

AUSTERMANN®
fashion & style

Edition
No 11

Step with Jojoba and Aloe Vera

Jojoba and Aloe Vera belong to the oldest well known medicinal plants. Now the skin care active ingredients are also available in a sock yarn: STEP is equipped with Jojoba- and Aloe Vera extract – two in itself optimally complementary active components that care for feet on the go. The effect is proven to remain after more than 40 household washes. Through the special treatment, STEP receives a cashmere-like, soft touch.

Jojoba

The oil of the Jojoba bush fruit is not a vegetable oil, but a high-quality liquid wax. It protects the skin against dryness without leaving behind a greasy film because it is completely absorbed by the skin. Jojoba oil can reduce inflammation, improve cell regeneration and calm the skin. It improves the elasticity of the skin and provides a comfortably fresh feeling. In addition, the numerous active substances carry vitamin A, E and F, amino acids as well as unsaturated fatty acids.

Aloe Vera

Especially in the wellness and in some medical areas, Aloe Vera has successfully been used. Over 160 substances have been found in the plant, for example the vitamins A, C, D, E and traces of B12 as well as lipids and proteins. The enzyme Bradykinase can be helpful with inflammations and pains, and Salicylic acid is known for its analgesic effect.

with Aloe Vera
und Jojoba Oil



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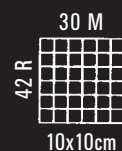
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Step Art.-Nr. 2.21.7789

75 % Schurwolle . 75 % Virgin wool . 75 % Laine vierge
75 % Scheerwol . 75 % Ren ny ull . 75 % αγνο
παρδενο μαλλι
25 % Polyamid . 25 % Nylon . 25 % Polyamide
25 % Poliammidica . 25 % Poliamida . 25 % πολυαμιδ

5 x 100 g in
0,5 kg Polybags



38/M	50/M	128 XXS
	300g	500g
	450g	650g
	100g	100g
		50g



yardage ca. 420 m/100 g ▶



01 laub



02 wasser



03 gras



04 nachtblau



05 torf



06 schlamm

Sizing Table

Shoe size	18/20	22/23	24/25	26/27	28/29	30/31	32/33	34/35	36/37	38/39	40/41	42/43	44/45
Cast on sts	40	44	46	48	50	52	54	56	58	60	62	64	68
Heel sts	20	22	23	24	25	26	27	28	29	30	31	32	34
Heel rows	10	12	14	16	16	18	18	20	20	22	24	24	26
Picked-up heel sts	8	10	12	12	13	13	14	14	15	15	16	16	17
Foot length from pick-up heel sts in cm	9-10	11	12	13	14	15	16	17	18	19-20	20-21	21-22	23
Entire foot length in cm	13	15	16	18	19	20,5	22	23	24,5	26	27	28	29

Following our Basic Sock Pattern and sizing table, you can make any style in your desired size. We have given step by step instructions in the Basic Sock Pat. Read through these instructions first. Then follow the sizing chart for the number of sts and measurements.

The shoe sizes given are European sizes.

Following are the equivalent US sizes:

Infants/Toddlers: 18/20 (US 3-5), 22/23 (US 6½-7), 24/25 (US 8-8½), 26/27 (US 9-10), 28/29 (US 10½-11½), 30/31 (US 12-12½), Children, Adult: 32/33 (US 13-1), 34/35 (US 2-3), 36/37 (US 4-5), 38/39 (US 6-7), 40/41 (US 8-9), 42/43 (US 10-11 women's; 8-9 men's), 44/45 (US 10-11 men's).

Basic Sock Pattern

Cast on the number of sts for the desired size (see table) and divide sts evenly over 4 needles. For example, for Man's socks, shoe size 42-43, using the gauge of 30 sts and 42 rows to 4"/10 cm, cast on 64 sts (16 sts on each of 4 needles). Join and place marker for beg of md (between needles 1 and 4). This marks center of sock. Work to desired length before heel, or as described in the instruction.

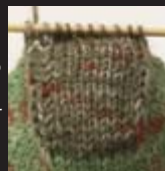
1 Shape Heel

Place sts from needles 1 and 4 on one needle for heel; leave sts on needles 2 and 3 unworked. Using the example above, that would be 32 sts for heel. Work back and forth on these sts for the desired number of rows (see table). Using the example, that would be 24 rows.

2 Turn Heel

Divide the number of sts for heel by three, for our example, that would be 11-10-11. Work

in short rows as foll: (RS row) k the first ⅔'s (21 sts), sl 1, k1, pssso (SKP), turn *sl 1, p the center 1/3 (10 sts), p2tog, turn, sl 1, k the center 1/3 (10 sts), SKP, turn; rep from* until all sts have been worked. K1 row on all sts.



3 Divide

sts on 2 dpn so that beg of rnd is at center of heel. Pick up desired number of sts (see table) on each side of heel as foll:

Using the example, work sts on needle 1, pick up 16 sts along one side, work the sts on needles 2 and 3, pick up 16 sts along other side of heel, work sts on needle 4. Join and work in rnds on all 4 needles. Work the first row of picked-up sts through the back loop.



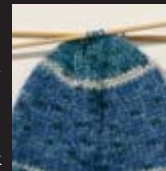
4 Instep

At end of needle 1, k2tog and at beg of needle 4 work SKP. Work 2 rnds even; rep between*s until there are the same number of sts as before heel, in our example: 64 sts. Cont on these sts for the foot to the desired length (see chart). For our example work 8½-8¾"/21-22 cm. The sts on needles 1 and 4 are the sole sts and usually are worked in St st; the sts on needles 2 and 3 are the instep sts and are worked in the pattern described in each instruction.



5 Shape Toe

Dec Rnd: On needle 1, work to last 3 sts, k2tog, k1; on needle 2, k1, SKP, k to end; on needle 3, work as for needle 1; on needle 4, work as for needle 2. Work 3 rnds even. [Work dec rnd, work 2 rnds even] twice. [Work dec rnd, work 1 rnd even] 3 times. Rep dec rnd every rnd until 8 sts rem. Place sts on 2 needles and weave sts tog.



Abbreviations

beg	begin(ning)	rem	remain(ing)
cont	continue	rep	repeat
dec	decrease	rev St st	reverse stockinette stitch
dpn	double pointed needles	rnd(s)	round(s)
folll	follow(s)(ing)	RS	right side
inc	increase	sk	skip
k	knit	sl	slip
lp(s)	loop(s)	St st	stockinette stitch
MS	repeat	st(s)	stitch(es)
p	purl	tog	together
pat	pattern	WS	wrong side
pssso	pass slip stitch over knit stitch	yo	yarn over

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