

## MATTRESS STITCH

A Mattress Stitch seam is almost invisible, so it is a good way to sew up your knitting. The seam is sewn from the right side so it is easy to see how to keep it straight and neat.

1. Put the two pieces next to each other, right side up and edges together.
2. Thread a wool needle with a long length of yarn.
3. Work one whole stitch (V shape) in from the edge and leave a long end before beginning to sew.
4. Put the needle between the edge stitch and the second stitch on the first row. Pass the needle under 2 rows (2 cross bars), then bring it back through to the front.
5. Repeat step 4 on the other piece.
6. Swap from side to side, always going into the hole that the last stitch on that side came out of. Always go under 2 rows – be careful not to miss any rows.
7. Keep the seam firm but do not pull the yarn too tightly – the seam should be as elastic as your knitting.
8. When the seam is finished, sew in ends.

