



FABRIC STRETCH GUIDE

<p>4"</p> <p>-----UNSTRETCHED-----</p> <p>FABRIC</p> <p>WWW.LOVENOTIONS.COM</p>	10% STRETCH
	20% STRETCH
	25% STRETCH
	30% STRETCH
	40% STRETCH
	50% STRETCH
	60% STRETCH
	70% STRETCH
	80% STRETCH
	90% STRETCH
	100% STRETCH

- ♥ Cut a piece of fabric 4" across the grain. Do not include the selvage edge in the 4".
- ♥ Hold one end of the piece of fabric at the hand marking. Stretch the other end of the fabric until it resists. You don't want to stretch the fabric anymore than it would naturally stretch.
- ♥ Note where the stretched fabric ends. This is the percentage of stretch it has.
- ♥ Let go of the stretched end and notice how it returns back to shape. If it bounces back to its original 4" then the fabric has 100% recovery. Most knits will not have that great of recovery.