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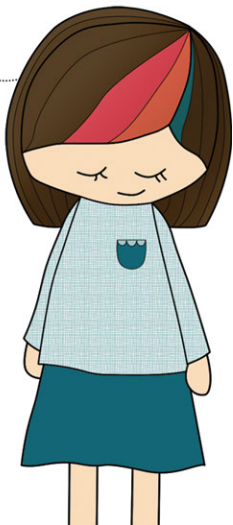
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let's sew with knits! all about stretch

step two in sewing with knits is to know how your fabric will behave.

many sewing patterns designed to be used with knit fabrics have negative ease, which means that the finished garment will actually be smaller than your body measurements. these patterns will tell you how much stretch the fabric should have, and it is important to follow these guidelines because your fabric will need to stretch the proper amount in order for your garment to fit!

2-way stretch means that the fabric has stretch across the grain (selvage to selvage). 4-way stretch means that the fabric stretches both with and across the grain, though the greatest stretch is typically across the grain. in either case, we will measure the across the grain stretch to determine stretch %.

to measure stretch %:

1. fold the knit along the grainline (grainline is parallel to selvage).
2. place fold on left side of ruler below, at the zero mark, and hold firmly.
3. grasp fabric through both layers 4" from fold.
4. stretch fabric by pulling to the right.
5. note the distance your fabric has stretched along ruler to determine stretch %.

when you release the stretched end of your fabric, you will be able to see how good the stretch recovery is. fabric with excellent stretch recovery will go back to the 4" mark. fabric with no stretch recovery will not "bounce back" at all. typically, a fabric with higher spandex content will have a better stretch recovery.

note: print at 100% ("actual size" or "with no scaling"). for reference, ruler below is 1" tall and 7.5" long.

