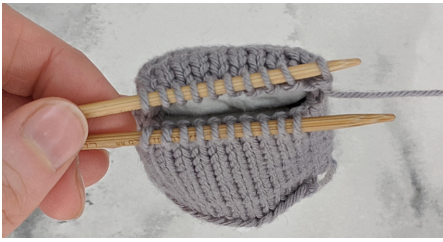


Kitchener Stitch

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SET-UP



Divide the stitches between two needles. The base of the shoe faces towards you and the knitting needles point to the right. The tail of the yarn should be on the back needle (see image). A contrast colour is used in these photographs, you will work the seam with your working yarn. *Note: not all of my shoe patterns require the set up stage. See individual pattern for instruction.*

1: Insert yarn needle into the first stitch on the front needle (as if to **purl**). **Leave the stitch on the needle.**



2: Insert yarn needle into the first stitch on the back needle (as if to **knit**). Pull the yarn through but **leave the stitch on the needle.**



The following steps 1 to 4 are repeated until all stitches on the needles are worked.

STEP 1

Insert yarn needle into the first stitch on the front needle (as if to **knit**). Pull the yarn through and **slip the stitch off the needle.**



STEP 2

Insert yarn needle into the next stitch on the front needle (as if to **purl**). Pull the yarn through but **leave the stitch on the needle.**



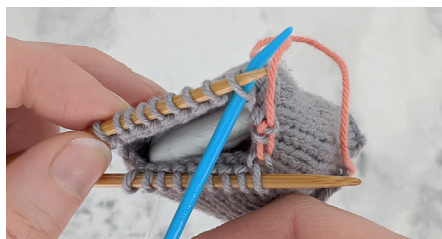
STEP 3

Insert yarn needle into the first stitch on the back needle (as if to **purl**). Pull the yarn through and **slip the stitch off the needle.**



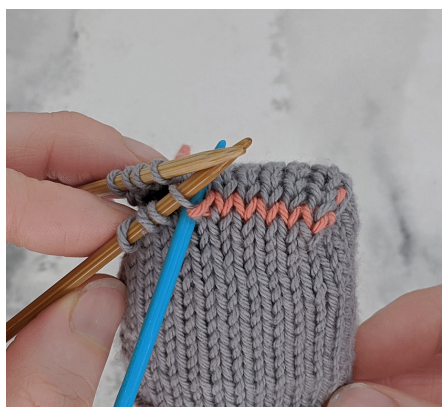
STEP 4

Insert yarn needle into the next stitch on the back needle (as if to **knit**). Pull the yarn through but **leave the stitch on the needle.**



REPEAT

Continue repeating the 4 steps until the last 2 stitches. Do steps 1 and 3 only on the last 2 stitches



MATCH TENSION

Tighten or loosen stitches as required, so the tension matches the rest of the work.



SEW IN CORNER

Put the yarn needle through the last stitch from the front needle and take the yarn through to the inside of the shoe. Sew in ends.



KITCHEN STITCH-PURL

Follow the technique to the left but where it says knit you purl and where it says purl you knit.

SET UP-PURL

i.e. Set-up 1 - insert needle as if to 'knit' and set-up 2 - insert needle as if to 'purl'

STEPS-1 TO 4

1: Insert yarn needle into the first stitch on the front needle (**as if to purl**). Slip the stitch off the needle.

2: Insert yarn needle into the next stitch on the front needle (**as if to knit**). Leave the stitch on the needle.

3: Insert yarn needle into the first stitch on the back needle (**as if to knit**). Slip the stitch off the needle.

4: Insert yarn needle into the next stitch on the back needle (**as if to purl**). Leave the stitch on the needle.