Knitting or duplicate stitch

LEFT-HANDED

1 Also known as Swiss darning, knitting stitch exactly duplicates the knitted stitches it covers. Bring the needle up at the base of a V and slide it under the stitch above.

2 Although it looks like you are going above the stitch, when the yarn is pulled through, is just covers the left arm of the V. Insert the needle at the base of the V.

3 The first knitting stitch is complete. It is a V sitting exactly on top of a stitch in the knitting. If the same ply of yarn is used, the coverage should be perfect.

4 Bring the needle up at the base of the next V and slide it under the stitch above, left to right. Use a blunt tapestry or wool needle for this stitch.

5 Pull the thread through to form the first arm of the V, then go down at the bottom of the V once more. Knitting stitch is worked on the right side of stocking stitch only.

6 As you work through the graph, subsequent rows of stitches worked below the previous ones need to be worked under both stitches, not just the top one.

Homespun
your heart in your hands

7 The completed heart. This example is worked in 8 ply acrylic yarn throughout. Pull the stitches reasonably firmly as you work so that they sit flat against the knitting.

8 Knitting stitch takes a surprisingly large amount of yarn. Two lengths were needed for this small design, hence the messy back. You can see the stithes follow the knitting.

9 Two alternatives: knitting stitch can be worked as inverted Vs, which may suit some designs better. Here, two thicknesses of 4 ply yarn are being used.

10 Provided that the two plies are about the same thickness as the knitted yarn, the coverage should be good. And a bonus is that you can start with a neat loop.

11 Two inverted V stitches. To end the yarn, work under several stitches at the back. If you haven't started with a loop, leave a tail at the start and weave it under later.

12 As the design is built up, you can see that the inverted Vs give a smoother edge to the top of the heart. You can also work half V stitches to smooth curves.