

Stretch Piping in Knit Garments



Unlike traditional piping that has a fabric covered cord, stretch piping cord and the sewing edge are knitted together as one unit. The stretch piping cord and edge cannot be separated.

A. Prepare the Garment

1. Cut out the garment. For easier construction cut the seam allowances equal to the width of the stretch piping edge. For example, $\frac{3}{8}$ " seam allowance on the neckline to match the piping edge width.
2. Stabilize shoulder, neckline, yoke and other seams as needed.
 - a. Extremely fine fusible tape is recommended to stabilize seams.
 - b. Very lightweight fusible interfacing should be used for small pieces with tight curves like the [Muse Patterns Jenna Cardigan](#) yoke.
3. Sew the shoulder seams for neckline piping insertion.

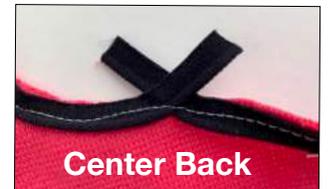
B. Cut the Piping

1. Determine the amount of stretch needed for each piped seam.
2. Cut the piping about $1\frac{1}{2}$ " longer than the finished seam length allowing an extra $\frac{3}{4}$ " of piping at the both ends of the seam. This makes aligning and sewing the piping easier.
 - a. Neckline- cut piping the length of the neckline binding plus $1\frac{1}{2}$ ".
 - b. Cuffs- cut piping the length of the cuff plus $1\frac{1}{2}$ ".
 - c. Hems- cut the piping approximately the same length as a hem.



C. Baste the Piping

1. For necklines and hems, baste piping to the body of the garment. For yokes, baste piping to the yoke.
2. Mark $\frac{3}{4}$ " at each end of the piping. Quarter mark the garment and piping. Place the piping and garment right sides together matching quarter and end marks, stretch the piping as needed.
3. Overlap the piping at the center back or at side seam.
4. Use a zipper foot to baste close to the cord.



E. Sew

1. Place right sides of the garment pieces together with the piping between.
2. Stitch close to the cord using a zipper, cording or open toe embroidery foot.
3. Remove the basting.



Resources

ZoeLees Fabric and Sewing School, Lees Summit, MO

<https://www.zoelees.com/>

<https://www.zoelees.com/sku328>