

## Kitchener Stitch

	Step 1	Step 2
Front needle:	Knit off	Purl stay on
Back needle:	Purl off	Knit stay on

Work Step 1 & 2 on front needle first, then on back needle, except:

At the beginning of grafting, do step 2 only on front and back needle.  
For the last stitch on the front and back needles, do step one only.