• After blocking (washing and blocking pieces) your front, back, and sleeves of your garment. Sew both shoulder seams together. Use either the Kitchener stitch or the Three Needle Bind off. The DVD will show which method should be used. Sew the sleeve seam using the mattress stitch. In the DVD mentioned above, there is an excellent technique for starting that seam to make an even edge. When the long sleeve seam has been sewn, it can now be inserted into the sweater body.

• Align the sleeve cap bind offs with the body bind offs and pin in place. Pin the top of the sleeve cap to the shoulder seam. Thread the garment yarn into a large eye needle. With right side facing, in a mattress-stitch style of sewing, take a small portion from the sleeve armhole bind offs near the edge and a small portion of the stitches under the armhole bind offs. You will not necessarily take identical bars or stitches for this technique. Go back to the sleeve cap and continue taking small stitches from the edge of the cap and the armhole of the body.

• Important: The first part of the armhole has decreases but when the decreases stop, the straight edge stitch sewing line should not be broken. Be careful to insert the needle between the first and second stitch from the straight edge of the body consistently. The sleeve cap, however, has many stitches, rows, decreases, and bind offs. When inserting the needle into it, place the point farther away from the very edge to eliminate the visibility of the sleeve cap shaping. There will be a slightly large seam from the sleeve cap edge than the body edge.

• Constantly check the top pin to see if there is equal fabric on both the sleeve cap and the armhole. Take a slightly bigger quantity, skip a small space (if there seems to be more fabric on one side) or a smaller quantity of fabric (if there seems to be less fabric on one side) to ease in place. There should be no gathers or bunching.

• After sewing, steam the seam on the outside. Steam while encouraging the larger sleeve cap edge towards the sleeve. You can position a sewer’s ham or rolled-up towel in the sleeve cap to help shape while steaming.