

## Evaluating

## the Fabric Stretch

**Important:** Print this guide at 100% scale

This page is from the book I wrote, *The Fitting Book*. Find *The Fitting Book* on Amazon and most online book retail stores.

# 1. Fabric Stretch Test/ Fabric Type

To find the stretch of a fabric, take the cut edge of the fabric on the cross-grain edge (not the selvage edge), and measure 10" (20 cm) with a ruler flat on the table. Allow a little space between the selvage and the end of the ruler, placing a pin at "zero" and another pin at 10" (20 cm). This is the original amount unstretched and is shown in photo (1) below.

Stretch the 10" (20 cm) with your entire hand to its maximum. Grasp as much of the fabric as you can with your thumb and hand.

For this example, the maximum amount when stretched is 15" (30 cm). This is shown in photo (2) below.

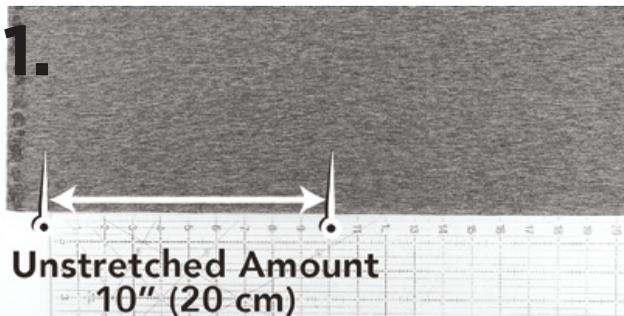
The calculation of stretch percentage is as follows:

$$\begin{aligned} & \text{Maximum amount when stretched } 15'' \text{ (30 cm)} \\ & \text{(-) Minus the } \mathbf{\text{original amount unstretched}} \text{ } 10'' \text{ (20 cm)} \\ \hline & \text{(=) Equals } 5'' \text{ (10 cm) the } \mathbf{\text{stretched amount}} \end{aligned}$$

Now, take the **stretched amount** (5" or 10 cm) and divide it by the original amount **unstretched** (10" or 20 cm).

**Inches:** 5"/(divided by) 10" = 0.50    **Centimeters:** 10 cm/(divided by) 20 cm = 0.50

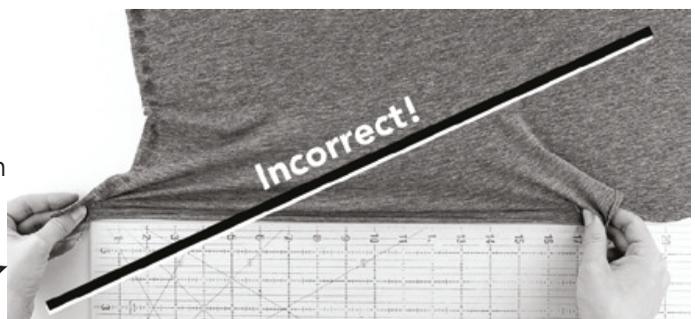
Take that divided amount (0.50) and multiply it by 100 to find the percentage.  $0.50 \times 100 = 50$ . This means that the stretch amount is 50% for this fabric.



Scan the QR code to go to a video showing you how to perform this test.



Many people do this incorrectly and only hold it with the ends of their fingers to stretch it, which results in an inaccurate measurement.



# Stretch Test Quick Rulers

These are quick reference rulers that you can print out to use. The top ruler is in inches, and the lower ruler is in centimeters.

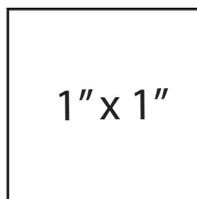
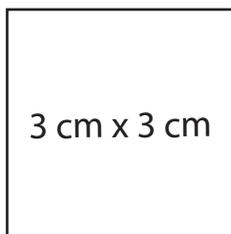
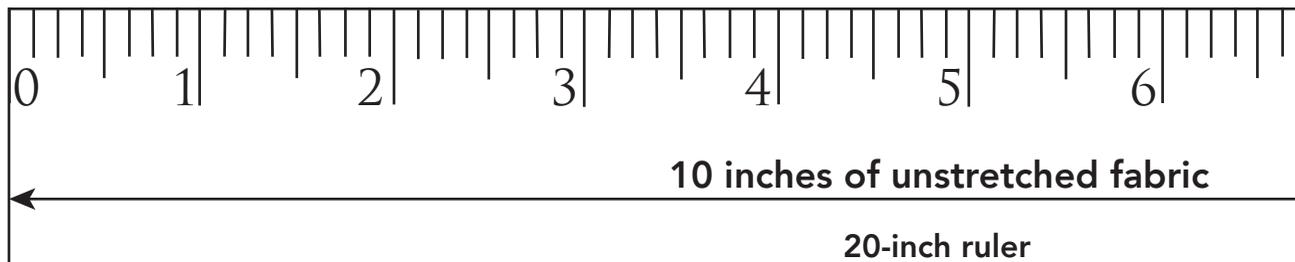
Follow the steps on the previous page to measure the stretch of your fabric. You don't need to do the math to determine the stretch percentage when using these quick-reference rulers.

Print the next three pages out on a 100% scale to ensure the scale is correct. Align the ruler to your ruler to ensure the scale is correct after printing. You may want to print this page first to check the scale before printing the other pages.

## **Before Printing, please read:**

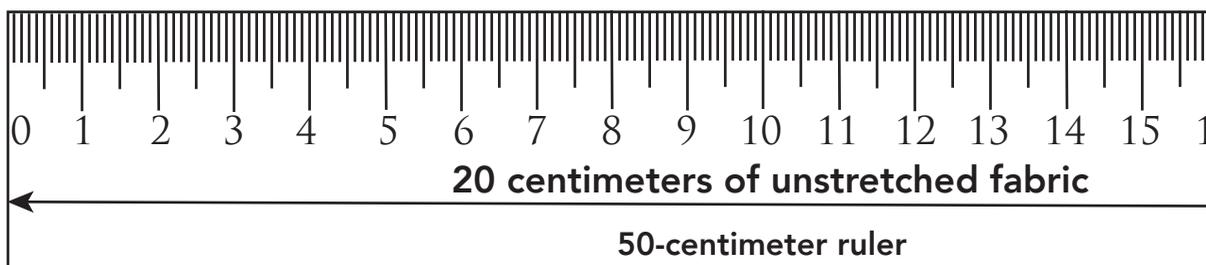
Be sure to set the print scale to "Custom Scale 100%."

If this option is not available, select "Actual Size."



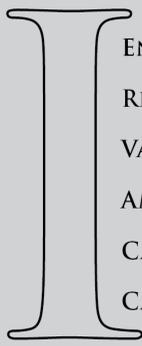
Tape these rulers to your cutting mat as a reference while you measure garments or the fabric stretch. Anytime a material has stretch, check the fabric's horizontal and vertical stretch.

Write down the percentage amounts of stretch as a reference and the reference naming below the ruler.



Tape each page together by aligning the diamonds and matching the icons.





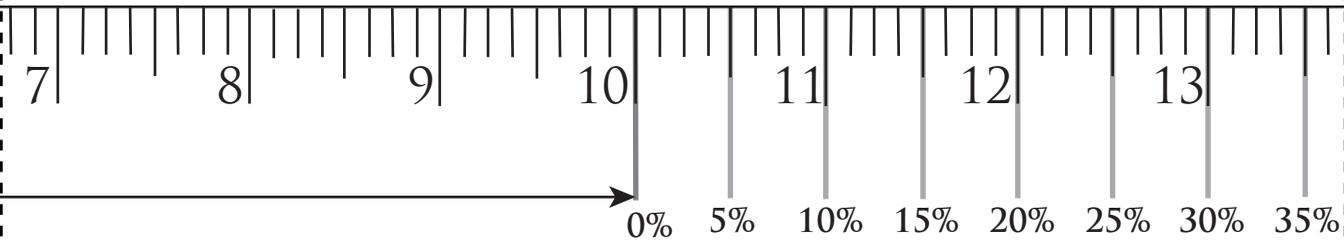
ENJOY *Creativity*.  
 REALIZE HOW *Talented* I AM.  
 VALUE MY *Unique* CREATIONS.  
 AM *Proud* OF MY SEWING SKILLS.  
 CAN PASS ON SEWING *Knowledge* TO OTHERS.  
 CAN KEEP *Hand-Crafted* ITEMS FOR GENERATIONS.



*Gina Renee*

PROMOTES THE ART OF SEWING TO CREATE A MORE SUSTAINABLE AND CREATIVE WORLD.

## Stretch Test Quick Rulers



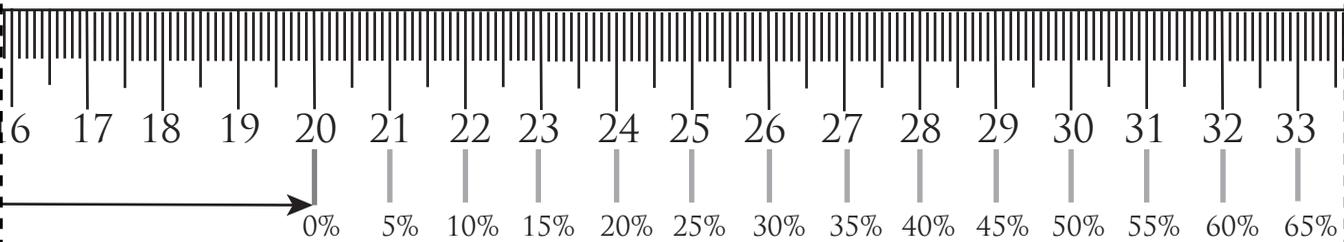
**0%=  
No stretch**

**1% - 5%  
Generally  
Mechanical  
Stretch**

**6% - 10%  
Very Little  
Stretch**

**11% - 25%  
Minimal  
Stretch**

**26% - 50%  
Moderate  
Stretch**



**0%=  
No stretch**

**1% - 5%  
Generally  
Mechanical  
Stretch**

**6% - 10%  
Very Little  
Stretch**

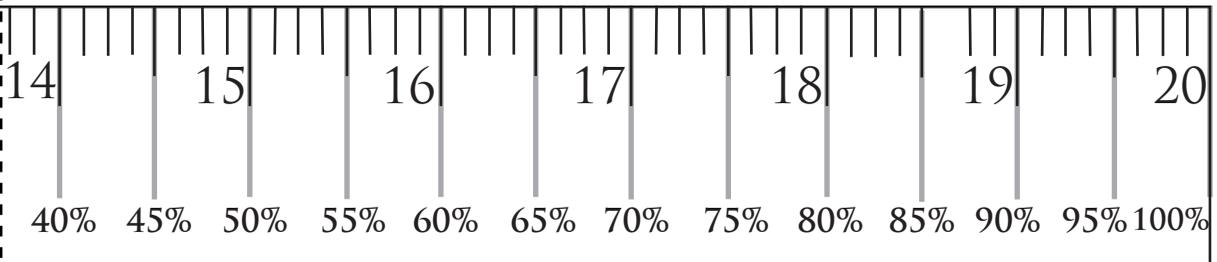
**11% - 25%  
Minimal  
Stretch**

**26% - 50%  
Moderate  
Stretch**

**51% - 75%  
High  
Stretch**

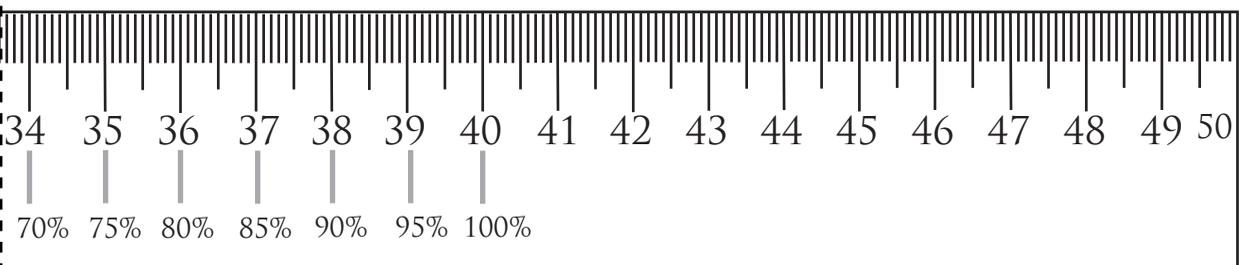


## Stretch Test Quick Rulers



**51% - 75%  
High  
Stretch**

**76% +  
Extra  
Stretch**



**76% +  
Extra  
Stretch**

