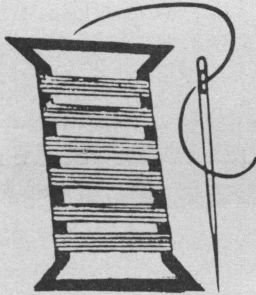


FACT SHEET

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DOUBLE KNIT LOOKS ALL SEWED UP!

Knits are the spice of your wardrobe. They can be many things—very stretchy or fairly stable; light or heavy; soft or crisp; dull or shiny; porous or compact; and plain or patterned. Knits make attractive sportswear or special evening dress.

They also influence handling methods in home sewing. Study their characteristics and follow these sewing techniques for better results.

FABRIC AND PATTERN

Always test the crosswise stretch of knit when selecting patterns and fabrics. Patterns designed especially for knits will usually have less ease than those designed for woven fabrics or stable knit. Many patterns for stretchy knits have a stretch gauge printed on the pattern envelope. To determine the stretchability without a gauge, mark off 4 inches on the crosswise grain. Place one edge of a ruler and hold firmly. Stretch the opposite edge gently with the thumb. If the fabric begins to curl, you have stretched too much. A stable knit will stretch less than $\frac{1}{2}$ inch. Moderate knits stretch from $\frac{1}{2}$ to $\frac{3}{4}$ inch and stretchy knits more than $\frac{3}{4}$ inch. When released, the knit should immediately spring back to its original shape. Most double knits are stable.

Stable knits may be used for most pattern designs for woven fabric as well as for those labelled suitable for knits. Stable knits will not be satisfactory for patterns calling for stretch fabric or sweater knits.

LAYOUT AND CUTTING

Knits are frequently stretched onto the bolt and should always be preshrunk. Synthetic knits can be laundered, while wool knits usually require professional steam pressing. Preshrink zippers, tape, and other fabrics or trims being used. Knit fabrics sometimes stretch in handling. Keep fabric on cutting surface to prevent hanging over the

edge. Cut out pattern pieces carefully and wait 24 hours before assembling. Use “with nap” layout to prevent garment from appearing to be of different colors.

SEAM FINISHES

Some knit fabric edges curl. Use a zigzag stitch next to the seamline. Without opening, trim the seam. If standard seams are desired, use zigzag stitch on edge of fabric or a row of stitching $\frac{1}{8}$ inch from edge of seam allowance to prevent curling. Many double knits do not need seam finishes.

CONSTRUCTION

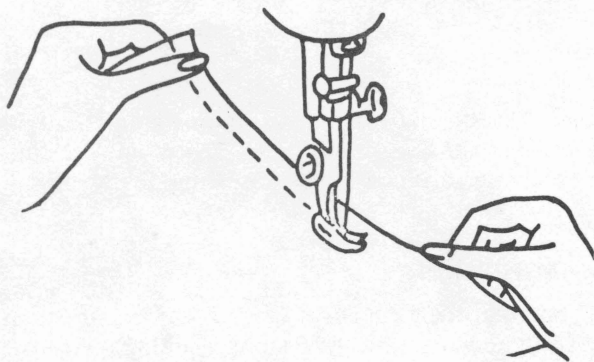
Some knit fabrics in tailored garments designs need shape-retaining support. Use tricot knit for backing or lining where light support is needed. Non-woven all-bias interfacing was designed for use with knits. However, woven interfacing may also be used successfully. Always use inner fabrics which will meet the same care requirements as your outer fabrics. They usually are used in faced edges, collars, under buttonholes, pockets, waistbands and some hemmed areas. Hem interfacings work best if cut on the bias.

Some knit fabrics snag easily. Always handle knits on a smooth surface. Keep needles, pins and scissors sharp. Ball-point pins are especially good for double knits. Use fine ball-point sewing machine needles and a special roller presser foot. Use a throatplate with a small round needle hole and narrow straight stitching presser foot for a straight stitch on a zigzag machine.

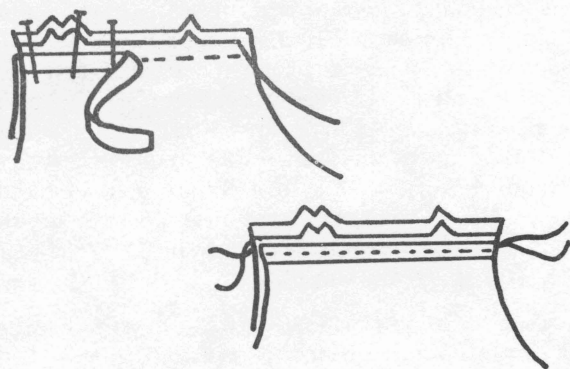
Because synthetic knit fabrics dull needles rapidly, fine needles are necessary and should be changed often. Worn needles may cause skipped stitches or snags.

Many knits are easily oil stained. Always use chalky rather than waxy chalk. Keep your sewing machine free of oil.

Some knits "give" in varying degrees, so select a thread that will do the same. Core-spun or 100% polyester threads are the best choices. Use light tension to make stitching stretchy. Use 12 to 15 stitches per inch for straight stitching. A slight zigzag stitch may be used if desired and some machines have a special stretch stitch to give elasticity to the seam. Keep the fabric under very light tension by holding in front and back of the presser foot while stitching.

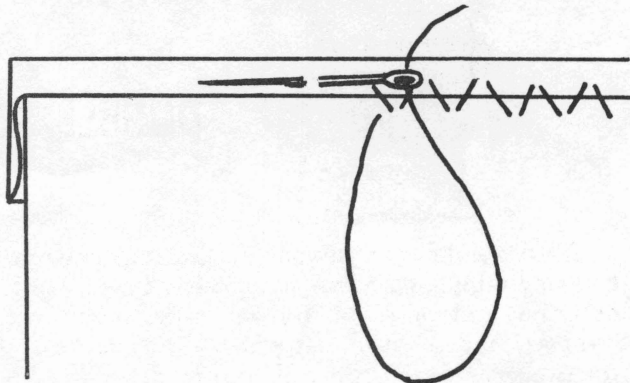


Some seams in knit garments need stabilizing. Use straight seam tape to prevent stretching at shoulder, waistline, armseye and crotch seam. Use a straight woven tape that is cut by a pattern piece on loosely knitted fabric.

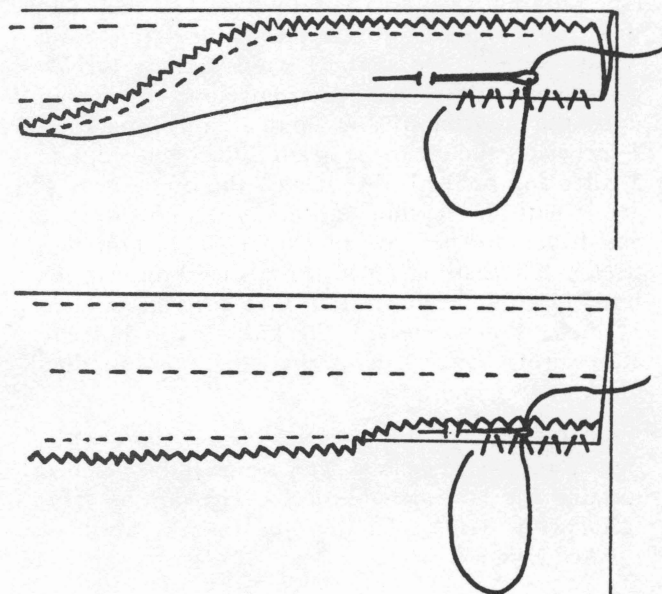


HEMS

Hems need special consideration. Allow the garment to hang 24 hours before hemming it. Use French or tailor's hem finish to minimize bulk, and a loose running hem stitch. Use stretch lace on very stretchy knit or those that fray slightly.



Heavy or bulky knits may need two rows of hem stitches to support the hem invisibly. Baste the hem in place at the fold along the center line of the hem. Fold back along the center basting line and use loose running hem stitch. Hem top edge to the garment.



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