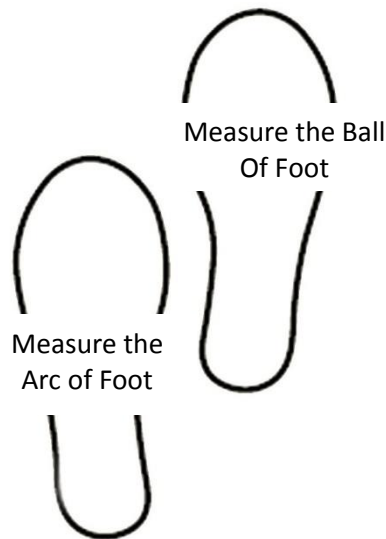




# LOOMED SOCKS FORMULA

How many pegs do you need to get the right size

**\*Easy Fit Tip: choose a loom that you can fit the toe of your foot into the center circle- up to the heel, but not past it. This is a good starting point. You may have to adjust to a different loom using instructions below for a true fit**



**Step 1:** Using a sewing measuring tape, measure the circumference around the **Arc** of your foot as well as the **Ball** of your foot. Use the **LARGEST** measurement to figure out how many pegs you will need.

**\*Note:** To get the best measurement, measure standing with weight on the foot. (**Do not round, use accurate measurement ie 8.25".or 9.40"**)

**Step 2:** Create a loomed swatch 4x4 inches with the correct gauge loom, yarn and stitches you plan on using in your sock pattern. Put your ruler in the middle of the swatch to measure how many stitches you get in a 1 inch section of your swatch.

**Step 3:** Multiply your foot measurement by how many stitches you have on your sample swatch.

**Step 4:** Use the following equations depending on what kind of yarn you prefer.

**A: Multiply .85(15% ease) for Wool or Wool Blend Yarn**

**B: Multiply .90(10% ease) if using 100% acrylic Yarn**

**CinDWood 3/8" Looms are ideal with #4 or #3 yarn**

**CinDWood 1/4" Looms are ideal for #2 or #3 yarn (2 strands #1)**

**CinDWood 3/16" Looms are ideal for #1 sock yarn**

**STEP BY STEP YOUTUBE VIDEO LINK : <https://www.youtube.com/watch?v=6MMUu85WHzY>**



Information contributed by Bonnie Visser  
 (information contibuted by: Tom Swindler aka the Sockinator)

For more help with socks join the [Socks a la Loom](#) facebook group

Ball/Arc of foot (largest part)	Swatch Stitches per inch	Acrylic Yarns non wool blends	Wool Yarns Wool Blends	Peg Number Formula (rounded up)	Best CinDWood 3/8" Loom Peg#	Best CinDWood 1/4" Loom Peg #	Best CinDWood 3/16" Loom Peg#
7"	8	.90	.90	51		50	48
7"	8		.85	48		50	
7"	7	.90		44		50	
7"	7		.85	42		50	
7"	6	.90		38	38		
7"	6		.85	36	36		
7"	5	.90		32	34		
7"	5		.85	30	34		
8"	8	.90		58		56/60	64
8"	8		.85	56		56	
8"	7	.90		48		50	
8"	7		.85	48		50	
8"	6	.90		44		50	
8"	6		.85	41	40		
8"	5	.90		36	36		
8"	5		.85	34	36		
9"	8	.90	.90	65		66	64
9"	8		.85	62		60	
9"	7	.90		57		56	
9"	7		.85	54		54	
9"	6	.90		49	40	56	
9"	6		.85	46	44	56	
9"	5	.90		40	40		
9"	5		.85	39	40		
10"	8	.90	.90				72
10"	7	.90	.90	63		66	72
10"	7		.85	60		60	
10"	6	.90		54		54	
10"	6		.85	51		56	
10"	5	.90		45	48		
10"	5		.85	42	44		
11"	8		.90				80
11"	7	.90				70	
11"	6	.90		60	60		
11"	6		.85	56	54		

**\*\*Do not round your circumference... the chart only shows each inch.. if you have 7.25 circumference please multiply that by #stitches per in and then by .9 or .85 depending on chosen yarn.**