



Kitchener Stitch for Stockinette

Thread blunt needle with yarn 3x width of your work. Have two sets of stitches you want to join on two needles, with wrong sides of work facing.

To start: Thread yarn through the first stitch on the *front* needle as if to *purl*, pull yarn through. Leave stitch *on* needle. Thread yarn through the first stitch on the *back* needle as if to *knit*. Leave stitch *on* needle.

- 1:** Thread yarn through first st on *front* needle as if to *knit*. Slip stitch *off* needle.
- 2:** Thread yarn through next st on *front* needle as if to *purl*. Leave stitch *on* needle.
- 3:** Thread yarn through first st on *back* needle as if to *purl*. Slip stitch *off* needle.
- 4:** Thread yarn through next st on *back* needle as if to *knit*. Leave stitch *on* needle.

Repeat these 4 steps.

Chant (Optional): "Front-Knit-OFF, Front-Purl-ON, Back-Purl-OFF, Back-Knit-ON" OR "Knit, purl, purl, knit". You will find your own groove.



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