

# Stretch Percentage Guide

This guide is designed to calculate the stretch percentage of your fabric. Take a piece, either a cut square or a section of the fabric, equal to the original length 10 cm - then stretch the piece until you feel resistance. It is important not to overstretch the fabric. Make a note of the stretch percentage. It is also important to observe the fabric after stretching, if the fabric does not return to the original length the fabric has not recovered and may not be suitable for lingerie or tight fitting garments as the garments will lose their shape in wear.

