

# FIT AND CONSTRUCTION: SLEEVE COMPARISON

## Words to Remember:

- Fit
- Construction
- Knit
- Woven
- Serged Seam
- Straight Seam

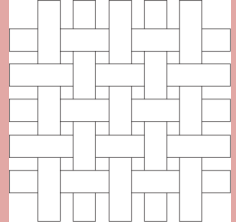
## You will need:

- Woven sleeve with straight stitch
- Woven sleeve serged together
- Knit sleeve straight stitched
- Knit sleeve serged together
- Your arm

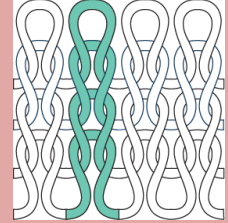
## What's the Point?

The way a garment conforms to the body (**fits**), and way it is made (**constructed**) predict how well the garment will behave when worn. Two important factors in fit and construction are the type of fabric used and the seams that hold the pieces together. **Knit** fabric is made of one very long yarn, looped together. It stretches, making it ideal for activewear. **Woven** fabric is made of many interlaced yarns. It is not as stretchy, but its durability makes it a good choice for many everyday garments and household textiles. Two common types of seams are the straight stitch and the seam. The **straight stitch seam** has two threads that loop around each other to create a sturdy and non-stretchy seam. A **serged seam** is a stretchy overcast stitch made by a special machine called a serger. It is perfect for sewing stretchy knits. This experiment shows you the differences in feel between a stretchy and non-stretchy sleeve.

Woven Structure



Knit Structure



Straight Stitch



Serged Seam



## Instructions:

1. Sew four snug-fitting sleeves:
  - Knit fabric with serged seam
  - Knit fabric with straight stitch seam
  - Woven fabric with serged seam
  - Woven fabric with straight stitch seam
2. Examine the four sleeves and predict the level of comfort, ranking them from 1 (most comfortable) to 4 (least comfortable) and recording your answers in row one (Predicted) of Chart 1.
3. Try on each sleeve, flex your arm, and rank your actual level of comfort, recording your answers in the second row (Performance) of Chart 1.
4. Compare your results!



Chart 1: Comparison of sleeves with different fabrics and seams

Rank	1 (most comfortable)	2	3	4 (least comfortable)
Predicted Rank				
Performance Rank				