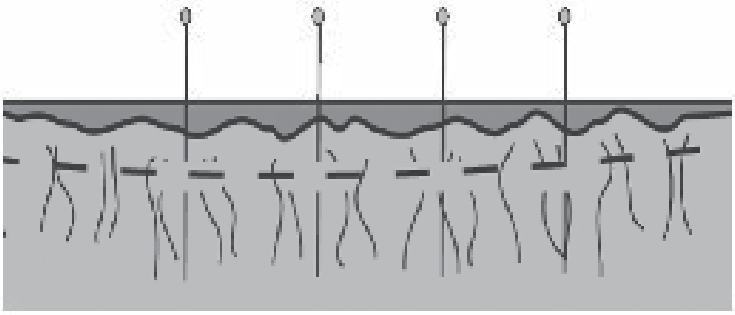
Ease

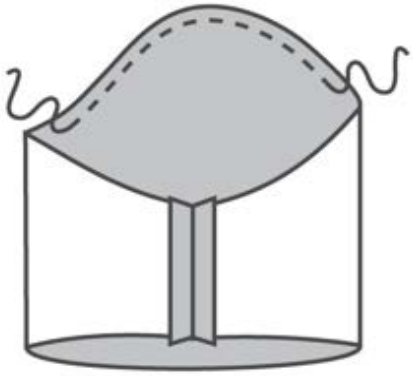
What is Ease?

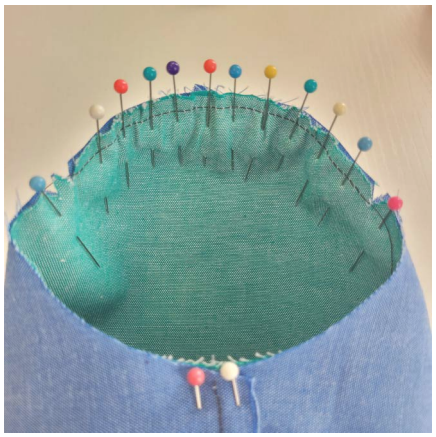
To "**ease it in**" is to distribute the fullness in one area and make it fit into a smaller area. The yarns in the fabric are "crowded together" without gathers or pleats. For example, the fullness in a 2-piece jacket under-sleeve may be eased in to make it fit the seam of the upper-sleeve, or a sleeve cap may be eased into an armhole.



Ease also refers to the amount of room added to a garment. It's the difference between the body measurements and the final garment measurment. You can have wearing ease, design ease, and negative ease.

- **Wearing ease** is small amounts added to body measurements to make it wearable and allow you to move, sit and breathe.
- **Design ease** is the amount added to create the style, such as fitted, loose-fitting, very loose-fitting, etc.
- **Negative ease** is used with stretch fabric garments. This is when the final garment measurements are smaller than the body measurements but the stretch in the fabric will allow it to fit the body nicely. Tip: Always check the stretch percentage of the fabric against what the pattern suggests.



Tips: Ease it in – Not gathering

- **Using a straight stitch with a length of 3mm, stitch a row just inside the seam allowance on a single layer of fabric. For exmaple, the top of a sleeve cap (pictured left).**
- **Pull on the needle thread and gently push the fabric along the stitches to evenly distribute the fullness along the edge. Similar to gathering, but on a smaller scale. There will be small gatherers in the seam allowance but the fabric should be smooth where the seam line is going to be.**
- **Pin in place, using plenty of pins and stitch along seam allowance as normal.**