

# Clothing and TEXTILES

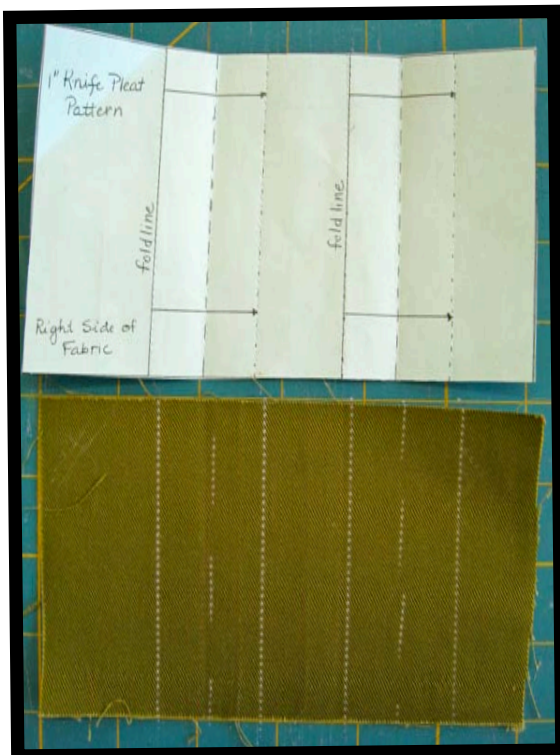
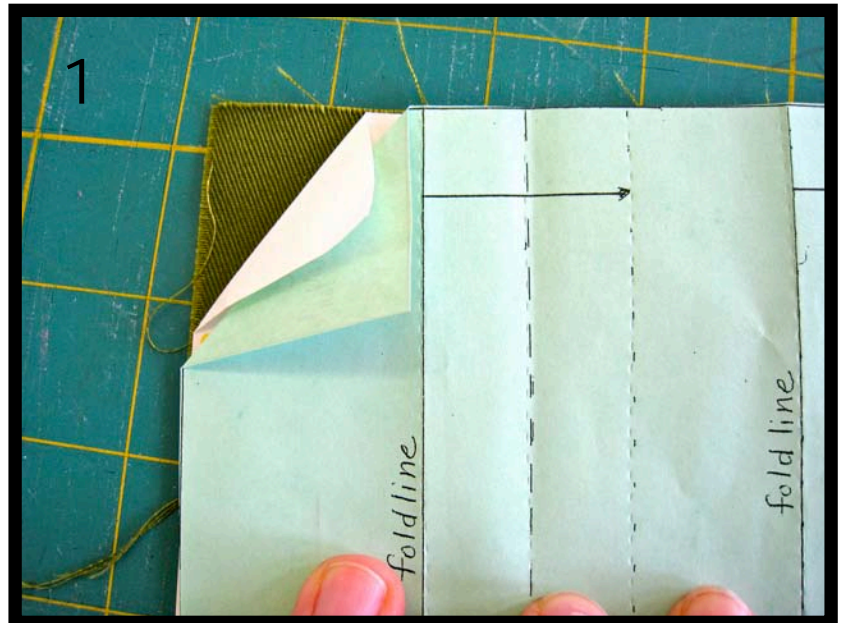
UTAH STATE UNIVERSITY COOPERATIVE EXTENSION PROGRAMMING

## Sewing Technique: Knife Pleats

Knife pleats are used as decorative finishes and add fullness to a garment. The pleats are folded much like an accordion with equal space from top to bottom; this gives a clean finish, texture and space for the garment to move.

### Industry Standards for a Well-Constructed Pleat

- Correct tension is used for the fabric type and weight
- Pleats are evenly stitched
- Width of each pleat is even
- Pleat is free of puckered fabric
- Pleat is creased and lies flat
- Pleat achieves appropriate fit in final garment



STEP 1: Trace the pattern onto selected fabric.  
NOTE: The easiest way to complete this step is to lay fabric flat on surface with tracing paper in the middle and the pattern on top. Use a tracing wheel and transfer the pattern onto fabric. (See picture above.)



STEP 2: Fold the fabric on the predetermined (marked) fold lines and press for easy handling while sewing.



STEP 3: After pressing pleats, use pins to help hold the pleats in place. When stitching the pleat, keep the seam allowance the same as the rest of garment. However, if the stitch is made just shy of the seam allowance the stitching will be hidden and unseen from the outside of the garment.

References:

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- Cole, J., & Czachor, S. (2009). *Professional sewing techniques for designers*. New York: Fairchild Publications, Inc.

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