



Making your sock and information banner.

Your sock should be no bigger than 15" top to heel, and 12" heel to toe. Any size smaller is OK too. Scale your sock to give an idea of age. The maximum size is for an adult man, a child's sock will be smaller in proportion. If there is more than one sufferer in the family, make a sock for each, so families of sufferers will have more than one sock sewn to their banner

You can buy a sock, knit a sock, cut it out from cloth, plastic or leather. Please don't use anything that would get ruined if it rained, please make it colorful. Decorate it as you like, but remember that it may get wet (hopefully not!) so choose things that can stand a little rain, and choose things that won't snag on other people's socks. No heavy metal stuff!

Embroider, sew on fabric patches, buttons, flowers, short lengths of ribbon (not too long or tanglesome) anything you like, but bear in mind that it should not risk hooking into other socks. Paint them with textile paint or permanent marker. Please do not glue things together – it just isn't durable enough.

"Puff" paint, made for t-shirts is not good, it's too sticky, and will mark other's contributions. Please don't use.

Your banner is a rectangle of cotton cloth, to make a double sided information panel 18 x 3 inches. Cut your cloth to 22 x 6 inches, and draw pencil guidelines on the wrong side, or iron in 1" all round then fold in half and iron, so you can use the creases as a guideline of where to place your images. See the diagram below for how it works.

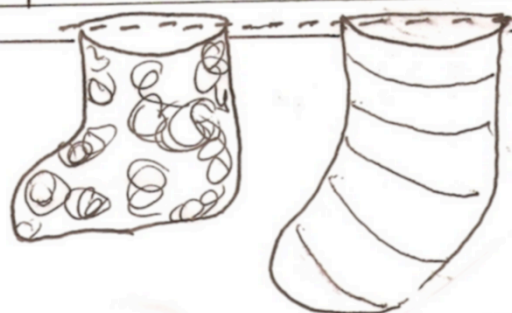
Add a photo if you like, by either photocopying onto iron-on transfers (not good for knitted socks but fine for the banner) or by enclosing in clear plastic and sewing on, turning in the edges to seal in the picture.

I WANT TO BE ME!
 JOE. SAN DIEGO. 22 YEARS ILL

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JOE. SAN
 JAMIE DIEGO. 22+19 YEARS ILL



Cut a piece 22 x 6 inches, of strong cotton. Fold in 1 inch all round, and press then open out again.

Write your message as shown in permanent marker, paint or applique, in the 3 x 18" space inside the folds. When refolded and sewn the message reads the right way up both sides, if the long fold is at the top.

All soak-through and message-stitching will be covered by the other side.

If this assembly makes you want to spit, just send the flat decorated cloth to us and we'll do it!

If you want to knit your own sock, here are some PDF patterns:

(links to uploaded ladies XMRV socks, thigh socks and teeny socks pattern)

But it could be a christmas stocking sort of sock...

Or a leather sock...

Or a cloth sock...

Or a store-bought sock....

It just needs to be a sort of a sock, that you can personalise and send to join with all the others....

Sock It To ME/CFS!

