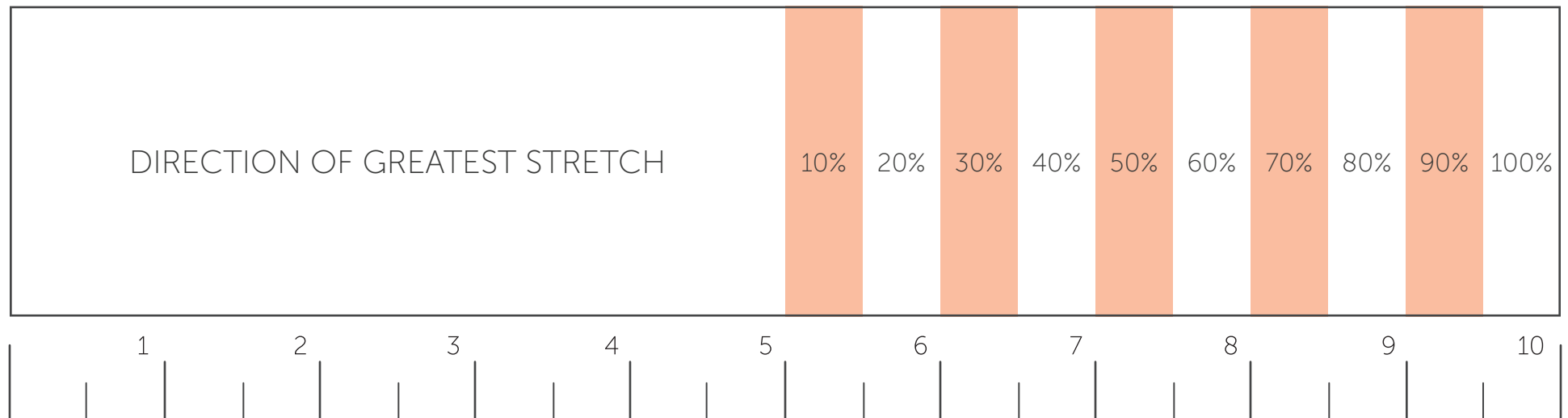




## FINDING THE PERCENTAGE OF STRETCH

To find out how much stretch your fabric has in it, cut a 2" x 5" strip of fabric. You want to be sure you cut this so that the length runs along the "Direction Of Greatest Stretch." You will sometimes hear this referred to as the D.O.G.S. Hold your fabric up to the guide and stretch until the point you feel it would be comfortable to wear. This should be snug, close to the fabrics maximum stretch but not quite. Note the percentage marked on your guide. This is the percentage of stretch your fabric has.



CALCULATED STRETCH ( % Stretch ÷ 100 ) + 1			
10 %	1.1	60 %	1.6
20 %	1.2	70 %	1.7
30 %	1.3	80 %	1.8
40 %	1.4	90 %	1.9
50 %	1.5	100 %	2.0

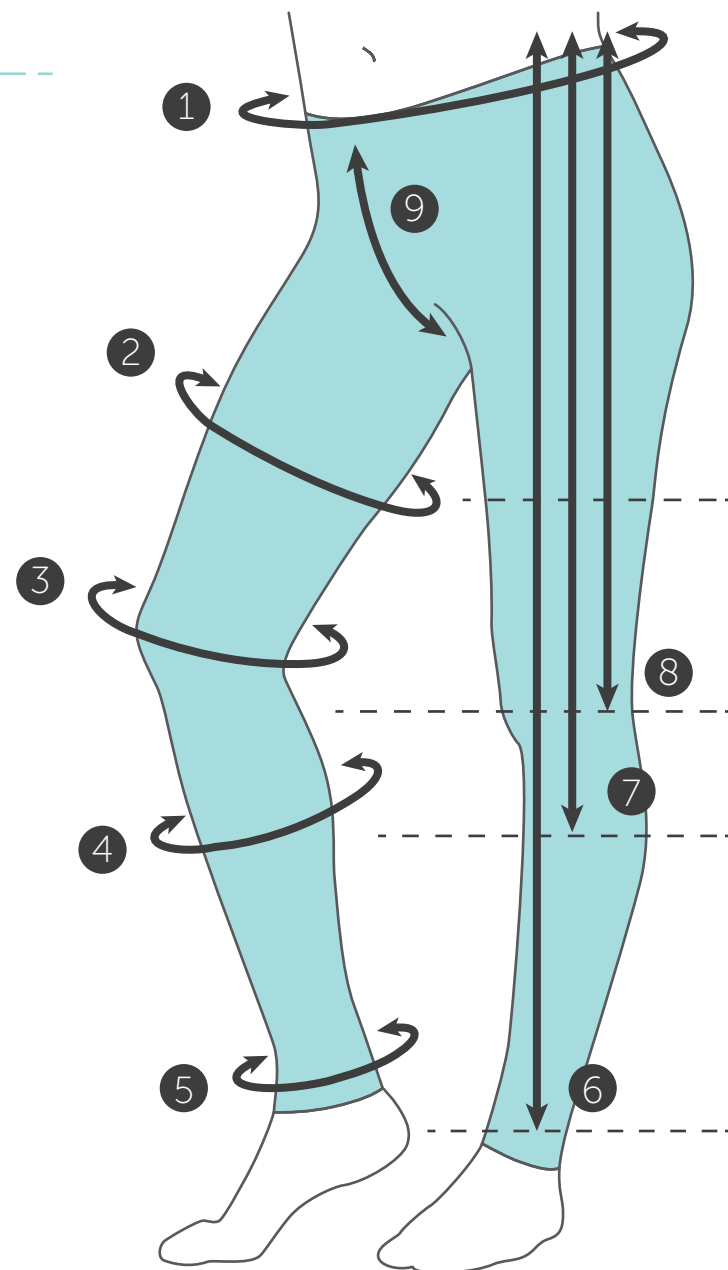
## TIGHTS MEASUREMENT CHART

HORIZONTAL	MEASUREMENT
1. Waist	
2 Thigh	
3. Knee	
4. Calf * (optional)	
5. Ankle	

VERTICAL	MEASUREMENT
6. Waist to Ankle	
7. Waist to Calf * (optional)	
8. Waist to Knee	
9. Rise	

CALCULATED STRETCH	( % of Stretch ÷ 100 ) + 1
Consult the % of Stretch Guide	

CALCULATED MEASUREMENTS	MEASUREMENT
1. Waist ÷ (Calculated Stretch)	
2. Thigh ÷ (Calculated Stretch)	
3. Knee ÷ (Calculated Stretch)	
4. Calf * ÷ (Calculated Stretch)	
5. Ankle ÷ (Calculated Stretch)	

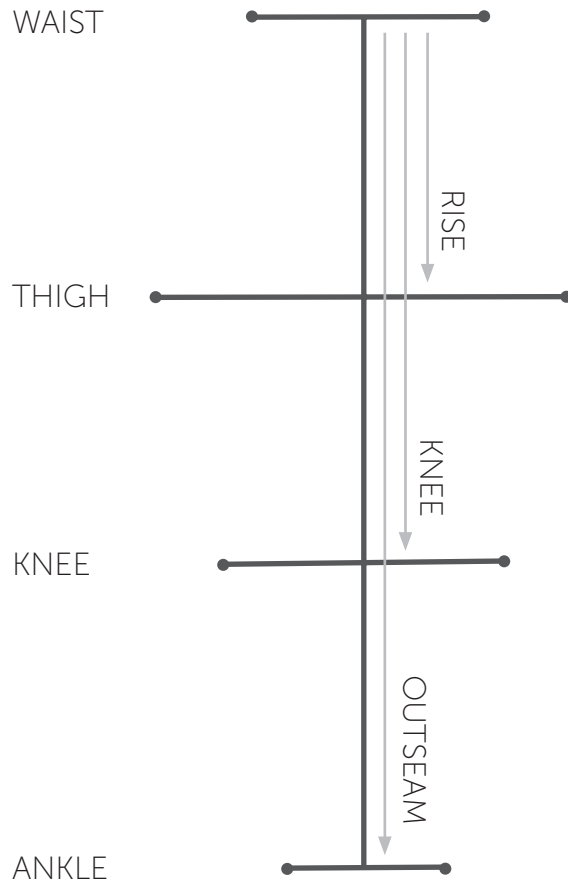




1

### Plotting Horizontal & Vertical Measurements

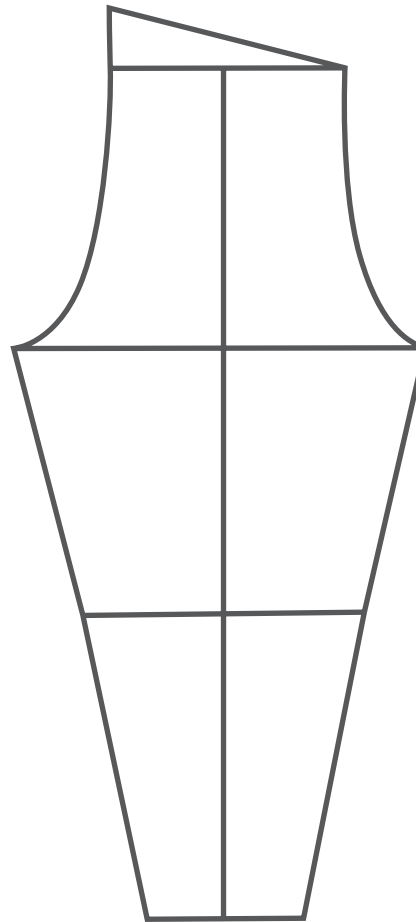
\*Be sure you have calculated stretch only on the horizontal measurements.



2

### Connecting the Dots

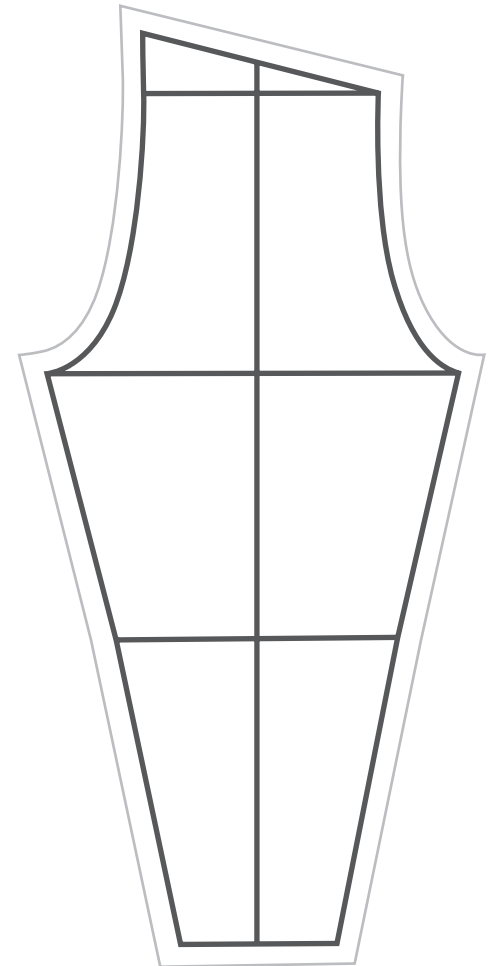
\*Be sure to round out the point at the knee with a french curve if there is one.



3

### Adding Seam Allowance

\*Add 1" of seam allowance all the way around.





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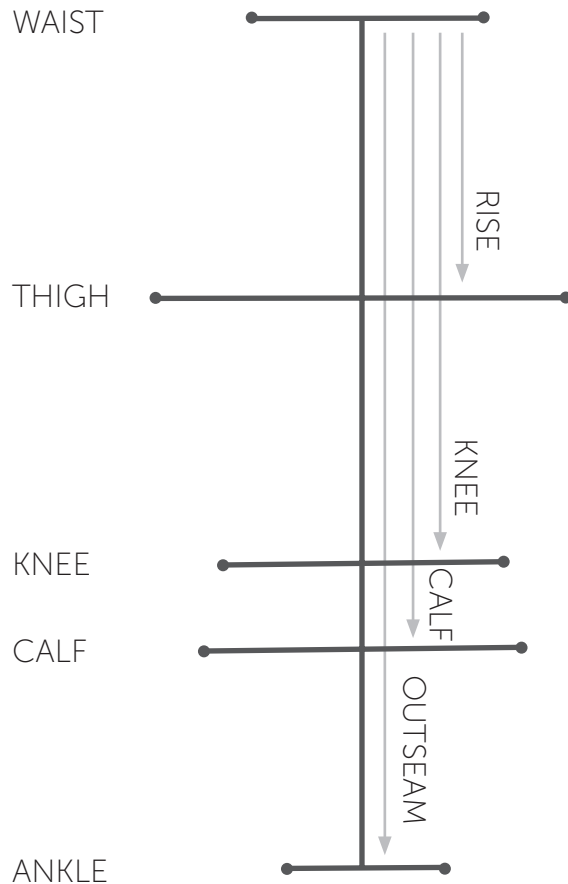
## DRAFTING GUIDE

(With Optional Calf)

1

### Plotting Horizontal & Vertical Measurements

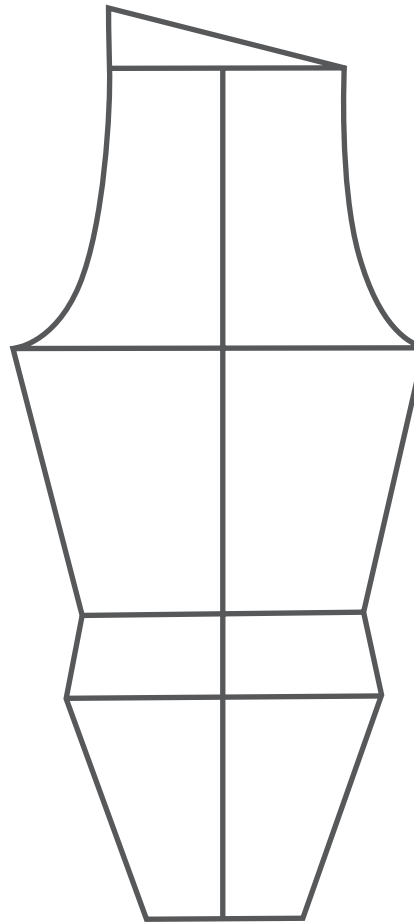
\*Be sure you have calculated stretch only on the horizontal measurements.



2

### Connecting the Dots

\*Be sure to round out the point at the knee & calf with a french curve if there is one.



3

### Adding Seam Allowance

\*Add 1" of seam allowance all the way around.

