the gap between Needle 1 and 2. Knit all sts on Needle 2; m1 at gap between Needle 2 and 1.
- » Rearrange sts so that there are 14 [15, 16, 17, 18, 19] sts on Needles 1 & 3 and 15 [16, 17, 18, 19, 20] sts on Needles 2 & 4.

ABBREVIATIONS

Dpn double-pointed needle	M1 make one stitch by picking up the bar between needles, give the stitch a twist and k1 through picked-up loop — 1 stitch increased.
Rep repeat	
St(s) stitch(es)	
Sl slip	
Ea each	
Rnd round	
K knit	
P purl	
Kfb knit 1 stitch through the front of the next stitch to be worked and then through the back of the same stitch — 1 stitch increased.	
	K2tog knit two stitches together — 1 stitch decreased.
	Ssk slip two stitches; knit the two slipped stitches together — 1 stitch decreased.



- » Rnd 1: {Knit 26 [28, 30, 32, 34, 36] sts, k2tog, k1} rep 2 times total — two sts decreased; 56 [60, 64, 68, 72, 76] sts total remaining.
- » Rnd 2: K1, ssk, knit to last 3 sts on Needle 2, k2tog, k1; k1, ssk, knit to last 3 sts on Needle 4, k2tog, k1.
- » Rnd 3: Knit all.
- » Rep rnds 2 & 3 until 22 sts remain; 11 on each needle.
- » Arrange sts onto 2 needles; break yarn leaving a 16" tail and use the kitchener stitch to seam the heel. Knittinghelp.com has an excellent video tutorial on the kitchener stitch, look for it under *Advanced Techniques*.

Calf

- » Put the cuff sts back onto 4 needles (US size 1). Arrange so next st to be worked is the first st of Needle 1 and place a st marker between the first and second st of Needle 1. There are 14 [15, 16, 17, 18, 19] sts on each needle.
- » Work the striping pattern in a 3×1 rib for 3".
- » Change to US size 3 needles and work the Slip-Stitch Pattern 2 (the entire chart).
- » Change to US size 1 needles and work the striping pattern for 1 more inch.
- » Change to color A and work a 2×2 rib for 2" and put your sock on scrap yarn.
- » Rep all steps for your second sock.

Finishing

- » Lay out both of your socks, and if they are the same length, put them back on 4 needles and bind off all sts as established.
- » If they are not the same length (which mine never are), carefully take out the number of rnds needed from the longer sock in order to make them even. Then bind off all sts as established.
- » Now, ripping back really disturbs some knitters; it used to disturb me, I know! Another option is to leave a few rnds worth of yarn unworked when you place the socks on scrap yarn. That way you can just work a few extra rnds to make them even.
- » I like to squeeze every last inch out of my sock yarn though, so I go for the first method. You can just pull the sts out with reckless abandon (my preferred method) or you can put the sock on 4 needles and pick back (which I will do if it's a more complicated stitch pattern — like a lace or cabled edge).



About the Author

Kristin Roach graduated with a BFA in painting in 2008 and is currently teaching art classes, painting murals, and inspiring others to create using what's on hand with her website, craftleftovers.com, and to live life creatively with her local art organization Ames Collaborative Art (amescart.org).

She has been published in *Interweave Knits*, *KnitScene*, *Craft, Make*, was a contributing designer in *Button it Up* by Susan Beal, and is just finishing slinging words for her first book, *Creative Mending* with Storey Publishing.