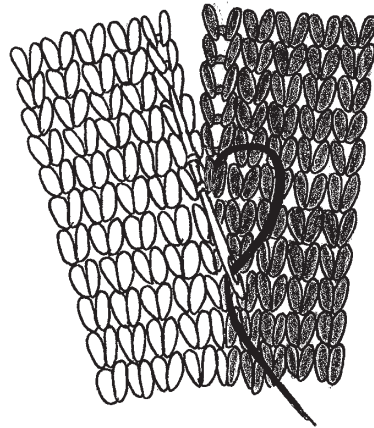
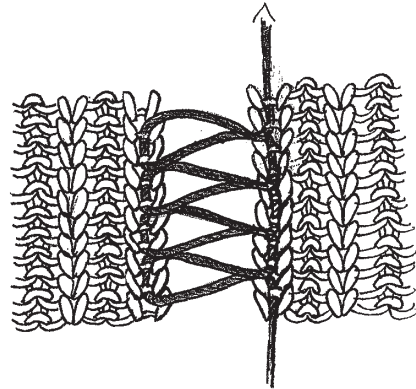


# How to join vertical seams (side seams or sleeves) using mattress stitch

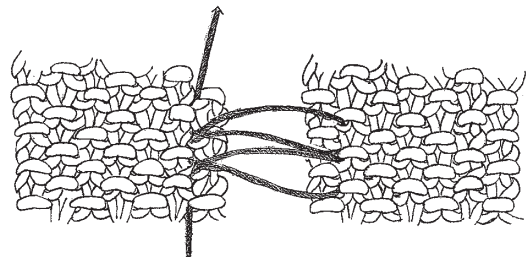
- With the right side of the work facing up, lay down the pieces to be joined, flat and edge to edge.  
Working from the front and half a stitch in from the edge on each piece, insert the needle from the front through the centre of the stitch sliding it under two rows as shown.



- Cross to the opposite piece of work and slide the needle under two rows at a time.
- Work from piece to piece in this way sliding the needle under 2 rows at a time, alternating from one to the other piece until the seam is complete.



- Make sure that you don't miss any rows and that the pieces match all the way up.
- If you are working a vertical seam in garter stitch or moss stitch take a full stitch from each piece, rather than half stitches.



SIRDAR