

Stretch Sewing Techniques

- **Sewing Machine**
- **Sewing kit**
- **Pattern: kwik sew #3045 or New Look #6404** or any simple t-shirt pattern with a neckband.
- **Fabric: sweatshirt fabric, french terry, interlock** or similar one-way stretch fabric for the size you are making. If you stretch the cut end of the fabric and it curls a lot the fabric will be more difficult to work with.
- **Ball point needle** size 80/12 will work for the recommended fabrics
- **Thread to match**
- **Normal Sewing Supplies in your sewing kit including pins, scissors, machine with power cord and foot control**