

As the name implies, this is a good method for shoulder seams and is used to join two pieces that have been bound off. The pieces to be joined should have the same number of stitches.



1. Arrange the pieces flat with the right sides facing up, and butt the bound-off stitches together.



2. Bring a threaded tapestry needle up through the center of the first stitch on the bottom piece.



3. Take the needle across the bound-off edges and bring it down beside the first stitch on the upper piece, then under both legs of that stitch and up the other side.



4. Take the needle across the bound-off edge, bring it down through the center of the first stitch (the same place you came up to start), and up through the center of the next stitch.



5. Repeat Steps 3 and 4, working across the bound-off edges, until the seam is complete.



Adjust the tension of your graft to match that of the surrounding stitches.



(right side)

**Seaming How Tos:**



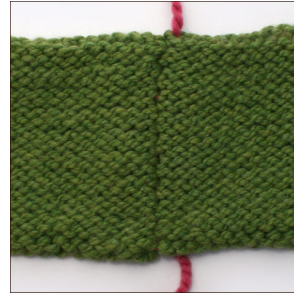
[Three-Needle Bind-Off](#)



[Shoulder Seam Graft](#)



[Mattress Stitch](#)



[Mattress Stitch on Reverse Stockinette Stitch](#)



[Mattress Stitch/Graft Combo](#)



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