

### Women's Size 5-10

1. Cast on 2 sets of 29 stitches
2. Knit 9, Purl 1, Knit 9, Purl 1, Knit 9
3. Knit all the way across
4. Repeat steps 2 and 3, 23 more times for a total of 24 ridges (48 rows total)
5. Knit, Purl, Knit, Purl all the way across
6. Purl, Knit, Purl, Knit all the way across
7. Repeat steps 5 and 6, six more times for a total of 8 rows.
8. Knit every two stitches together all the way across (now you will have 15 stitches on your needle)
9. Purl every two stitches together all the way across (now you will have 8 stitches on your needle)
10. Take off needle and bring yarn through all the loops, stitch up top
11. Stitch up back with the extra length of yarn from casting on at the start of the project

### Men's Size 9-12

1. Cast on 2 sets of 35 stitches
2. Knit 11, Purl 1, Knit 11, Purl 1, Knit 11
3. Knit all the way across
4. Repeat steps 2 and 3, 27 more times for a total of 28 ridges (56 rows total)
5. Knit, Purl, Knit, Purl all the way across
6. Purl, Knit, Purl, Knit all the way across
7. Repeat steps 5 and 6, four more times for a total of 6 rows.
8. Knit every two stitches together all the way across (now you will have 18 stitches on your needle)
9. Purl every two stitches together all the way across (now you will have 9 stitches on your needle)
10. Take off needle and bring yarn through all the loops, stitch up top
11. Stitch up back with the extra length of yarn from casting on at the start of the project

### Kid's Size

1. Cast on 2 sets of 23 stitches
2. Knit 7, Purl 1, Knit 7, Purl 1, Knit 7
3. Knit all the way across
4. Repeat steps 2 and 3, 19 more times for a total of 20 ridges (40 rows total)
5. Knit, Purl, Knit, Purl all the way across
6. Purl, Knit, Purl, Knit all the way across
7. Repeat steps 5 and 6, eight more times for a total of 10 rows.
8. Knit every two stitches together all the way across (now you will have 12 stitches on your needle)
9. Purl every two stitches together all the way across (now you will have 6 stitches on your needle)
10. Take off needle and bring yarn through all the loops, stitch up top
11. Stitch up back with the extra length of yarn from casting on at the start of the project