WHEAT CHECKERBOARD <https://www.youtube.com/watch?v=lV9Adh4sGuA>

Cast on multiples of 4 plus one

Row 1: Knit the entire row

Row 2: K1, P3Tog keep on needle, YO, P3Tog, K1\*

Row 3: Knit the entire row

Row 4: K1, P1, K1\* P3tog keep on needle, YO, P3Tog, K1, \* P1K1