

Clothing and TEXTILES

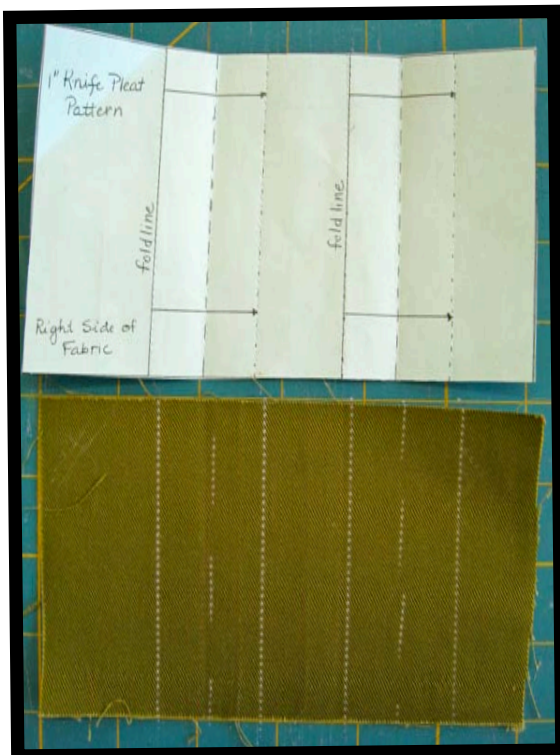
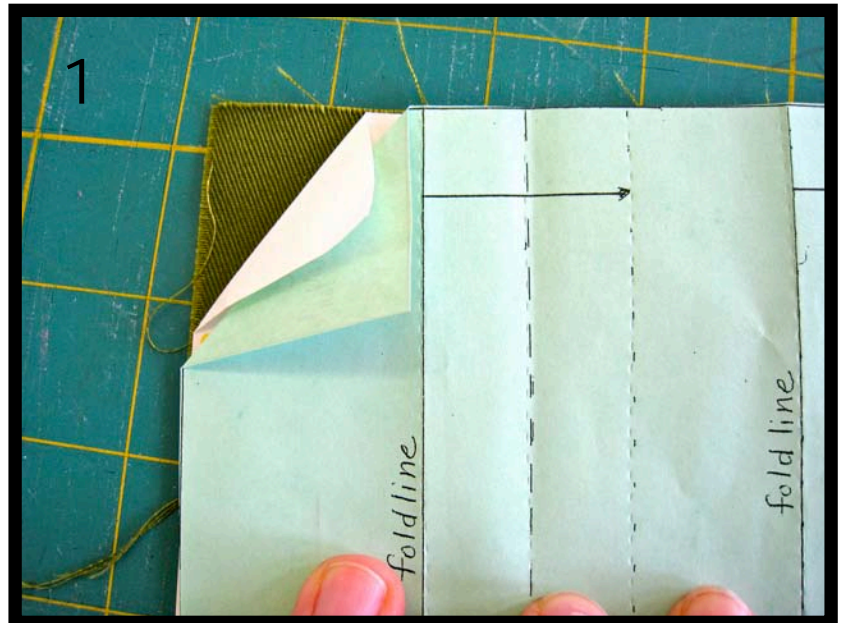
UTAH STATE UNIVERSITY COOPERATIVE EXTENSION PROGRAMMING

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:

- 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.

Written by:

Sandra Bradshaw, USU Extension Intern
Teisha Thompson, USU Extension Intern

Lindsay Maxfield, USU Extension Intern
Lindsey Shirley, PhD, Clothing and Textiles Specialist



Utah State is an affirmative action / equal opportunity institution.



CLOTHING
CONSTRUCTION

Utah State University is committed to providing an environment free from harassment and other forms of illegal discrimination based on race, color, religion, sex, national origin, age (40 and older), disability, and veteran's status. USU's policy also prohibits discrimination on the basis of sexual orientation in employment and academic related practices and decision.

Utah State University employees and students cannot, because of race, color, religion, sex, national origin, age, disability, or veteran's status, refuse to hire; discharge; promote; demote; terminate; discriminate in compensation; or discriminate regarding terms, privileges, or conditions of employment, against any person otherwise qualified. Employees and students also cannot discriminate in the classroom, residence halls, or in on/off campus, USU-sponsored events and activities.

This publication is issued in furtherance of Cooperative Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, Noelle E. Cockett, Vice President for Extension and Agriculture, Utah State University.(FC/Clothing&Textiles/2012-16pr)