FREE KNITTING TUTORIAL

Mattress Stitch

How to seam knitting invisibly, plus seamed fingerless mitts to practise · US terms

SKILL LEVEL	PRACTICE	YARN
Beginner	**Fingerless mitts, 3 sizes**	**Worsted (#4)**
NEEDLES	**STITCHES**	**TIME**
US 7 (4.5 mm)	**k, p, mattress st**	**About 4–5 hours**

Materials

- Worsted (#4) wool: 105 / 120 / 130 yd for a pair
- US 7 (4.5 mm) needles, tapestry needle

Abbreviations (US terms)

k	knit	**st(s)**	stitch(es)
p	purl	**2x2 rib**	k2, p2 repeated
RS / WS	right / wrong side		

Gauge: 20 sts and 26 rows = 4 in (10 cm) in stockinette, a typical worsted gauge: swatch to check.

Mattress stitch

1	Pieces right side up, edges side by side. Start at the bottom with a figure-8 through the first sts.
2	Stretch the edge to see the bars between the edge st and the next st.
3	Under 1 bar on one piece, then 1 bar on the other, straight across.
4	Every 4–5 bars pull gently until the seam closes.

Mitts, size S

Cast on	Cast on 34 sts, leaving a 24 in (61 cm) tail for the seam.	**(34)**
Rows 1–10	RS rows: k2, *p2, k2; repeat from * to the end. WS rows: p2, *k2, p2; repeat from * to the end.	**(34)**
Rows 11–40	Stockinette: knit the RS rows, purl the WS rows.	**(34)**
Rows 41–46	2x2 rib as rows 1–10.	**(34)**
Bind off	Bind off in rib (knit the knits, purl the purls), not too tightly. Leave a 12 in (30 cm) tail.	**(0)**
Seam	Fold the mitt with the right side out and the side edges together. With the cast-on tail, mattress stitch rows 1–21 (1 bar from each side per row). Leave rows 22–32 open for the thumb. With the bind-off tail, seam rows 33–46 from the top down.	
Second mitt	Make a second one the same. Mitts are the same for left and right.	

Mitts, size M

Cast on	Cast on 38 sts, leaving a 24 in (61 cm) tail for the seam.	**(38)**
Rows 1–10	RS rows: k2, *p2, k2; repeat from * to the end. WS rows: p2, *k2, p2; repeat from * to the end.	**(38)**
Rows 11–40	Stockinette: knit the RS rows, purl the WS rows.	**(38)**
Rows 41–46	2x2 rib as rows 1–10.	**(38)**
Bind off	Bind off in rib (knit the knits, purl the purls), not too tightly. Leave a 12 in (30 cm) tail.	**(0)**
Seam	Fold the mitt with the right side out and the side edges together. With the cast-on tail, mattress stitch rows 1–21 (1 bar from each side per row). Leave rows 22–32 open for the thumb. With the bind-off tail, seam rows 33–46 from the top down.	
Second mitt	Make a second one the same. Mitts are the same for left and right.	

Mitts, size L

Cast on	Cast on 42 sts, leaving a 24 in (61 cm) tail for the seam.	**(42)**
Rows 1–10	RS rows: k2, *p2, k2; repeat from * to the end. WS rows: p2, *k2, p2; repeat from * to the end.	**(42)**
Rows 11–40	Stockinette: knit the RS rows, purl the WS rows.	**(42)**
Rows 41–46	2x2 rib as rows 1–10.	**(42)**
Bind off	Bind off in rib (knit the knits, purl the purls), not too tightly. Leave a 12 in (30 cm) tail.	**(0)**
Seam	Fold the mitt with the right side out and the side edges together. With the cast-on tail, mattress stitch rows 1–21 (1 bar from each side per row). Leave rows 22–32 open for the thumb. With the bind-off tail, seam rows 33–46 from the top down.	
Second mitt	Make a second one the same. Mitts are the same for left and right.	

What's exact, what's calculated

Exact	Every row in our knitting engine; rib multiple, seam + gap rows add up.
Calculated	Cast-on from the gauge, rows, yarn.
Assumed	The gauge: swatch.

How to Do Mattress Stitch

On stockinette · under 1 bar on each side per row · right side facing you

1 · Line up



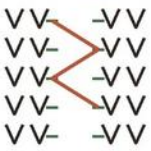
Both pieces right side up, edges side by side. Thread the tail; start at the bottom.

2 · Find the bars



Stretch the edge: between the edge stitch and the next one is a ladder of bars.

3 · Zigzag



Go under 1 bar on the right piece, then 1 bar on the left, straight across. Repeat.

4 · Pull



Every 4–5 bars, pull the yarn gently: the edges roll in and the seam disappears.

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Mattress Stitch on Different Fabrics

Always seam with the right side facing you, and with the same yarn as the piece

Fabric	What you pick up	How many
Stockinette	the bars between the edge st and the next st	1 bar each side per row
Garter	the bottom bump on one side, the top bump on the other	1 bump each side per ridge
2x2 rib	bars inside the edge knit st, so 2 knits meet as a k2 column	1 bar each side per row
Cast-on / bind-off edges	a figure-8 through the first sts to close the gap	once at the start

Rows don't match? Take 2 bars on the longer piece every few stitches to ease it in.

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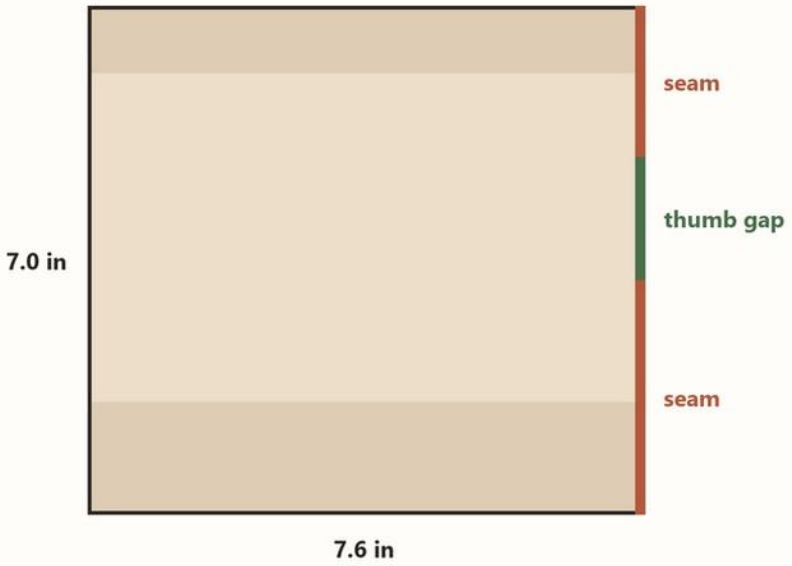
Fingerless Mitt · Where to Seam

Size M: 38 sts wide, 7 in long · fold so the two side edges meet



seam rows 1–21 · thumb gap rows 22–32 · seam rows 33–46

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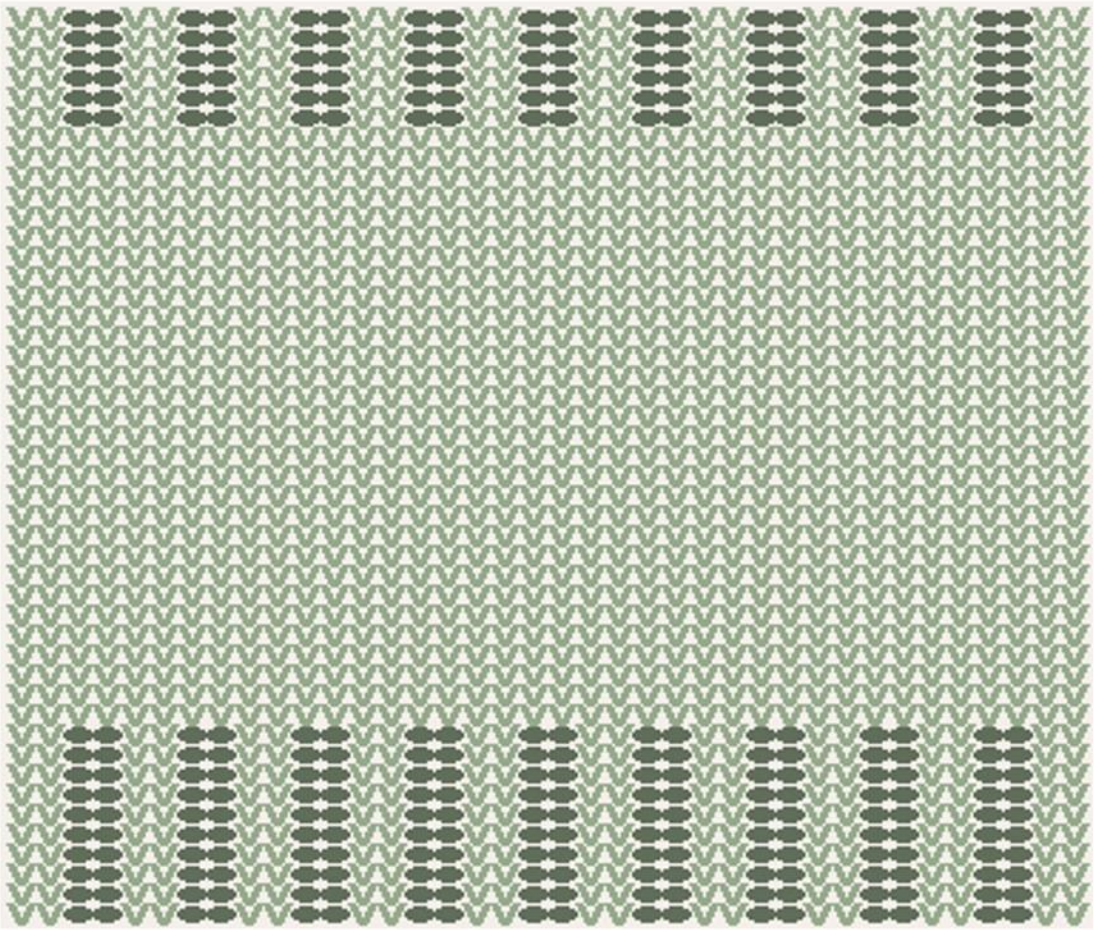
Fingerless Mitt · Flat Piece, Simulated

Size M: 38 sts × 46 rows from the knitting engine · 2x2 rib, stockinette, 2x2 rib



The two side edges meet in the mattress stitch seam; 1 edge stitch on each side rolls inside.

Fingerless Mitts · Sizes

Worsted (#4) wool · US 7 (4.5 mm) needles · gauge 20 sts × 26 rows = 4 in in stockinette

Size	Hand round	Cast on	Mitt round	Length	Worsted, pair
S	7 in (18 cm)	34	6.4 in (16 cm)	7 in (18 cm)	105 yd
M	7.75 in (20 cm)	38	7.2 in (18 cm)	7 in (18 cm)	120 yd
L	8.5 in (22 cm)	42	8.0 in (20 cm)	7 in (18 cm)	130 yd

Measure your hand around the knuckles, thumb tucked in. The mitt is about 0.5 in smaller so it hugs.

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