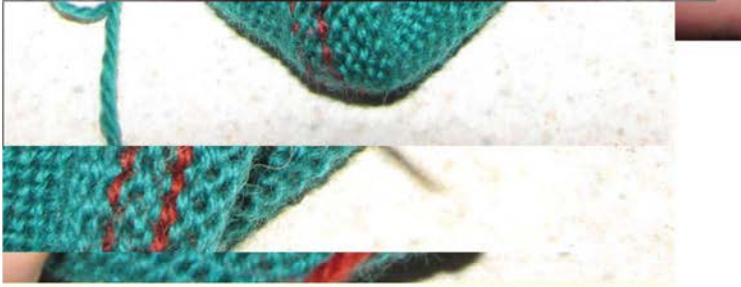


Kitchener Stitch Technique and Helpful Tips



Turn sock inside out and look at the last stitches knit (illustration 1) see how large they are? Place needle in last stitch and pull on the yarn to make stitches uniform (Illustration 2) Now on opposite side take needle through stitch (Illustration 3) and chant (illustration 4) (quietly in your mind is preferable) **IN THRU THE NEW ..OUT THRU THE OLD**



Use a yarn that contrasts with your knitting, this really is important, and chant until you are approximately 4 stitches to the end. Use your needle and pull on the waste yarn to find any hidden stitches, (Illustration 6) continue sewing until all stitches are knit, weave into sock and trim excess yarn.



