Kitchener Stitch

Thread a tapestry needle with yarn.

With wrong sides of the fabric together, hold the two needles together in your left hand. One needle is to the back and one is to the front.

Step 1:

Insert tapestry needle, *as if to purl*, in the first stitch of the front needle, draw yarn through. Be sure to keep the yarn under the points of the two needles.

Insert tapestry needle, *as if to knit*, in the first stitch of the back needle, draw yarn through. Be sure to keep the yarn under the points of the two needles.

Both stitches are still on their respective needles.

Step 2:

Insert tapestry needle, *as if to knit*, in the first stitch of the front needle, and at the same time remove stitch onto tapestry needle.

Insert tapestry needle, *as if to purl*, in the second stitch of the front needle, and pull through, leaving the stitch on front needle. Draw the yarn through the stitch on the tapestry needle. Again, be sure to keep the yarn under the points of the two needles.

Step 3:

Insert tapestry needle, *as if to purl*, in the first stitch of the back needle, and at the same time remove stitch onto tapestry needle.

Insert tapestry needle, *as if to knit*, in the second stitch of the back needle, and pull through leaving stitch on back needle. Draw the yarn through the stitch on the tapestry needle. Again, be sure to keep the yarn under the points of the two needles.

Repeat Step 2 and 3 to the end.

Remember that you are working with a front needle and a back needle, always working with pairs of stitches except on the first step, and that you are removing stitches and pulling the yarn through...Really, what you are doing is:

P1,K1,*K1,P1,P1,K1 repeat from * to end.

Videos are available on youtube.com and www.knittinghelp.com