

# Everything you always wanted to know about Knits!

I recently took a Knit class and learned so much so I wanted to share with you these tips

You can change a pattern for cotton fabric into knits but you cannot change a pattern for knits into cottons unless you make adjustments with zippers, buttons and elastic.

Make sure you follow the knit measurement rule on the back of the pattern to make sure you have the correct knit fabric (did you know that there is at least 12 different kinds of knit fabric!) Your knit can stretch more than recommended but not less. Here is a good rule of thumb for the stretch of fabric:

4 inches of fabric need to stretch to 5 inches (25% stretch)

4 inches of fabric need to stretch to 6 inches (50% stretch)

4 inches of fabric need to stretch to 7 inches (75% stretch)

4 inches of fabric need to stretch to 8 inches (100% stretch)

**Best seam ever!** Always do a test seam, this will save you much aggravation

Use a small zig zag seam instead of stretch seam (you can 'unsew' easier if needed)

Start your seam 1 inch from the end then reverse fabric and finish (prevents fabric from going into your feed dogs)

Not necessary to back stitch (prevents fabric from going into your feed dogs)

Stitches skipping

Make sure you have a new needle, universal needles will work; go with a ballpoint needle if you continue to have issues

Change your thread (mettler works well)

Walking foot may help to prevent stretching

## Hemming

Use ½ inch steam a seam or stitch witchery to iron on the hem, and then use a double needle on the right side to finish it off. 3 m double needle looks great, blue band on needle is for stretch fabrics.

## Ribbing

Many times you can use the knit fabric also for the ribbing.

Cut 2 ½ inches selvage to selvage

Use the 'inch worm' method to finger ease the ribbing around opening, slightly stretching, cut off extra

Using ½ inch seam, sew the ribbing together

Fold in half (hot dog) and zig zag edges together, this will prevent it from rolling when attaching to garment

Using the seam as a guide, pin into 4ths

Using the shoulder seams as a guide, pin into 4ths

Matching your 4ths, attach to garment making your ribbing the width you want. You can put the seam at the back or on the shoulder

Serge the seam to cut/finish the edge of the ribbing

Press the seam to the garment and on the right side top stitch just below the seam with single or double needle