FREE KNITTING TUTORIAL

Kitchener Stitch

How to graft live stitches invisibly, plus a lavender sachet to practise · US terms

SKILL LEVEL **Advanced beginner**	PRACTICE **Lavender sachet, 2 sizes**	YARN **Worsted (#4)**
NEEDLES **US 7 (4.5 mm) DPNs**	STITCHES **k, p, k2tog, yo, graft**	TIME **About 2 hours**

Materials

- Worsted (#4) yarn: 35 / 50 yd
- US 7 (4.5 mm) DPNs or a long circular, tapestry needle, 20 in (50 cm) narrow ribbon, dried lavender

Abbreviations (US terms)

k	knit	**yo**	yarn over
p	purl	**rnd**	round
k2tog	knit 2 together	**DPN**	double-pointed needle

Gauge: 20 sts and 28 rounds = 4 in (10 cm) in stockinette, a typical worsted gauge: swatch or just knit, a sachet doesn't need to fit.

Kitchener stitch

Set up	Front: purlwise, leave on. Back: knitwise, leave on.
1	Front: knitwise, slip off.
2	Front: purlwise, leave on.
3	Back: purlwise, slip off.
4	Back: knitwise, leave on. Repeat 1–4.

Sachet, Small

Cast on	Cast on 32 sts. Divide them over DPNs (or use magic loop) and join to work in the round without twisting. Place a marker for the start of the round.	**(32)**
Rnds 1–4	*K1, p1; repeat from * around.	**(32)**
Rnd 5	Knit.	**(32)**
Rnd 6 (eyelets)	*K2tog, yo; repeat from * around.	**(32)**
Rnds 7–28	Knit every round until the tube measures about 4 in (10 cm).	**(32)**
Set up the graft	Put the first 16 sts on one needle (front) and the other 16 on a second needle (back), parallel, with the yarn tail at the right. Cut the yarn, leaving a tail 4 times the width.	**(32)**

Graft	Kitchener stitch the 16 pairs together (see the steps). Weave the tail in on the inside.	**(0)**
Finish	Fill with dried lavender (about 2 tablespoons for the small size) and thread a ribbon through the eyelets. Pull it tight and tie a bow.	

Sachet, Large

Cast on	Cast on 40 sts. Divide them over DPNs (or use magic loop) and join to work in the round without twisting. Place a marker for the start of the round.	**(40)**
Rnds 1–4	*K1, p1; repeat from * around.	**(40)**
Rnd 5	Knit.	**(40)**
Rnd 6 (eyelets)	*K2tog, yo; repeat from * around.	**(40)**
Rnds 7–35	Knit every round until the tube measures about 5 in (13 cm).	**(40)**
Set up the graft	Put the first 20 sts on one needle (front) and the other 20 on a second needle (back), parallel, with the yarn tail at the right. Cut the yarn, leaving a tail 4 times the width.	**(40)**
Graft	Kitchener stitch the 20 pairs together (see the steps). Weave the tail in on the inside.	**(0)**
Finish	Fill with dried lavender (about 2 tablespoons for the small size) and thread a ribbon through the eyelets. Pull it tight and tie a bow.	

What's exact, what's calculated

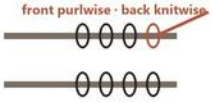
Exact	Every round in our knitting engine; eyelet count; every stitch grafted once.
Calculated	Cast-on and rounds from the gauge, yarn.
Assumed	The gauge.

How to Do Kitchener Stitch

Knit off, purl on (front) · purl off, knit on (back) · tighten every few stitches

Set up

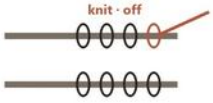
front purlwise · back knitwise



Front needle: in purlwise, leave it on. Back needle: in knitwise, leave it on.

1 · Front

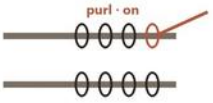
knit · off



Front needle: in KNITWISE and slip it OFF.

2 · Front

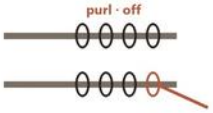
purl · on



Front needle: next st PURLWISE, leave it ON.

3 · Back

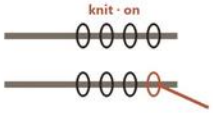
purl · off



Back needle: in PURLWISE and slip it OFF.

4 · Back

knit · on



Back needle: next st KNITWISE, leave it ON. Repeat steps 1–4.

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Kitchener Stitch Cheat Sheet

Say it as you go: knit off, purl on · purl off, knit on

Needle	First	Then
Front needle	knitwise, OFF	purlwise, ON
Back needle	purlwise, OFF	knitwise, ON

Tighten gently every 3–4 stitches to the same size as the knitted stitches; too tight looks like a ridge.

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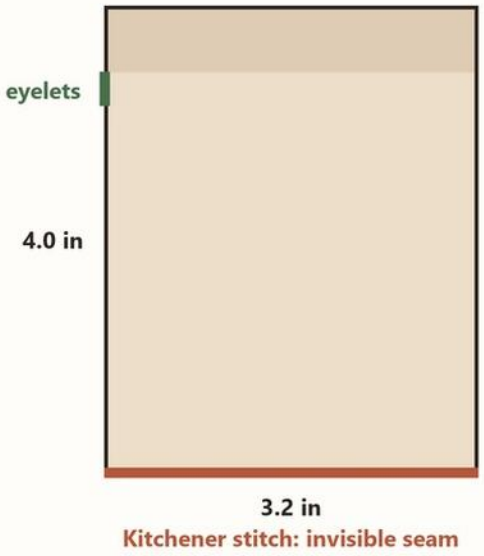
Lavender Sachet · Layout

Size Small: the tube laid flat, 3.2 × 4 in · 32 sts round, 28 rounds · cast-on edge at the top



rounds 1–4: 1x1 rib · round 6: eyelets for the ribbon · bottom edge: 16 pairs grafted with Kitchener stitch

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Lavender Sachet · Sizes

Worsted (#4) yarn · US 7 (4.5 mm) DPNs or a long circular for magic loop · gauge 20 sts × 28 rounds = 4 in

Size	Finished (flat)	Cast on	Rounds	Kitchener	Worsted yarn
Small	3.2 × 4 in (8 × 10 cm)	32	28	16 pairs	35 yd
Large	4 × 5 in (10 × 13 cm)	40	35	20 pairs	50 yd

Any length works: knit until the tube is as tall as you like, then graft.

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