

Stitching a Set-In Sleeve

Adding a set-in style sleeve is easy with this technique. With a little bit of practice, anyone can be an expert sleeve setter!

Materials:

Choose a pattern for a garment that has a set-in style sleeve

Sewing Machine

Matching Thread

Pins

Scissors

Serger

Sleeve Board

1. Follow the instructions for sewing the garment together. When the instructional steps for adding the sleeve are reached, follow these steps for easy sewing.
2. Stitch the side seam of the sleeve. Trim and serge. Press the seam to one side.
3. Be sure that the center at the top of the sleeve cap has been marked.
4. With right sides together, add the sleeve to the armhole, matching up the center of the sleeve cap with the shoulder seam and the side seams and pin. Also pin about 2" to either side of the lower edge at the seam.
5. Note that the sleeve will seem larger than the armhole. It is made this way so that there is ease in the garment during wear. If they are the same size, it would be uncomfortable to wear and most likely pop a seam.
6. To ease the sleeve into the armhole, use the free arm of the sewing machine and place the garment under the presser foot with the bodice facing up. This places the sleeve against the feed dogs. The feed dogs of the machine are more aggressive than the presser foot, which helps distribute the extra fabric without puckering.
7. Starting at the seam, stitch past the first pin then pause. Slip your left hand in between the layers of fabric and gently ease the sleeve against the armhole during the stitching process.
8. Continue with this process until the entire sleeve has been added.
9. Clip threads and look at the sleeve. If there are any puckers, remove the stitching from those areas and try again. It might take more than one try if this technique is new.
10. Once the sleeve has been sufficiently added, trim the seam and serge.
11. Slip the sleeve onto the sleeve board and turn the seam toward the bodice. Press along the seam line.

Technique written by Kay Whitt of [Serendipity Studio](#) for It's Sew Easy, 2015.