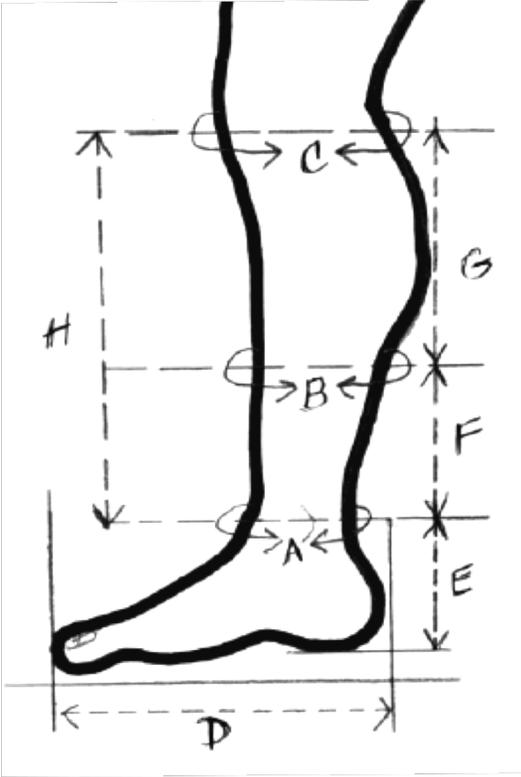


Sock Measurements



Measurement A	_____	Ankle
Measurement B	_____	Leg
Measurement C	_____	Knee
Measurement D	_____	Foot length
Measurement E	_____	Heel length
Measurement F	_____	Leg length
Measurement G	_____	Calf Length
Measurement H	_____	Knee Length
Measurement around the widest part of the foot	_____	
Measurement around the widest part of the calf	_____	

The measurement A is usually the measurement that, in combination with your stitch gauge, will determine the number of cast on stitches for a normal length of sock. Take measurement A inches and multiply by your stitch gauge and you will have the number of stitches to cast on.

Always use a hard ruler when measuring foot length. Place the ruler and heel against a wall. Measure length from the back of the heel to the end of your longest toe. Don't bear weight on the foot as you are measuring or your foot will lengthen and spread.

Use a tape measure when measuring your foot circumference. Have the tape measure around the widest part of the foot. You need not squeeze the tape measure too tight.

Don't forget to measure both feet. They may not be the same size.

Socks fit best when they are snug around your foot. Designers call this negative ease, and it just means that the finished sock measurements should be slightly smaller than your actual foot measurements. How much smaller is up to you, but a good rule of thumb is to knit your socks 5-10% smaller than your foot.

To calculate 5% negative ease, multiply your foot measurements by 0.95 so your sock will be 95% the size of your foot.

Actual Foot Length = 9 1/2 inches
 Sock Foot Length = 9 1/2 x 0.95 = 9 inches

Actual Foot Circumference = 8 inches
 Sock Foot Circumference = 8 x 0.95 = 7 1/2 inches

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