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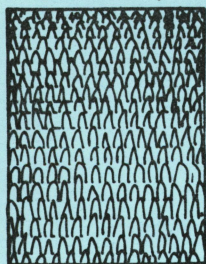
Stretch Terry and Velour

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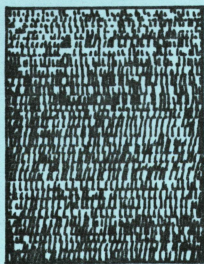


Knit fabrics referred to as stretch terry and stretch velour differ in the way the pile is handled. Small loops are left on the surface of stretch terry and are cut on stretch velour. Many different types are on the market and are usually very stretchy. However, the amount of stretch varies with different types.

Stretch Terry



Stretch Velour



Comfortable to wear, stretch fabrics are soft and drapable. You can sew with the pile side in on some velours to get a smooth, polished look. In contrast, the rich, plush texture is shown off with the pile side out.

Fiber content varies, and the knit construction may shrink up to 4 inches (10 cm) a yard. You need to take this into consideration when purchasing fabric.

Some fabrics do not stretch enough for pullover styles. Refer to the pattern envelope for "suggested fabrics."

Always check the end of the bolt for care information. You should get a permanent care label at the time of purchase.

Preshrinking

For stretch terry and velour, preshrinking is a must. Fabric is often stretched on the bolt, and preshrinking gives it a chance to relax. You should repeat this process several times if there is a high percentage of cotton present. This should eliminate the possibility of residual shrinkage. Use the same method for preshrinking that you plan to use for care and upkeep of the finished garment.

Preshrinking also removes any residue that the finishing process may have left. Such a residue can prevent the needle from going through the fabric easily. If this happens, some stitches can be skipped.

Pattern Selection

Stretch terry and velour are suitable for a variety of styles. When selecting a design, choose one with bands or self-fabric bindings or soft gathers. Pullover styles and wrap around garments with no topstitching and few pieces are good choices.

Unstructured lines lend themselves well to these soft, drapable fabrics. Avoid zippers and buttonholes when possible because of the difficulty in achieving a professional look in these fabrics.

Purchase the yardage necessary for a "with nap" layout. Suitable patterns usually have a stretch gauge on the envelope. Use this gauge to match the fabric to the pattern's stretch requirements.

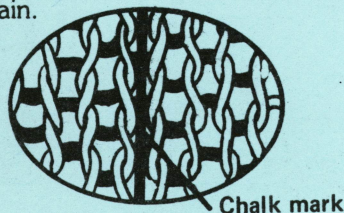
4" (10cm) OF CROSSWISE FOLDED KNIT MUST STRETCH FROM HERE →

1 2 3 4

→ TO HERE OR MORE

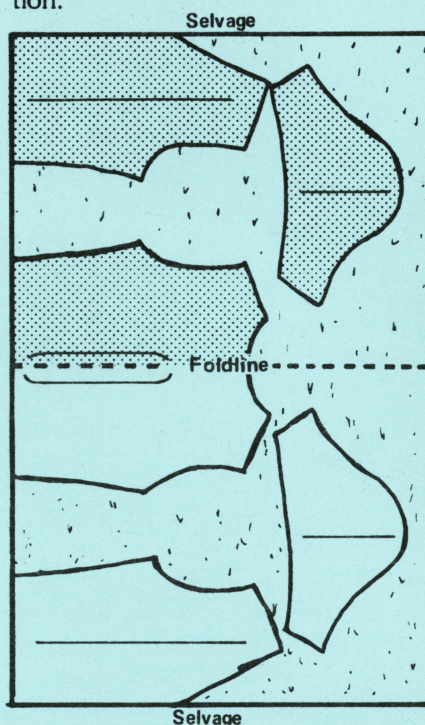
Cutting and Marking

Check fabric for flaws. Mark any flaws with tailor's chalk, safety pins or tape so you can avoid them while laying out the pattern. Mark the grain on the wrong side near the fold with basting or tailor's chalk by following a wale. (A knit fabric's lengthwise grain is called a wale.) Do not use the selvages as an accurate indication of grain.

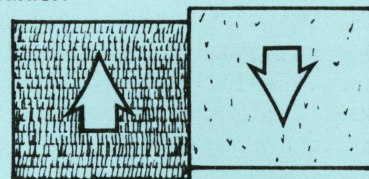


For best results, use pins, tailor's chalk and tailor's tacks to mark these fabrics. Avoid waxy tailor's chalk and tracing paper because they may eventually cause a stain on the fabric.

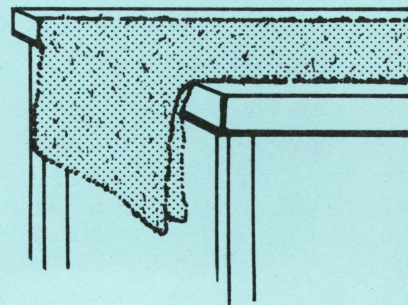
Pile fabrics have a nap (fuzzy surface), and stretch velour and stretch terry are pile fabrics. Pattern pieces must be laid out following the "with nap" plan. If this layout is not indicated, lay all pattern pieces so the nap will be running in the same direction.



If the nap runs up, the fabric will have a rough feel, and the color will be darker and richer. If the nap runs down, the fabric will have a smooth feel, and the color will be lighter and shinier.



Use long pins with glass heads to avoid losing them in the nap. You can use weights to hold the pieces in place. Cut with sharp shears or use shears with serrated blades. Do not let the fabric hang off the table because the fabric's weight will stretch it out of shape. Keep it as flat as possible.



Constructing the Garment

When pressing the fabric, use several layers of plush towels on the ironing board. This will protect the pile. Follow these directions in your pressing:

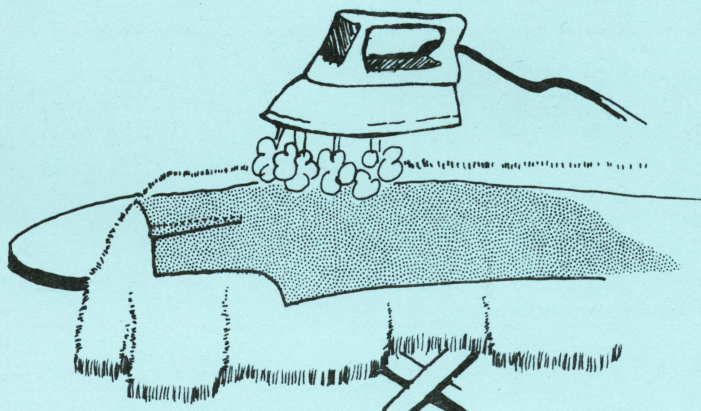
- Use a steam iron.
- Press on the wrong side.
- Protect with a press cloth.
- Do not touch the iron on the fabric's right side.

• To raise nap, steam the right side.

• Avoid press marks by placing paper under the seam allowances.

• Use light pressure to avoid stretching the fabric.

In sewing, use a ball point needle. The thread should be polyester or have a polyester core.



These fabrics don't always need interfacing. However, you should consider the following placements and types of interfacing.

Facings and **collars** are interfaced to prevent rolling, to support and to shape (fuse to the facing, not the garment, to prevent curling and a ridge).

Buttonholes are interfaced for stabilization (stabilize in lengthwise direction).

Hem slits and **self-fabric bindings** may be interfaced for support.

Fusible interfacing is recommended because it prevents stretching and curling.

Nonwoven and **knit fusibles** are preferred to woven.

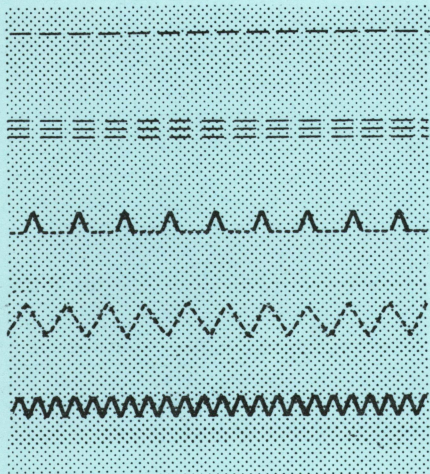
Apply to facings to avoid flattening the nap.

A sewn-in nonwoven will also eliminate the chance of flattening the nap.

Stitching

Underlining and lining are not recommended because they restrict the drapability and stretch of these fabrics. However, if you use a jacket lining, it should have the same degree of stretch as the outer fabric.

Stitch selection will depend on the type of machine you use and the location of the stitching on the garment (straight stitch, straight stretch stitch, overedge stitch, multiple zigzag and plain zigzag.).



- Thread tension should be loosely balanced.

- Throat plate and presser foot should be all-purpose. Use a round hole plate for straight stitching. If the fabric tends to draw into the throat plate hole, start sewing just ahead of the fabric edge. Then backstitch before sewing the seam. Tape can also be used to reduce the size of the hole.

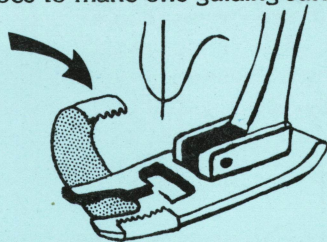
- To prevent curling of the edges, place pins close together or stitch one-fourth inch from all edges before sewing the pieces together.

- For the first few stitches, hold the thread ends to help feed the fabric.

- Do a test seam on a scrap of fabric. If shifting of the fabric occurs, try one or a combination of the following:

- Hold fabric taut, slightly stretching.
- Reduce presser foot pressure.
- Use tissue paper on top of the fabric.
- Remove pins instead of stitching over them.
- Use a roller or even feed presser foot or wrap tape over the straight

stitch presser foot covering both toes to make one guiding surface.



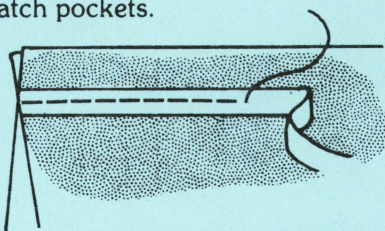
For gathers, make three rows of stitching. Put one on the seam line and two one-eighth-inch rows away from this seam line on either side. Remove the bottom line before pressing or steaming.

Stitches are often difficult to remove, and needle marks may be visible. So, stitch carefully.

- Stitch with the nap even if it is against the grain.

- Staystitching can be done on most curved areas. However, avoid areas where ribbing is going to be or any other places that are supposed to stretch such as necklines and cuffs.

- To prevent stretching, use seam stays (important for a faced neckline or on a shoulder seam). Stays can also be used as reinforcement for doleman and raglan sleeves or for patch pockets.

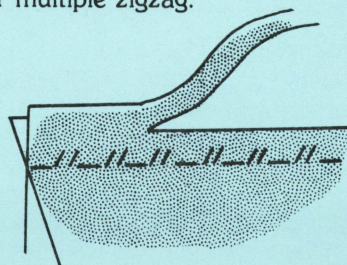


Sew narrow twill tape or seam tape into the seam. Do not stretch the seam as it is sewn.

Seam finishes and facing finishes are unnecessary. Narrow seams and plain seams are both suitable for these fabrics.

- Narrow seams are strong, stretchy and control curling.

- Use overedge stitch, and trim close or multiple zigzag.

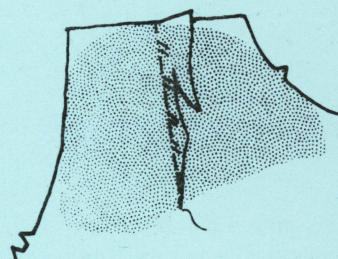


- Use a double row of narrow zigzag and trim close.

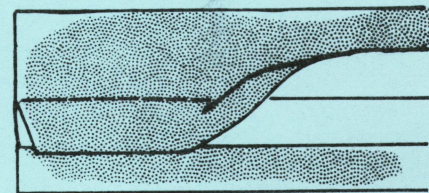
- Use a straight stitch if your machine does not have a zigzag. Use 12 to 14 stitches per inch because the shorter length stitch has more give than the average length.

- Avoid special stretch stitches which are so close together and use so much thread that the seam is stiff. Press seam allowances toward the back of the garment.

- Treat bust dart as a knit seam for a smooth finished look. This prevents the fold from showing on the outside.

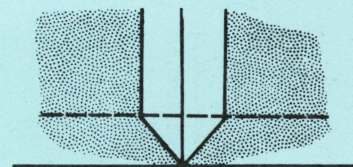


- Plain seams can be used in any area of garment construction.

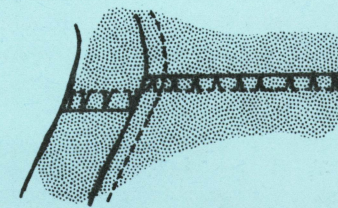


- Use a narrow zigzag.
- Use a straight stitch.

Reduce bulk whenever possible. Where seams cross, cut seam allowances diagonally.



Narrow seams can be used in place of a plain seam. Press narrow seams in different directions where they cross.

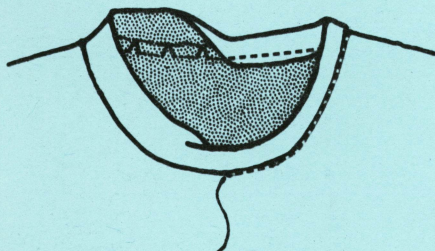


Slash and press darts open if sewn with a plain seam.

Cut bindings and bands about 25 percent shorter than the neckline depending on fabric stretch. Self-fabric bindings that are five-eighths-inch or less in width are trimmed to the width of the finished binding. Zig-zag or multiple zigzag edges and then turn binding to the wrong side.

For bindings wider than five-eighths-inch, grade seam allowances before turning to the wrong side.

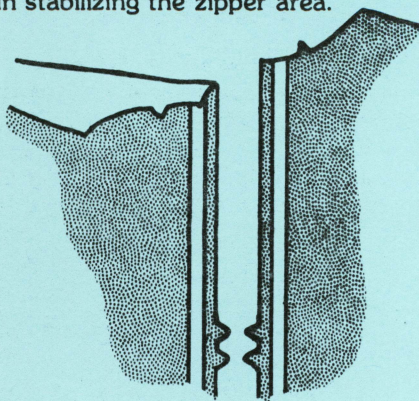
Secure bindings to the wrong side by stitching in the seam line on the right side (stitch-in-the-ditch).



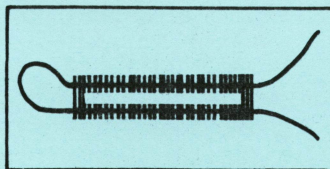
To make a self-fabric band, fold it wrong sides together lengthwise and zigzag close to raw edges. Pin the band to the right side of the garment on the garment side, stitch and trim.

Suitable zipper applications include exposed separating zipper, conventional separating, centered and lapped.

Fusible interfacing on the seam allowance or hand basting may help in stabilizing the zipper area.



Self-fabric casings are the best type for these fabrics. To eliminate bulk when making casing, do not turn under the raw edge. Elastic and cording are recommended for use inside casings. Do not use a self-fabric draw string because it will not pull through easily. Machine buttonholes that are corded are the best for these fabrics.

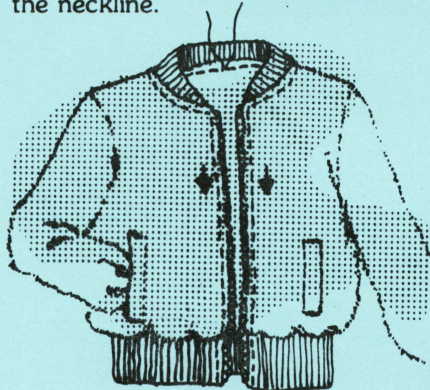


Use heavy thread for the cording such as topstitching thread or carpet thread. Some machines have a buttonhole foot with a hole or three toes to help in guiding the cording. If not, you can guide the cord as it is sewn over.

Locate buttonholes on the lengthwise grain. However, if they have to go on the crosswise grain, use a second strip of interfacing placed with the stability in the crosswise direction. It will prevent the buttonhole from stretching and rippling.

Set up a test buttonhole to duplicate fabric layers in the garment. You may find a longer stitch is necessary.

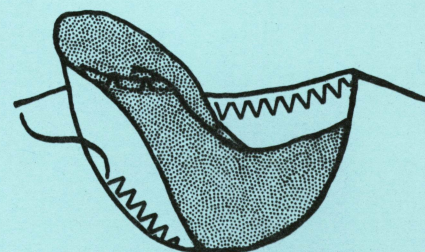
Topstitch with a ballpoint needle at six to eight stitches per inch. Stitch in the direction of the nap even if it means going against the grain or breaking the stitching half way around the neckline.



Topstitching across a stretchy area is very difficult. Avoid if possible. Topstitching keeps undercollars and facings from rolling to the outside. Use two strands of thread or poly-cord to make stitching more obvious. To prevent shifting and stretching, try the following:

Pin or hand-baste along topstitching line through all layers. Topstitch over tissue paper and then carefully tear away.

Understitch collars and facings to keep them from rolling to the right side when topstitching is not used. A zigzag stitch will help flatten the seams. To reduce bulk, clip and grade the seam.



To finish a neckline without a facing, turn under the seam allowance and topstitch close to the folded edge. Topstitch again one-fourth inch away. Trim seam allowance close to stitching.

Hang the garment for 24 hours before marking the hem. This will allow for stretching.

Do not put a hem in by hand because the stitches will pull out the pile.

A topstitched hem is recommended for a sporty look. Fusible web will give an invisible hem for a dressy look.

Hem finishes are usually not necessary on these fabrics. However, a pinked edge will eliminate a ridge on the right side of a fused hem.

Care

Check the care label on stretch terry and stretch velour. However, they are generally machine washable and dryable. Padded hangers will

prevent knits from stretching out of shape if the stretch is horizontal. Vertical stretch garments should be stored on a shelf or in a drawer.

Remember, if fabric stretches, washing and drying or steaming will return the original shape. Some synthetic fabrics will regain their shape on the hanger or in the drawer.