

# Tips for sewing with interlock knit fabric

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Interlock has lots of stretch in the width, but not much stretch in the length.

Be sure to wash and dry your fabric beforehand, since interlock shrinks quite a bit.

Most sewing patterns for knit fabrics include a 1/4" seam allowance.

## Needle and thread

Use a universal needle or a ball-point needle

## Thread

Use all-purpose, polyester, or poly/cotton thread

## Using a standard sewing machine

Use a straight-stitch, roller, or zigzag foot, and sew all seams with a stretch stitch (some machines have special stitches specifically designed for sewing knits) or with a narrow, shortened zigzag stitch, approximately 1/16" wide by 16 stitches (8 zigs and 8 zags) per inch. Lessen the pressure on the presser foot to prevent the fabric from stretching, or use a walking foot. Finish the seam allowances together, stitching over the raw edges with a regular zigzag stitch to finish them.

## Using a serger

A serger will stitch, trim the seam allowances, and finish the seam allowances all at the same time. A three- or four-thread overlock stitch is suitable for most purposes. When sewing apparel, baste the seams first, if necessary, to check fit before stitching. Be sure to guide the fabric so only the 1/4" seam allowance is used as you stitch. Press seam allowances to one side unless otherwise instructed.

## Hems

Hems can be topstitched or blind hemmed. Topstitch with a narrow zigzag and a shortened stitch length, or use the cover hem on the serger machine. Blind hem using the machine blindstitch in the same way you might blindstitch a woven hem.

For a fun hem alternative, try a lettuce-edge hem by satin stitching over the raw edge of the fabric with a very short zigzag stitch, stretching the fabric as you sew. This will create a wavy hem.