



## Stretch Sewing Techniques

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### Supply list

**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.

Purchase amount for the size you plan to make

**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**