STRETCH GUIDE

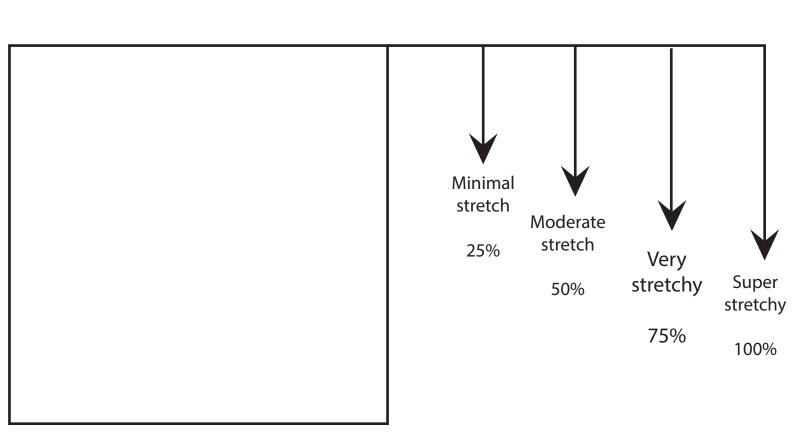


Your square of fabric should measure

10cm x 10cm

which is 3.94 decimal inches or

3 15/16 inch



Take note of what the fabric does when it is released after stretching. If it does not return to original size, your garment may stretch or sag after use