On the task bar, Double Click on volume/options/properties/recording and select line-in, the OK.
Be sure Line in box is selected in next screen.
Begin playing your tape, click on "PREVIEW" (below) and adjust volume (I usually do not take the input level meter all the way to the yellow zone…it always seems too loud or distorted, as I recall).
Once you click on record it will begin generating a WAV file which you can let build for the entire tape or click stop between songs and generate multiple WAV files.