The ZEN of Kitchener Stitch

SET UP:

1. FRONT: PURL, ON

2. BACK: KNIT, ON

KITCHENER:

1. FRONT: KNIT, OFF

2. FRONT: PURL, ON

3. BACK: PURL, OFF

4. BACK: KNIT, ON

Don't forget to chant the words aloud
(or in your head) as you work!

Pictorial Tutorial at:
http://nelkindesigns.blogspot.com/2010/08/
zen-of-kitchener-stitch.html