

# Clothing and TEXTILES

UTAH STATE UNIVERSITY COOPERATIVE EXTENSION

## Sewing Technique: Box Pleat

A Box Pleat is used to provide a decorative finish and add fullness to a garment. This pleat has two identical folds that meet together and is stitched to ensure it is secure and placed evenly.

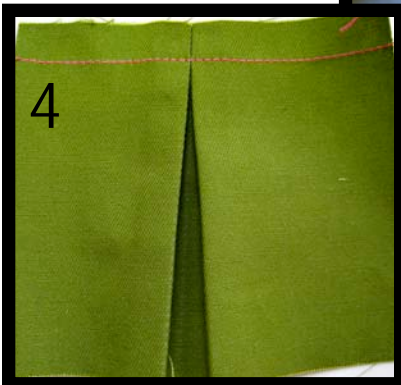
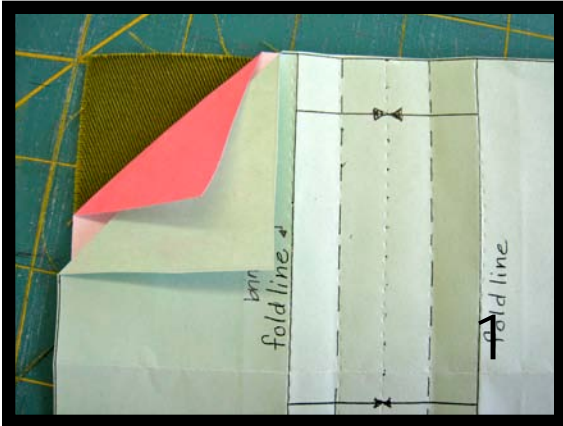
STEP 1: First, trace the lines from the pattern onto fabric. Place the fabric on the bottom with tracing paper in the middle and the pattern on top. Use a tracing wheel and transfer the pattern onto fabric.

STEP 2: Fold the fabric on the fold lines (the outside lines), press a crease for easier handling.

STEP 3: Once the outside lines are pressed, then fold the creased edge to the centerline. Make sure to press fabric to hold it in place while sewing.

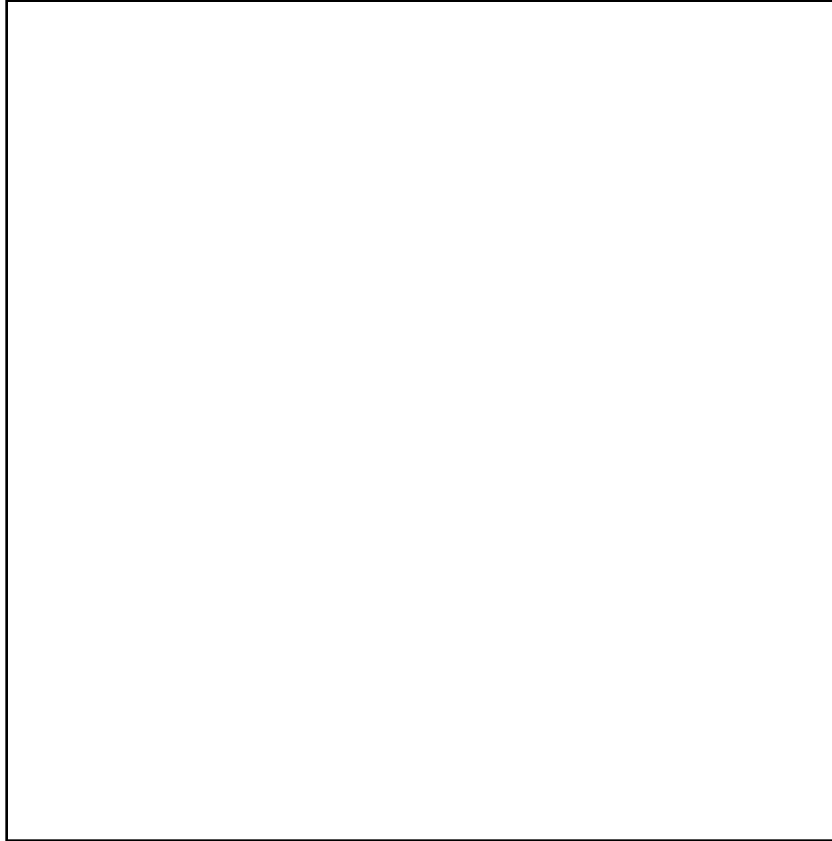
STEP 4: Before sewing be sure that the folded edges meet in the center on the center line without overlapping. When stitching the box pleat, keep the same seam allowance as the rest of garment. However, if the stitch is close to the seam allowance the stitching will be hidden and unseen from the outside of the garment.

See Template 1.1



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## Template 1.1



### Industry Standards for a Well-Constructed Pleat

- o Correct tension is used for fabric type and weight
- o Tucks are evenly stitched
- o Width of tuck/pleat is even
- o Pleat is free of puckered fabric
- o Pleat is creased and lies flat
- o Pleat allows for appropriate fit on wearer of the final garment

### References:

- Readers Digest. (2010). *New complete guide to sewing*. Pleasantville, NY: Readers Digest Association, Inc.
- Brackelsberg, P., & Marshall, R. (1990). *Unit method of clothing construction*, 7th ed. Long Grove, IL: Waveland Press Inc.
- Cole, J. & Czachor, S. (2009). *Professional sewing techniques for designers*. New York: Fairchild Publications, Inc.

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