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SEWING WITH **KNIT** **FABRICS**

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Sewing With Knit Fabrics

The availability of knit fabrics over fabric counters is a boon to the sewing enthusiast. Now it is possible for the home sewer to create attractive knit garments for every member of the family at a fraction of the cost of comparable ready-to-wear. Knits are available in a wide variety of types, colors, fibers, weights, and widths. The fiber content may be of cotton, wool, man-made fibers, or blends of two or more fibers. Some are sold in tubular form, others are sold flat.

Even though mill ends are sold at a lower cost than regular yardage, they may not be inferior. The lower cost may be due to over-production by the mill or by a garment manufacturer. However, check mill ends for stains, soil, and flaws.

Sometimes a flaw is identified by a thread or tape in the selvage across from it. Be sure you can avoid the defect when you lay out the pattern, otherwise do not buy the fabric.

Remnants may be good bargains, too. They are short lengths of standard fabrics from the end of the bolt or short lengths with a flaw. Sometimes they are sold by weight. Check them carefully for flaws and be sure there is enough fabric for the garment you wish to make.

Sweater bodies are sold in some stores. They usually have a ribbing on one edge which is used for the finish at the lower edges of the sleeves and the sweater. Sometimes the edge is hemmed. Know the length and width required by the pattern, because lengths of sweater bodies may vary in size. Two sweater bodies are usually necessary for a long sleeved sweater. Be sure the colors match exactly.

Types of knits

Single knits are made with a single yarn and may be knit by machine or hand techniques. Flat or jersey knits have flat lengthwise rows of loops (wales) on the right side; the back side has slightly raised crosswise ridges (courses). Handknitters recognize this as the "stockinette stitch." Its uses include sweaters, hosiery, and "T"-shirts. The edges of lightweight fabrics tend to curl.

Rib knits are usually single knits. The lengthwise ribs are formed by alternating one or more wales on the right and wrong sides. Rib knits have more crosswise stretch than flat knits. Because of this, they are used at the lower edges of sweaters and sleeves, necklines, sock tops, or in whole garments such as Poor Boy sweaters. They do not edge-curl.

Double knits are made with two sets of needles. They are firmer than single knits, stretch less, have more body, and are more durable. Some appear to be the same on both sides, while others have a definite right and wrong side. They may have intricate designs, either in solid color or in a combination of colors. Double knits are used in coats, dresses, suits, and some sweaters.

Some knits have a unique or unusual appearance, hand, or texture. Even though they may be called novelty knits, they are either a single or a double knit. These knits may be difficult to sew, depending on the looseness of the knit and the surface irregularity.

Pattern selection

Some shops have master patterns of different styles and sizes for customers to trace. There is no charge for this service. They also have patterns for sale which are designed especially for knits.

A commercial pattern may be used for single knits if the design is simple, has few seams and details, does not have a circular skirt, and is not cut on the bias. Double knits can have more details, such as bound buttonholes and top stitching. A pattern is suitable if the back of the envelope suggests jersey or knit fabrics. Buy the size that fits well in the neck and shoulder area, usually your regular size.

Selection of fabric and notions

- Choose fabric suitable for the design of the garment and for the purpose intended.
- Look for a label giving fiber content. Be sure you know what you are buying and the care the finished garment will require.
- Do not buy fabrics which are more than one inch off grain. Knits of resin-finished cottons or man-made fibers usually cannot be straightened. Plaids and striped fabrics must be grain perfect.
- Unless the label states the fabric has a shrinkage-control finish, it is a good idea to buy more fabric than the pattern requires. About four inches of fabric for each yard required is the usual amount to allow for shrinkage. It is impossible to predict the amount a fabric will shrink in length and width. Acrylic, polyester, and nylon fabrics may shrink if they were not properly finished by the manufacturer. Sweater bodies are usually amply cut to allow for shrinkage.
- Buy everything needed to make the garment when you purchase the fabric. This may include $\frac{1}{4}$ -inch twill tape, grosgrain ribbon, buttons, commercial trim, and skirt elastic. Choose matching thread of textured nylon, mercerized cotton, or cotton-covered polyester. Silk thread may be used with wool.



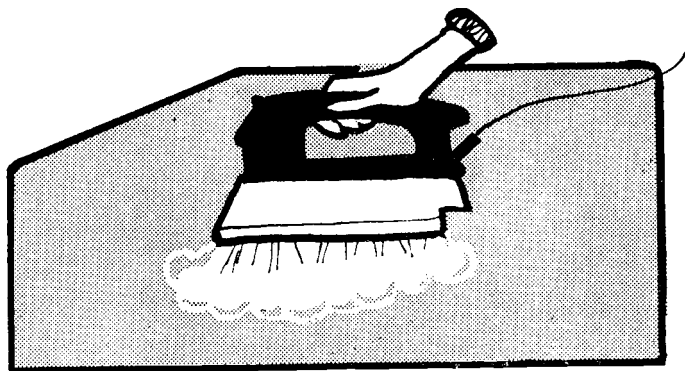
Fabric preparation before pre-shrinking

- The grainline should be marked before the fabric is pre-shrunk or pressed (blocked). The fold in the fabric is usually not on grain.
- Mark the grainline by basting a thread of contrasting color along one rib.
- Cut tubular knits along a continuous wale or rib to make a flat piece.
- Machine baste the cut edges before pre-shrinking to prevent raveling.

Pre-shrinking and blocking

All knit fabrics must be pre-shrunk or blocked before sewing, unless the label indicates this is not necessary. The method used depends upon the fiber content and the care the finished garment will be given.

- Wash cotton knits and blends in hot water. Use soap or detergent if the fabric is soiled. Rinse in cool water and dry in the dryer at the setting for cottons. When almost dry, remove from the dryer and spread on a flat surface to finish drying. Do not allow any of the material to hang over a table edge. Allow the fabrics to relax for 24 hours before cutting. Fabric should never be hung up to dry because it may stretch out of shape.
- Knits of man-made fibers may be pre-shrunk by following the above directions with one exception: use warm water and a warm setting on the dryer.
- Wool knits must be pre-shrunk if the garment will be washed. Soak the fabric in lukewarm water for 3 to 5 minutes. Squeeze out the water and roll fabric in terry towels to remove excess water. Spread out on a flat surface and straighten the fabric. Allow to dry away from artificial heat or direct sunlight. Some of these knits will require a light pressing.
- Wool knits that will be dry-cleaned may be blocked by a commercial cleaner for a nominal fee or they can be blocked at home. Spread the entire fabric on a large, flat, padded surface. Use steam to straighten and block the fabric into shape. Do not touch it with the iron. Allow it to dry thoroughly before handling.



- Pre-shrink notions: zipper, interfacings, gros-grain ribbon, twill tape, and commercial trims and edgings.

Pattern layout, cutting, and marking

• Patterns are usually placed on the *lengthwise* grainline and on the side of the fabric where the wales are most apparent. "Fold" lines of patterns are placed on the grainline. Pattern pieces are laid on the *crosswise* grainline of alpaca knits. Place patterns on wrong side of single knits to prevent edges from curling. Do not remove pattern until ready to sew.

• If fabric has flaws or the folds in the fabric were not completely removed by shrinking or blocking, arrange the pattern pieces to avoid them.

• Place all pattern pieces in one direction if the knit has a one-way design or a slight nap or texture.

• If pattern is designed for set-in sleeves but a sleeveless garment is preferred, make the armhole smaller by raising the lower edge of the armhole seam $\frac{1}{2}$ to $\frac{3}{4}$ inch. Redraw the curve, tapering to nothing at the notches.

• Underarm darts may be folded out in pattern if garment fits loosely. This practice is not advocated for a size 34 or larger.

• If using a commercial pattern, cut the sleeve cap the same size and shape in front and back. The top of the sleeve should not be more than one inch larger than the armhole of the garment.

• The underarm dart may be transferred to an armhole dart in a sleeveless garment. This is a good technique to use with horizontal-striped fabrics.

• Match horizontal stripes of set-in sleeves to those in bodice. If necessary, some fullness may be eased in at lower armhole.

• For a hemmed sweater, ravel fabric to establish a straight edge for the hem before laying out pattern. Place lower edge of pattern along raveled edge or measure an even distance in from the edge if pattern does not include a hem.

• Try to eliminate side seams in a cardigan sweater when laying out pattern.

• Cut with the grainline. Keep fabric flat while cutting to avoid stretching. Allow a $\frac{5}{8}$ -inch seam allowance even though the one on the pattern may be narrower. It will be easier to stitch if this width is allowed.

• If a heavy-knit sweater has set-in sleeves, cut the armhole of the sweater so the upper half follows a continuous wale in the fabric. This will give the appearance of a hand-knit garment when it is finished.

• Slightly taper the underarm seam of commercial short-sleeve patterns to avoid a bulky look if using heavy knit fabric.

• Transfer construction markings to fabric. Pin-marking and pin-basting may be sufficient for details completed early in the construction process. Use tailor tacks and thread basting for more durable markings.

Sewing-machine adjustment

Any straight-stitch sewing machine in good condition can be used to sew knit fabrics. Machines especially designed for sewing knits are a convenience, but they are not particularly necessary.

Size 14 to 16 needles are satisfactory for most knits. Check tension, pressure, condition of needle, and length of stitch by test-stitching on a double thickness of fabric. Stitch on the bias, lengthwise and crosswise grains. Use a loose balanced tension, light pressure on the presser foot, and 12 to 16 stitches per inch. Stretch fabric slightly when stitching to give the seams just enough stretch to prevent the stitches from breaking when the garment is worn.

Seams and seam finishes

A $\frac{5}{8}$ -inch seam allowance will make it easier to sew and keep the seams from looking rippled. The narrowest zigzag stitch with 12 to 15 stitches per inch may be used to stitch seams. All unfinished seams are usually trimmed to $\frac{1}{4}$ or $\frac{3}{8}$ inch, but sometimes it is desirable to leave them the full width to give a smooth appearance on the outside. If the $\frac{5}{8}$ -inch seam allowance will not lie flat when pressed open, it may be slip stitched to the garment instead of trimming. This is done in some ready-to-wear double knits. Do not pull the thread too tight.

A seam finish is not necessary unless the fabric ravel. However, it gives a neat appearance and additional strength to the seam. Plain seams may be finished through a single or double thickness of seam allowance, depending upon bulk and location of seam. Trim seams to $\frac{1}{4}$ inch after finishing seam edges, not before. Suggested finishes are:

- **Edge stitch.** Stitch $\frac{1}{8}$ inch from seam on seam allowance, trim to $\frac{1}{4}$ inch. Not recommended for single thickness of cotton jersey or any fabric that rolls.
- **Zigzag.** Use a wide bight and zigzag near seam. Trim edge close to zigzag stitches.
- **Overcast by hand.** Trim seams to $\frac{3}{8}$ inch before overcasting edges, either singly or together.
- **Blanket stitch.** Follow the same procedure as for overcasting but use blanket stitch.

Stays for seams

Some seams, especially waistlines and shoulder seams, need a stay to prevent stretching. Control waistlines and bias seams with pre-shrunk woven tape. The type of stay to use on shoulder seams depends on the bulk of fabric, amount fabric stretches, length of shoulder seam, and whether the garment has set-in sleeves, cut-on sleeves, or is sleeveless. Choose the least bulky finish for shoulder seams in sleeveless garments because they are not subjected to strain. Six ways to finish shoulder seams are given below:

- Cut a piece of pre-shrunk twill tape the exact length needed. Pin it to the *back* shoulder seam allowance. Do not allow fabric to stretch beyond the tape. Stitch through

the tape on the seam allowance. Allow a $\frac{5}{8}$ -inch seam allowance and stitch with the grain from neckline to armhole. Press seams closed. Trim the *back* seam allowance to $\frac{1}{4}$ inch. Fold untrimmed seam allowance over trimmed edge. Tuck edge of seam allowance under tape and stitch, making a flat-fell seam. Good for active sportswear of less bulky fabric.

- Press both seam allowances toward the back. Top stitch through the three thicknesses $\frac{1}{8}$ inch from the seam line on the sweater back. Trim to $\frac{1}{4}$ inch. Good for lightweight fabric.

- Press seam open. Straight-stitch or zigzag each seam allowance $\frac{1}{8}$ inch from *seam* line. Use a wide bight if using zigzag stitch; 16 stitches per inch if using straight stitch. Trim to $\frac{1}{4}$ inch. Good for bulky fabrics.

- Straight stitch or zigzag both seam allowances together, stitching close to *seam* line. If using zigzag stitch, use a wide bight. Trim. Press toward the back. Good for lightweight fabric.

- Press shoulder seam open. Top stitch $\frac{1}{8}$ inch on both sides of seam. Trim each seam allowance to $\frac{1}{4}$ inch. Good for casual garments, lightweight fabrics, and sleeveless garments.

- Stitch tape into shoulder area of cut-on sleeves. Press seam open. Finish if necessary.

Darts

Instead of stitching underarm darts in loosely knit wool fabric, it is possible to shrink out fullness with steam. This procedure is not recommended for size 34 or larger. Before steaming, stitch a row of stitches, 10 stitches per inch, on seam line of side seam from one inch below lower marking of dart to one inch above the upper marking. Pull on bobbin thread until the front side seam is the same length as the back side seam. Fasten threads. Shrink out fullness over a pressing ham with steam. Stitch side seams.



Sleeves and hems

Sleeves may be set in by hand in heavy sweater knits. Sew with a back stitch, using reclaimed yarn.

Other methods are included in the directions for constructing various garments.

To make the hems, follow the directions below.

- Hang garments 24 hours before marking hem. Measure and mark hemline, allowing 2 to 2½ inches for hem in a dress, 1½ to 1¾ inches for a sweater. If hem of garment is too narrow, it will stand out and curl up. A hem that is too wide will sag and stretch out of shape.

- Two methods are suggested to prevent ripples at the lower edges of hemlines in dresses, skirts, and coats:

1. Ease in lower edge of hem after measuring and marking hemline by stitching a row of stitches with matching thread in the hem about ½ inch below the fold line of hem. Ease fabric slightly when stitching. Hem by hand with dressmaker's hem. Press carefully to avoid stretching lower edge.
2. Shape the hem by tapering the seams inward, beginning at the fold, to make the hem slightly smaller. The amount to taper depends upon the amount the knit stretches and the fullness in the upper edge.

- Hems of bulky knits may be interfaced with tulle. Use a double or triple thickness. Sew each loop of knit to tulle first, then catch-stitch tulle to fabric. Good for lined coats. Strips of organza, cut on the bias, may also be used.

- The cut edge of single knits with 10 stitches or less per inch may be finished with a single crochet stitch in each loop of the knit. Keep the tension loose. Sew hem in place by hand. This method gives a neat finish but do not attempt it if cut edge does not follow crosswise grain.

- Bind edge with bias binding of self-fabric, stretching band as you sew. This is a good finish for the lower edge of a blouse of lightweight fabric if bloused effect is desired. The length of the finished band is determined by the measurement of the body where lower edge of garment will be worn. The band may be stretched to fit to determine the length desired before applying to garment. The more it is stretched, the more snugly it will fit.

- Other methods for hemming are included in directions for constructing garments.

Edge finishes

Necklines, neckline openings, and sleeves may be finished with commercial binding and ribbing or they may be finished with the fabric. The first five finishes described below use self-fabric or yarn. They guarantee a matching color at no additional cost.

- Crochet an edging of several rows of single crochet, using reclaimed yarn raveled from fabric. This is an easy way to make buttonholes in a cardigan. To reclaim yarn, wind raveled yarn into skeins and wash. Let dry. Wind yarn loosely into a ball before using.

- Pick up stitches at lower edges of sweater and sleeves, using circular or sock needles. Knit ribbing with reclaimed yarn. Stitch underarm and side seams before picking up stitches. Use double yarn if necessary.

- Using reclaimed yarn, knit a strip of ribbing as wide as desired. Weave it to the garment edge with a bodkin needle. Cast on the knitting needle the same number of stitches for the ribbing as there are in the edge to which ribbing will be joined.

- Bind edge with self-fabric, using back stitch and reclaimed yarn. This is an attractive finish for heavy single knits. Cut fabric in the crosswise direction twice the desired finished width and about two inches longer than the edge to be bound. Cut an even width by carefully following the crosswise ridges. Mark center of strip with a contrasting basting thread for entire length. Remove cut yarns from loops. Place strip, right side up, on right side of fabric with center of strip on edge of garment. Pin or baste in position. Draw the yarn through the first loop at the right end of the strip and back stitch to garment. Bring the needle up through the second loop and make a back stitch by putting it down through the first loop and coming up through the third loop. Each back stitch involves three loops. Back stitch in this manner the full length of the strip, working from right to left. Turn strip over raw edge to underside and sew loops in place. Matching thread may be used on the underside if yarn adds too much bulk.

- Bind edge with single thickness of self-fabric. Suitable for lightweight single or double knits. Cut strip on crosswise grain three times the desired finished width of binding. Pin strip to seam allowance, right sides together. Stitch binding to garment. Trim seam allowance of strip to ½ inch. Turn binding over raw edges. The center of the binding should fold slightly over to the back side of the cut edge of the garment. Top stitch in original seam. Press carefully to shape if used on curved area such as neckline.

- The armhole of a sleeveless garment of single cotton knit for casual wear may be rolled and hemmed by machine if fabric stretches or rolls easily.

- Commercial finishes designed for knits may be purchased. Other items such as grosgrain ribbon or braid make attractive finishes. "Ribbing for pajamas," which may be purchased in notions departments, makes a neat, professional neckline finish. It is cotton, 2½ inches wide, and is available in several colors.

Drafting Your Own Sweater Pattern

It is possible to make a pattern by copying a well-fitting sweater or shell. Choose one for a first project that is the same in back and front, either sleeveless or with cap sleeves.

- Place a sheet of heavy paper (brown wrapping paper, butcher paper, or parchment) on a surface padded with several thicknesses of a blanket or terry towels, or on a carpeted floor.

- Place blouse, front side uppermost, on the paper with the bottom of the sweater along a straight edge. Pin in position.

- Punch holes in the paper every $\frac{1}{2}$ inch with a darning needle or large pin around the outer edges of the sweater. The underarm darts may be ignored if the person's bust measurement is less than 34 inches. Larger sizes need the darts. If an underarm dart is necessary, mark the position and note the width at the underarm seam. A dart this size should be pinned in the fabric when laying the pattern on the fabric.

- Draw pencil lines to connect the perforations.

- Draw a $\frac{5}{8}$ -inch seam allowance beyond the pencil lines.

- Mark center front and center back on pattern. Center lines will be placed on the fabric grainline when laying out the pattern.

- Cut out the pattern.

To make a pattern for a sweater with sleeves, place the sweater on the paper with the center front and center back along a straight edge. Make a pattern of the bodice by punching the paper every $\frac{1}{2}$ inch along the edges of the sweater and through the garment at the front and back necklines and the armhole. This makes a half-pattern. Write "fold" on the pattern edge where pattern is to be placed on the fold. Allow a $\frac{5}{8}$ -inch seam allowance and follow directions given above to complete the pattern. Make a pattern for the front and back if they are not the same size.

To draft a sleeve pattern, fold sweater sleeve on the underarm seam. Lay folded sleeve on paper with fold on a straight edge. Punch around the edges and through the armhole seam. This pattern is for half a sleeve. Write "fold" on the pattern edge where the pattern is to be placed on fold. Compare the measurements of the armhole of the pattern and the top of the sleeve pattern. The sleeve cap should be no more than one inch larger than the armhole. Follow the directions given above to complete the pattern.

Making a Cotton Knit Shirt

Refer to suggestions for fabric preparation, pattern layout, cutting, and marking. The shirt described below has a mock turtleneck and set-in sleeves.

Assembling the Garment

Remove pattern pieces. Stitch darts. Press. Pin shoulder seams, right sides together. Stay the shoulder seams (refer to "Stays for Seams").

Application of neckband of self-fabric

The neck may be finished by using self-fabric or a commercial trim. The following directions are for a neckband of self-fabric cut on the bias or crosswise grain of the fabric.

- The length of the strip for the neckband is determined by the neckline measurement of the garment, head size of the individual, and amount the fabric stretches. Knit fabrics vary in amount they stretch. The more a fabric stretches, the shorter the band can be. Cut a strip long enough to go over your head easily, plus $1\frac{1}{4}$ inches for seam allowance. It may be cut on the bias if fabric design permits.

- Cut strip twice the desired finished width plus $1\frac{1}{4}$ inches for seam allowance. A band about $1\frac{1}{2}$ inches wide when finished and nearly the same measurement as the neckline will stand up like a mandarin collar. A finished band $1\frac{1}{2}$ inches wide which was stretched considerably when applied will lie flat against the neck. If a turtleneck is desired, cut band four times the desired width plus $1\frac{1}{4}$ inches for seam allowance.



- Pin short ends together to form a circle. Slip it over the head to check size. Check for fit at neckline also. Adjust size if necessary. If making a garment for another person, use a mixing bowl that measures the same as the person's head or use this method for yourself to save your hairdo.

- Stitch short ends of the band, right sides together, using a $\frac{5}{8}$ -inch seam. Press seam open and trim to about $\frac{1}{8}$ inch. (The wide seam is for easier stitching and pressing.)

- Fold band in half lengthwise with right sides out. Pin or baste edges together.

- Fold band on the seamline and place a pin in opposite fold. Refold, matching the pin and the seamline. Place pins in both folds. The band is now divided into four equal parts.

- Mark center front and center back of shirt neckline with pins.

- Check to see if neckline of shirt will slip easily over the head. If not, trim shirt neckline—a little in the front only.

- Pin neck band to right side of garment with seam line at center back of garment. It is usually necessary to pin only at the center front, center back, and shoulder seams. More pins may be used if desired.

- Stitch band to garment with garment on the underside next to the feed dog. Keep the three cut edges even and stretch band to fit the neckline as you sew. Remove pins as you come to them. Use a $\frac{5}{8}$ -inch seam allowance.

- Press seam toward body of garment.

- Finish seam with a zigzag stitch or second row of stitching $\frac{3}{16}$ inch from seam line. Trim to $\frac{1}{4}$ inch.

Sleeves

Sleeves are stitched into the garment before sewing the side seams of the bodice.

- Pin sleeve into armhole, right sides together, matching top of sleeve cap with shoulder seam and the seamlines at the underarm. Use more pins if necessary.

- Stitch the seam, stretching the armhole of the garment to fit the sleeve while stitching. The sleeve should be on the underside next to the feed dogs.

- Finish seam (Refer to "Seams and Seam Finishes.")

- Press body of garment around sleeve area; then press sleeve seam toward body of garment.

Side and underarm seams

- Pin side seams and underarm sleeve seams, right sides together.

- Stitch one continuous seam from bottom of bodice to lower edge of sleeve.

- Finish seam and press.

Application of sleeve band

This finish may be used at the lower edge of the sleeve instead of ribbing.

- Cut strip of fabric the length and width desired. The length of the band is determined by the measurement of the sleeve edge, girth of arm, and amount the fabric stretches. A strip $3\frac{1}{4}$ inches wide will make a one-inch finished band for sleeves.

- Sew short ends together. Press seam open and trim to $\frac{1}{8}$ inch.

- Follow procedure for folding and marking neckband.

- Pin band to right side of sleeve, matching seamlines of sleeve and band. Stitch with the band uppermost, stretching it as you sew. Keep the three cut edges even.

- Zigzag or stitch seam allowances together $\frac{3}{16}$ inch from seamline. Trim to $\frac{1}{4}$ inch. Press seam toward sleeves.

Hem finishes

The lower edge of cotton shirts may be hemmed by one of the following methods, after measuring and turning up the width desired (usually one inch for a cotton shirt).

- Blindstitch on machine.

- Zigzag edge. Stitch hem in place $\frac{1}{8}$ inch from cut edge.

- Overcast edge. Stitch hem in place $\frac{1}{8}$ inch from cut edge.

- Stitch two rows of stitches $\frac{1}{8}$ inch apart. The first row should be $\frac{1}{8}$ inch from cut edge.

Press the finished garment carefully, pressing all seams toward the body of garment.

Making a Pull-Over Sweater

Refer to suggestions for fabric preparation, pattern layout, cutting, and marking. The sweater described here has raglan sleeves and a V neck (mitered or lapped application).

How to cut a V neck from a round neckline

- The length and breadth of V necks varies according to fashion. To determine the depth of the sweater neckline, measure the distance from the individual's neckline at the shoulder to the desired point at center front.

The depth of the V is usually 4 inches for children, 5 inches for women, and 6 inches for men, depending on current fashion.

- Measure the same distance on pattern from shoulder to center front.

- Curve the line, making it slightly concave.

- Stay stitch on seam allowance for one inch on each side of point of V, using 22 stitches per inch.

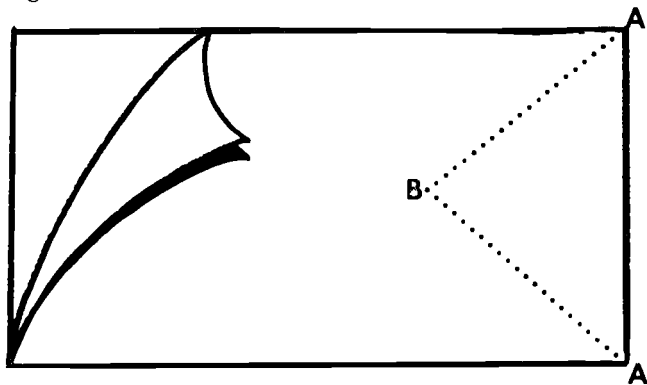
Assembling the Garment

Pin sleeves to sweater front and back. Start at the underarm and work up to the neckline. Stitch on the $\frac{5}{8}$ -inch seam allowance. Press seams open with steam. Put strips of heavy paper under seam allowances to prevent imprint on the right side. Allow garment to lie flat and dry thoroughly before continuing to work with it. Finish seams if necessary. Trim seams to $\frac{1}{4}$ inch.

Application of mitered neckband

The neckband is usually cut on the crosswise grain about 2 inches *shorter* than the neckline measurement of the sweater and twice the desired finished width plus $1\frac{1}{4}$ inch for seam allowance. The band will be stretched slightly as it is applied to the sweater to provide a closer fit.

- Match short ends of strip, right sides together.
- Stitch a diagonal line from one corner to the center and back to the other corner as shown in Figure 1. Use 22 stitches per inch for one inch on each side of the angle at A. Both diagonal lines should be the same length. The degree of the angle at A depends on the shape of the V of the sweater neckline. A 90° angle will make a broader neckband than a 70° angle. Trim seam to $\frac{1}{4}$ inch. Clip seam to point of V at A. Press seam open.
- Fold band in half lengthwise, wrong sides together. Match seams. Pin edges together. You now have a circular neckband with a pre-stitched V. Fold band on seam-line. Mark center back on fold opposite seam.
- Clip point of V of *sweater* down to the stay stitching.



- Pin band to right side of sweater body, cut edges together, matching center backs and center fronts of sweater and band. Stretch band to fit the neck edge, stretching it across the shoulders and back, not in front near V. This makes the back neckline lie flat.
- Stitch a $\frac{5}{8}$ -inch seam allowance. Finish seam edge. Trim seams and press in position.

Application of lapped band to V neck

- To make the neckband, cut a strip of fabric on the crosswise grain twice the desired finished width plus $1\frac{1}{4}$ inches for seam allowances and 2 inches *longer* than neckline measurement of sweater.

- Fold strip in half lengthwise, wrong sides together. Baste edges together.
- Lay folded strip on the outside of the neckline at point of the V, with the raw edges matching. Allow an inch of strip to extend below the V. Start at the right side of the neckline for a man's sweater, left side for a woman's.
- Stitch band to neck edge, starting at point of the V. Keep three cut edges even and use a $\frac{1}{2}$ -to $\frac{3}{8}$ -inch seam allowance. *Do not* stretch strip from point of V to front sleeve seams. Stretch strip considerably along the shoulders and at the back neckline. This allows the front band to lie flat and makes the back neck edge firm. Stitch to within $1\frac{1}{2}$ to 2 inches from the point of the V. Leave a larger space unsewn if band was cut wider than $2\frac{5}{8}$ inches.
- Clip point of V down to the stay stitching.
- Turn neckband up. Tuck ends of band to the underside.
- Place garment on flat surface. Cross the end of the band stitched to the V. Stitch the rest of the neckline seam down to the point of the V.
- Trim ends; finish seam; press carefully.



Side seams

- Pin side seams, right sides together. Match underarm seams.
 - Stitch from lower edge of sweater to cuff of sleeve.
 - Finish seams. Trim to $\frac{1}{4}$ inch.
 - Carefully press with steam. Lay sweater flat and allow to dry thoroughly before handling.
 - The following directions will make a neat side seam in garments made of fabrics where the hem was put in when the fabric was manufactured.
1. Cut a 1-inch slash along a crosswise ridge near the top of the hem on the underside of the garment. If the hem is deeper than one inch, the slash may have to be longer.
 2. Pin edges of entire length of hem together, matching ribs or wales. Stitch seam by machine or back-stitch by hand. Press open and trim.
 3. Fold hem to original width and sew cut loops in place with yarn.

Hems for lower edges of sleeves and garment

If sweater requires a hem, refer to "Sleeves and Hems." The sleeves may be finished with a hem or with one of the methods described in the section on "Edge Finishes."

Lightly press the finished garment. It should need only a light pressing if it was pressed carefully during construction.

Application of Exposed Zippers

In garments without a center back seam, zippers in necklines are applied *after* neckline is bound or *before* neckline is faced. Mark center back of garment on a lengthwise rib with basting. If binding neckline, cut along the center back for only one inch. Otherwise, *do not cut center* until directions tell you to cut. One-half of the zipper is applied before the opening is cut. Zippers may be applied before sewing side seams.

Select a zipper of matching color and desired length. Neckline zippers range in length from 4 to 9 inches.

Marking

Decide where the top of zipper will be placed, whether below or through the neckline binding. Measure the length of the zipper from the top of the tab to the top of the metal stop at the lower end. Measure this distance on the center back and mark with a pin where lower end of zipper will come. The metal stop should not show when the zipper placket is finished.

Measure distance across zipper teeth. Divide this number by two. Stay stitch this amount on each side of the center basting line to the pin mark. For example: if zipper teeth measure $\frac{1}{4}$ inch across, the stay stitching lines would be $\frac{1}{8}$ inch on each side of the center marking. Sew down one side, pivot at corner, stitch the width of zipper teeth, pivot, and stitch up the other side. If interfacing is needed, it should be placed on the under side and attached when you stay stitch.

Applying the zipper

Put the zipper foot on your machine. Unzip zipper and place face down on the right side of the garment. Place the tape on your right to the left of the center marking with the edge of the coil or teeth, where they are fastened to the tape, placed on the stay stitching line. Pin in position, baste if necessary.

Start at the neck edge and stitch as close as possible to the zipper teeth. Stitch until the zipper foot comes to zipper tab; leave needle in the fabric, raise presser foot, and close zipper. Lower presser foot and stitch down to metal stop at lower end of zipper. Fasten threads.

Cut center marking to $\frac{3}{8}$ inch from lower end of stay stitching. Then cut diagonally to corners of stay stitching.

Turn zipper to under side of garment. Baste and stitch other edge of opening to zipper tape.

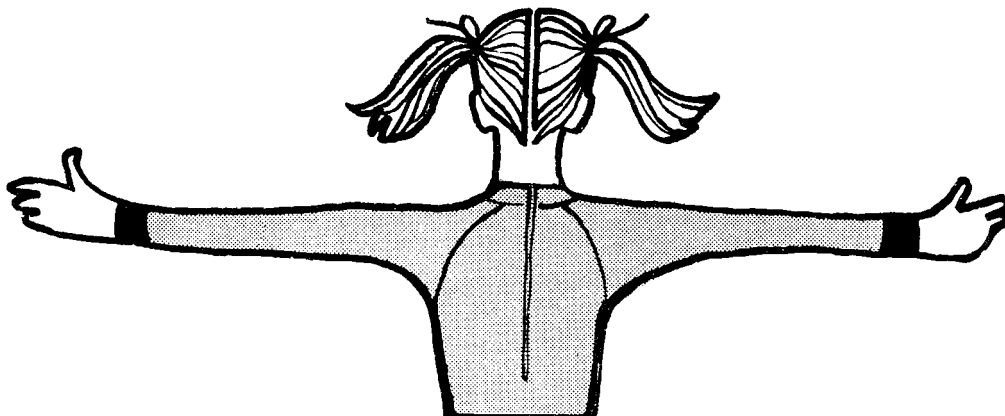
If staystitching shows, stitch again as close as possible to zipper teeth.

Turn wedge of fabric at lower end of opening to the under side. Sew it down by hand across the metal teeth or by machine across nylon coils.

Press on the wrong side.

Fold upper ends of zipper tape under and fasten by hand.

Sew hook and eye above the zipper if it does not come to the top of the opening.





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