

Use this technique for areas where extra strength and stability are desired. For best results, take care to be consistent in the position of your stitches. I prefer to work between the edge stitch and its adjoining stitch.



1. Arrange the pieces one atop the other, usually with the right sides together.



2. Insert a crochet hook through both layers of knitting and pull a loop of yarn through.



3. Insert the crochet hook through both layers of knitting a row or two further along...



and pull a loop through both the knitting and the loop already on the hook.



Repeat Step 4 until the seam is complete.



(finished)



(right side)

Seaming How Tos:



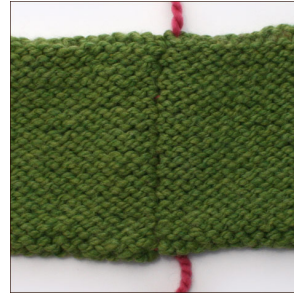
[Three-Needle Bind-Off](#)



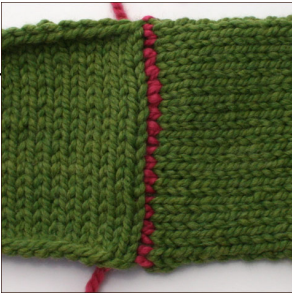
[Shoulder Seam Graft](#)



[Mattress Stitch](#)



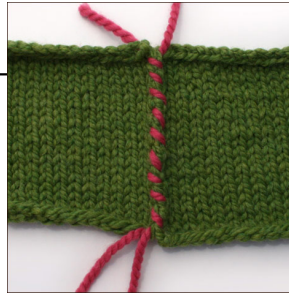
[Mattress Stitch on Reverse Stockinette Stitch](#)



[Mattress Stitch/Graft Combo](#)



[Slip-Stitch Crochet Seam](#)



[Inside-out Seam](#)

[Download a handy pdf with *In Praise of Seams* and instructions for all of the seaming techniques.](#)