

KNIT FABRICS AT A GLANCE

Fabric Type	Pros	Cons	What to Make
Cotton Lycra	Breathable. Fantastic 4-way stretch. Complete recovery. Has enough drape stretch and structure to be used for pretty much any type of garment.	Is in "the middle of the road" for many qualities. So it's not the most drapery or the most structured. It also tends to wrinkle a lot more than other knits because of the amount of cotton in it.	Waistbands. Cuffs. Neckbands. Leggings. Tight fitting tops and dresses.
Rayon Spandex	Fantastic 4-way stretch. Lightweight and very soft. Very drapery.	Clingy. Although it's lightweight it's not very breathable. Doesn't have great recovery.	Hood linings and jacket linings. Loose fitting tops. Cardigans. Circle skirts/flowy dresses.
Modal	Fantastic 4-way stretch. Insanely soft. Insanely drapery. Doesn't pill as much as other rayon spandex fabrics.	Clingy. Although it's lightweight it's not very breathable. Doesn't have great recovery recovery.	Loose tops. Jogger or palazzo style pants. Flowy dresses. Peplum tops.
Polyester Spandex	Fantastic 4-way stretch. Insanely soft and comfortable. Good drape. Warm (a plus for people in colder climates). Great recovery.	Warm (a downside for people in hot climates)	All the things! Seriously though the only things I wouldn't recommend making with brushed poly spandex are workout leggings (pants you intend on sweating in) and long sleeved shirts because it's just too insulating.

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Jersey	Very breathable and comfortable. Lightweight.	Doesn't have a lot of stretch or recovery. Wrinkles a bit easier than other knit fabrics.	T-shirts. Loose dresses. Lightweight jackets.
French Terry	Breathable and comfortable. Extremely versatile.	You need to pay attention to the listing closely before purchasing. Some varieties are very stretchy and drapery. Others are very structured with no stretch.	Cardigans. Jogger pants. Long sleeved shirts. Hoodies.
Sweater Knit	Cozy and comfortable. Extremely breathable. Amazing drape. Virtually impossible to wrinkle.	Can be a little trickier to work with because of the open weave. Also more prone to pulls or holes.	Cardigans. Sweaters. Long sleeved shirts. Winter dresses. Pajamas.
Sweatshirt Fleece	Super warm and comfortable. Virtually impossible to wrinkle. Stable and easy to work with.	Certain kinds can "box you up" if they aren't good quality. The fuzz can upset your machine.	Sweatpants. Sweatshirts. Hoodies.

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Liverpool	Easy to work with. Perfect for garments that you want more structure for. Elegant look.	Lacks drape in place of structure.	Pencil skirts. Tight dresses. Bomber Jackets. Blazers. Peplum or other form fitting tops.
Ponte Knit	Very structured to keep all of the lumps and bumps in control.	Not breathable or drapery.	Pencil skirts and tight dresses. Pants.
ITY	Extremely drapery and elegant looking. Comfortable lightweight and breathable.	Slippery so it can be tricky to work with for beginners.	Dresses. Flowy tops. Loose tank tops and shirts.
Stretch Lace	Beautiful and stretchy.	Not very versatile - not something you'd naturally pick up for most projects.	Formal wear overlays. Sleeves as an accent. Cardigans for layering.