

# Knitting Cheatsheet: Kitchener Stitch, or Grafting

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Technically this should only work on straight stocking stitch, but it looks fine on seed stitch too. If you need a video to help you figure it out or just remind you how you did it before, I highly recommend watching [the Knit Witch demonstrate the Kitchener stitch](#) on YouTube.

You want the stitches for both pieces you're grafting still on needles whose pointed ends face to the right. If you're holding the work vertically, the right sides of the work must be together; if you're laying it down in front of you on a pillow or a table, the right sides must face up so that the only thing separating each end is the pair of knitting needles. You must have the same number of stitches on each needle (and if you don't and don't care, you can fake it by treating two stitches as one on whichever side has more.)

With luck, you'll have a length of yarn hanging off one of those needles that can cover the width of what you're grafting at least three times. Otherwise attach one. Then thread a darning needle with the yarn—a blunt needle, to reduce your risk of splitting any yarn.

**Setup:** Thread your darning needle into the 1st stitch on the **FRONT** needle as if to **PURL** and draw it through the stitch, under the needles so it's not crossing the area you want to graft. Then thread your needle into the 1st stitch on the **BACK** needle as if to **KNIT**.

**Thereafter:** Thread your darning needle into the 1st stitch on the **FRONT** needle as if to **KNIT** and slip it off the end of the needle. Thread your darning needle into the 2nd stitch on the **FRONT** needle as if to **PURL** and leave it **ON** the needle. Take your needle under the two knitting needles and thread it into the 1st stitch on the **BACK** needle as if to **PURL** and slip it off the end of the needle. Then thread it through the 2nd stitch on the **BACK** needle as if to **KNIT** and leave it **ON** the needle.

Got it?

On the front needle you're doing a knit-off and purl-on.

On the back needle, you're doing a purl-off and knit-on.

Front: knit off, purl on.

Back: purl off, knit on.

Keep repeating that as you go and hope that nobody phones, stops by your chair to ask you a complex math question or the answer to a crossword clue, or worst of all—offers you cake.

Repeat until you get to the last stitch, which will be on the back knitting needle; thread your darning needle through and slip it off and admire the gorgeousness of it all. Then weave in your ends and go get that cake. You've earned it!