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Kitchener stitch.... fasten off your sock toes as follows...

Closing the toes. When people hear "Kitchener stitch" I have seen pure panic in their faces! It is not that hard, and along the way it has been "re-thought" until someone came up with a little mantra that helped me the most and will get you through this too. A friend who gleamed it from the internet told this to me. I would like to credit whomever came up with it, but as the nature of the internet is, that name is lost in cyberspace somewhere. So thank you, whomever!



Here is the rhyme: "Same off, opposite on." What does this mean?

It is easier to remember what to do when you do the same thing on both needles.

You don't have to remember what to do on the front needle verses what to do on the back needle.

Another reminder to the rhyme is "O" is for **O**pposite and **O**n

- **Cut your yarn** about four times the width of the remaining stitches *plus some more for safety*, and thread yarn through a blunt yarn needle.
- **You must always position the blunt yarn needle under the knitting needles.** Make sure the yarn does not wrap around the needles as you stitch.

There is a tendency for the outermost stitches to look like "ears". Yes, it will happen, and some folks make a career out of getting this to go away. If double decreasing on the last round does not work for you, another way for dealing with this is to twist completely, the first and last stitch of the front and back needles, before you work them. Another way is to pass the outermost stitch over the adjoining stitch.

Hold the needles parallel, and look at what you have:

Look at the *front needle*, and you have a knit side facing you.

- So "*same*" is *knit* and "*opposite*" is *purl*.

Look at the *back needle* and you have a purl facing you.

- So here "*same*" is *purl* and "*opposite*" is *knit*.



Prepare the first two stitches: It is the *second- half* of the needle movement...

Keep yarn needle under knitting needle.

- **1)** On the **front** needle, insert yarn needle through the first stitch as if to **purl**. *Leave the stitch on the needle.*

(Since you are purling on the "knit" side, it is opposite.)

Opposite on...

Insert yarn needle as if to purl and leave stitch on needle.



Keep yarn needle under knitting needle.

- **2)** On the **back** needle: insert yarn needle through the first stitch as if to **knit**. *Leave the stitch on the needle.*
 - **Continue below.** You only work steps 1 and 2 once.
(Since you are knitting on the “purl” side, it is opposite.)
-

Opposite on...

Insert yarn needle as if to knit and leave stitch on needle.



- **3) Front needle** (*knit side facing you*).
- Next, insert yarn needle into the **first stitch as if to knit**, and **remove the stitch from the needle**. *(This is the same stitch that you purl in step 1.)*
Pull up yarn, but not too tight.

Same off...

Insert yarn needle as if to knit and take stitch off needle.



(Same, off.) Since you are looking at knit stitches, knit would be “the same”. **“Same off”**, you so take that stitch **off** the needle after you run the yarn through it.

- **4) Still on front needle.** (*Knit surface facing you*.)
- Next insert your yarn needle into the next stitch on the front needle **purl-wise**, and **leave the stitch on the needle**.

Opposite on...

Insert yarn needle as if to purl and leave stitch on needle.



(Opposite on.) Since you are looking at knit stitches, purling would be opposite. **“Opposite on”**, so you leave that stitch **on** the needle.

- **5) Back needle.** (*Purl surface is facing you*.)
- Now go to the back needle (*purl surface facing you*) In this case **“same” is purl** and **“opposite” is knit**.
- **Go into the first stitch as if to purl**, and **remove the stitch from the needle**. *(Same off)*
Pull up yarn, but not too tight.

Same off...

Insert yarn needle as if to purl and take stitch off needle.



- **6) Same back needle.** (*Purl surface facing you*.)
- Then put your yarn needle **through the stitch on the back needle knit-wise**, and **leave it on**. *(Opposite on.)*

Opposite on...

Insert yarn needle as if to knit and leave stitch on needle.



Repeat steps 3 through 6 until you have used up all the stitches. As you can see in the picture below, as you take the grafted stitches off, tension them so they match the stitches of the sock. Fasten off. Pull yarn tail to inside, which will also get rid of any little “bump” you may end up with there. Weave in yarn end securely on inside of sock!
It was not that hard, was it?



Although it is not in the pictures previous, it helped me tremendously when grafting off these stitches to put a darning egg inside the toe of the sock. I was having a hard time because I first pulled the stitches too tight, so next time I let them looser and they where too loose, and then I had a hard time seeing what thread to pull to tighten it all up. Then I tried to think of a way to keep the tension even with the already knitted stitches, and I remembered a conversation with some knitting friends about tensioning the stitches with a darning egg inside the sock *after* it was grafted off. So what the heck, I thought maybe if I put it in *while* I grafted off the toe... it worked for me. You could even use a light bulb. Yes, a light bulb! Or how about a plastic Easter egg?



I often wonder how my grandchildren will remember me... but when my granddaughter, Tory, presented me with this picture, I felt confident that I would be remembered in a wonderful way! A grandma that totes her sock knitting everywhere she goes! I grab my purse *and* my knitting when I leave the house for any reason. A blue jean, crazy shirt, wild sneaker-wearing granny, with tri-focals and ponytails! A granny that collects and loves pink flamingos, has a passion for tropical things like palm trees, blue clouds, and bright sunshine! If a picture can say a thousand words, this one certainly does the trick! You must remember that a “stone castle” would never surround a “Queen Kahuna”... how would the sea breezes get in? This Queen would have a grass hut on the beach... made, of course, from only the best palm fronds on the island, picked while they are still moist with the morning dew... sand would be her floor and seashells would adorn her hut. She would wear a cape knitted of sea grass and her head would be adorned with a crown of hibiscus and orchard petals... she has no use for

jewels! Of course, I always have to think twice about that coconut bra! Oh... when I grow up, I want to be a beach bum! I love a simplified life!

Aloha.... “Queen Kahuna”

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