

Instructions - Worksheet is on 2nd sheet. Heel Row totals are 3rd sheet.

Men's	Women's	finished flat length
	3	7.50"
	4	7.75"
3	5	8.00"
4	6	8.25"
5	7	8.75"
6	8	9.00"
7	9	9.25"
8	10	9.5"
9	11	10"
10	12	10.25"
11	13	10.50"
12	14	11"
13	15	11.25"
14		11.50"
15		12.00"

To be used in conjunction with "Juana's Sock Sizing Chart for CSM Knitting"

Juana's file can be found here: <http://www.sockknittingmachines.com/juana/>

TO USE: **Read through Juana's info FIRST.**

Needed info:

- rows per inch (RPI) for the yarn to be used for socks.
- desired foot size for socks.
- row count of type of heel and/or toe used (see table on sheet 'heel row totals', add toe rows and heel rows together.)

TO CALCULATE:

- Enter "finished flat length" inches from foot size chart on sheet 1 into first blank for "foot size".
- Multiply by the rows per inch you get with your finished fabric at your desired tension (preferably after washing/drying), and enter the total number of rows needed for sock length.
- Add heel and toe rows together and subtract from total rows needed for length.
- This is the number of rows needed to crank between heel and toe for the foot.

finished flat length: You may find with different yarn that these estimated lengths are not correct. For example, I've found that Opal yarn can be 1/2 inch smaller than foot length, while Knit Picks only 1/4" smaller. It is always best to get the foot length of your recipient other than going by shoe size.

Made by Amy C. Sanders, free to use and edit as suits your needs.

HEEL ROW TOTALS¹

cylinder:	needles		normal ³ toe rows	normal ³ heel rows	deep	deep	deep	deep	deep	deep
	half cylinder	NOT worked ²			+1 heel rows	+2 heel rows	+3 heel rows	+4 heel rows	+5 heel rows	+6 heel rows
48	24	8	15	16	18	20	22	24	26	28
54	27	9	17	18	20	22	24	26	28	30
60	30	10	19	20	22	24	26	28	30	32
64	32	10	21	22	24	26	28	30	32	34
72	36	12	23	24	26	28	30	32	34	36
80	40	13	26	27	29	31	33	35	37	39
84	42	14	27	28	30	32	34	36	38	40
96	48	16	31	32	34	36	38	40	42	44
100	50	16	33	34	36	38	40	42	44	46

¹ This is only HALF of the actual rows of the heel/toe because we are only interested in the rows that contribute to the body of the foot (not up the ankle / on top of the toe)

² Needles NOT worked is the number of needles in between target needles which are NOT raised/lowered in working of heel/toe. Using the 1/6 of total cylinder (rounded down) method.

³ "Normal" meaning half the cylinder **only** is used in making the heel / toe, no extra needles behind the half marks.

ROUNDED⁴ HEEL ROW TOTALS

cylinder:	needles		normal ³ toe rows	normal ³ heel rows ²	Rounded ⁴					
	half cylinder	NOT worked ¹			+1 heel rows	+2 heel rows	+3 heel rows	+4 heel rows	+5 heel rows	+6 heel rows
48	24	8	11	12	14	16	18	20	22	24
54	27	9	13	14	16	18	20	22	24	26
60	30	10	15	16	18	20	22	24	26	28
64	32	10	17	18	20	22	24	26	28	30
72	36	12	19	20	22	24	26	28	30	32
80	40	13	22	23	25	27	29	31	33	35
84	42	14	23	24	26	28	30	32	34	36
96	48	16	27	28	30	32	34	36	38	40
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⁴ "Rounded" denotes that a double decrease, and then a double increase was done during the shaping of the heel/toe. Math-wise, this means 4 less needles or rows. For more info, please see Steve Ashton's youtube video, "rounded toes and heels csm".