

Learn to sew and make a stretch skirt workshop

Teacher to have ready

- Instructions x 5
- Measure charts x9
- 90cm lengths of stretch jersey ready cut
- Card patterns for sizes 8-20
- Pins
- Sharp pencils
- Tin cans (next to iron/radiator) and pattern weights
- 2cm wide elastic 'test waists' ready closed for measuring up session
- Metre rulers and tape measures out on tables
- 72cm lengths (measure 72 cm off the roll) of spot and cross paper x 9, folded in half cut edges together and cut in half (*we are no longer doing a full pattern – doing on the fold so need half the paper*)
- Roll of 2cm wide elastic

Black thread/blue thread & bobbins – black is fine for midnight blue skirts

Measuring Up

	<p>In pairs, measure waist and then look on chart to find nearest BODY Measure for that waist measurement (i.e. 10, 12, 14 etc). If you are larger than 20 or smaller than 8, choose the 20/8 and see how much you need to adjust it by (read on for how to do this)</p>																																																																																																														
	<p>Find wide black elastic for that size (i.e. 10, 12 etc) and put it on – feels ok at waist height? If not try size below or above. Choose the best size and write if you want it a little bigger or smaller than the chart size on 'Fabric /elastic ideal measure:' section</p>																																																																																																														
<table border="1"> <thead> <tr> <th colspan="8">Make a jersey skirt - all measures are in centimetres.</th> <th>A: Fabric /elastic ideal measure (if different from pattern):</th> <th>B: total need to increase (+) or reduce (-):</th> <th>C: total + or - divided by 4</th> </tr> <tr> <th>Body section</th> <th>8 Pattern</th> <th>10 Pattern</th> <th>12 Pattern</th> <th>14 Pattern</th> <th>16 Pattern</th> <th>18 Pattern</th> <th>20 Pattern</th> <th></th> <th></th> <th></th> </tr> </thead> <tbody> <tr> <td>Waist - circumf</td> <td>61</td> <td>66</td> <td>71</td> <td>76</td> <td>81</td> <td>85</td> <td>90</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Top Hip - circumf</td> <td>76</td> <td>82</td> <td>86</td> <td>90</td> <td>96</td> <td>100</td> <td>106</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Hip - circumf (8" down from waist)</td> <td>84</td> <td>89</td> <td>94</td> <td>99</td> <td>104</td> <td>108</td> <td>113</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Length</td> <td>66</td> <td>66</td> <td>66</td> <td>66</td> <td>66</td> <td>66</td> <td>66</td> <td></td> <td></td> <td></td> </tr> <tr> <td colspan="11">1. Do you want flare or pencil?</td> </tr> <tr> <td colspan="11">2. 1.5cm seam allowance is added to the above measurements on the pattern side seams</td> </tr> <tr> <td colspan="11">3. cut elastic ideal waist measurement column A) plus 3cm seam allowance</td> </tr> <tr> <td colspan="11">4. 2cm hem is added to the length above on the pattern so if you alter the length just add or reduce by what you need and the hem allowance will remain the same</td> </tr> </tbody> </table>	Make a jersey skirt - all measures are in centimetres.								A: Fabric /elastic ideal measure (if different from pattern):	B: total need to increase (+) or reduce (-):	C: total + or - divided by 4	Body section	8 Pattern	10 Pattern	12 Pattern	14 Pattern	16 Pattern	18 Pattern	20 Pattern				Waist - circumf	61	66	71	76	81	85	90				Top Hip - circumf	76	82	86	90	96	100	106				Hip - circumf (8" down from waist)	84	89	94	99	104	108	113				Length	66	66	66	66	66	66	66				1. Do you want flare or pencil?											2. 1.5cm seam allowance is added to the above measurements on the pattern side seams											3. cut elastic ideal waist measurement column A) plus 3cm seam allowance											4. 2cm hem is added to the length above on the pattern so if you alter the length just add or reduce by what you need and the hem allowance will remain the same											<p>Whichever size pattern was the best, based on the waist elastic that was closest, that's the size pattern you are using, so circle it on the chart.</p>
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Now you need to see if you'll need to adjust the top hip, hip and length for that size pattern to fit you.

Lay your fabric on the desk then read the skirt 'top hip' circumference in *cm* for your size and put pins in that distance apart across the stretchiest way of the fabric - see demo from teacher.

n.b. Take care not to stretch the fabric or have wrinkles in it where measuring

Don't use the edge of the fabric as it will be too stretch, pin and hold fabric a few inches into the cloth



Wrap round your body at the height of your belly with pins touching at the back – NOT TOO TIGHT as can be unflattering on hips if too tight. Does it seem ok? If you need more, adjust it to the comfortable size and re-measure the fabric width and note in **Fabric /elastic ideal measure:** section – *take care not to stretch the fabric when re-measuring*

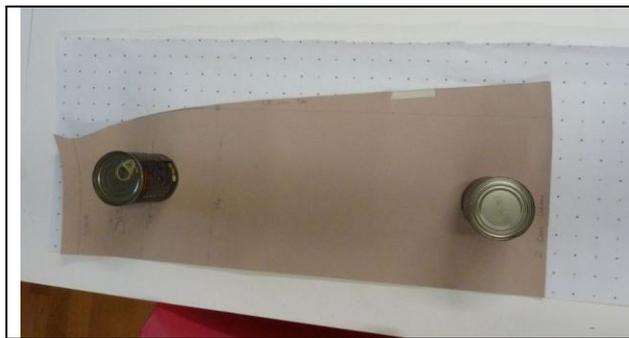


Read the skirt 'hip' circumference in *cm* for your size and repeat the above process, wrapping it round the widest part of your bottom this time!

See sample (which is flared shape), hold up to waist to check length – it's the same length for all sizes

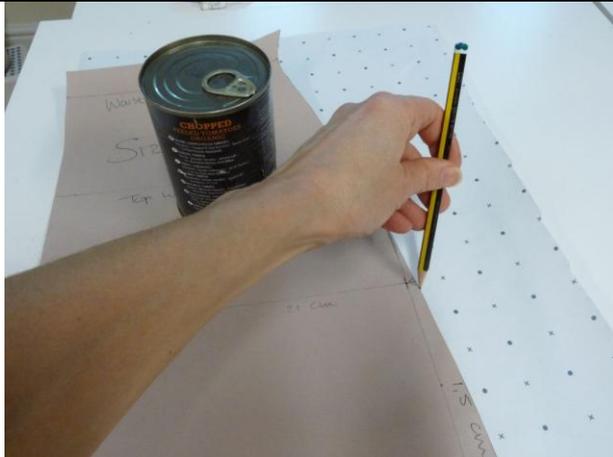
Decide if the length of the skirt (see sample) - 66cm – is ok for you and if you want it shorter or longer write this on your chart, and whether you want a pencil or flare shape – note these on the chart

Making the pattern



Grab a piece of spot and cross paper and your chosen size card skirt pattern

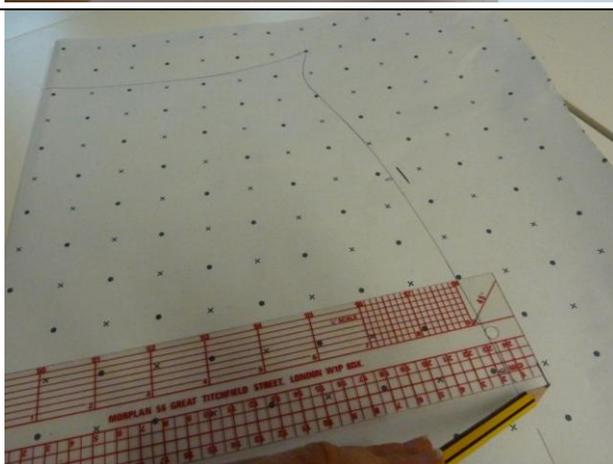
Place the long straight edge of the pattern precisely on the straight long edge of the paper, weigh it down with pattern weights or tin cans



Draw round it, inc drawing in notches and marking them clearly with pen after you take off the card pattern.

If you are doing the pencil shape, mark the little dots that show the pencil shape and join them up when you remove the card. **Don't cut it out yet!**

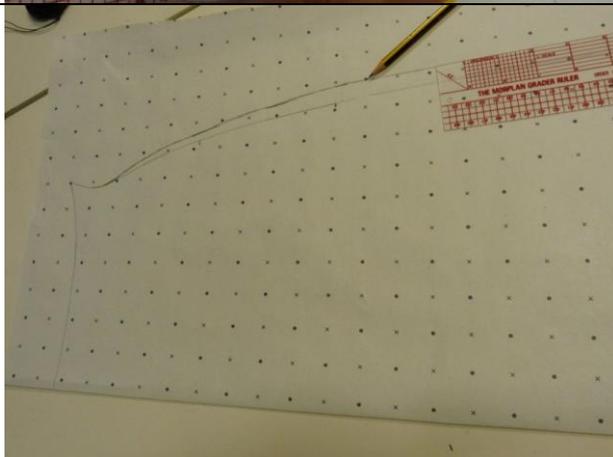
Write your name on it (inside the pattern)



To see how much you need to adjust the pattern by, fill in the final column of the measuring chart to see how much you need to adjust the waist, top hip and hip on the pattern.

Mark this much extra – the first notch down from the waist is the top hip, the second one is the hip.

If you want it shorter or longer mark the distance you want to increase it or reduce it by all the way along up or down from the hem.



Join the lines to create your new side seam



Now you can cut it out on the adjusted lines.

Cutting out the skirt pieces



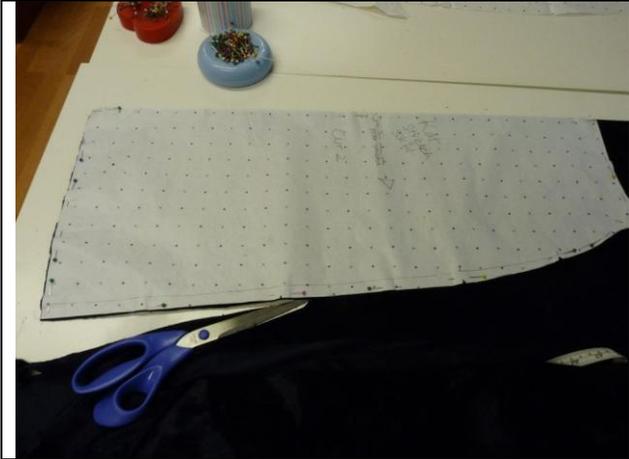
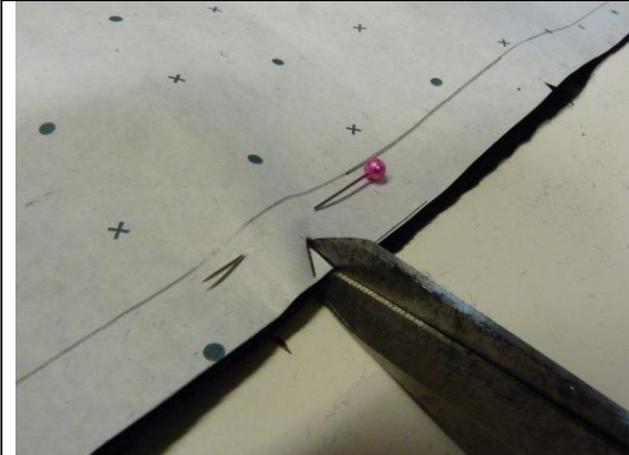
Fold one selvedge in enough to cut half the skirt on the fold – measure each end to check you folded in evenly



You may need to neatly cut off the selvedge if it's pulling/puckering



Pin long straight edge of skirt pattern to fold and all the way round

	<p>Pin close to edge, with pins running along the edge of the paper. Use plenty of pins – one every inch to 2 inches</p>
	<p>Cut out right next to the paper – from the right if you are right handed and from the left if left handed (ask for left handed scissors)</p>
	<p>Snip notches as shown by tutor</p> <p>Remove pins and repeat – folding the other selvedge in to cut for second piece</p>

Practising and learning to sew – your tutor will take you through:

1. Winding a bobbin
2. Threading up
3. On non stretch scraps test tension with straight stitch (stitch width 5 (means central needle position when on straight stitch)/A/stitch length 2.8),
4. Backstitching to secure stitching once you cut the ends off
5. Sew to a set seam allowance on non stretch fabric with straight stitch then with the zig zag we'll use for jersey (stitch width 1.5/C/stitch length 3) – note if you need your seam allowance marker tape to be moved over so the inside of your stitching is 1.5cm from the raw edge, as the zig zag sits slightly to the left compared to straight stitch
6. Stitch on a scrap of velvet, getting a 1.5cm seam allowance with the jersey stitch (stitch width 1.5/C/length 3). **On stretch fabrics it's important to keep holding the start threads when you start sewing, until fabric is out the back of the foot, as it can get sucked down the hole towards the bobbin and cause an almighty jam!**
7. NB – sew over pins or right up to them before removing. Slow down when sewing over pins
8. Fold in an edge and practise 3 step zig zag (Stitch width 5/D/ stitch length 1.5) as on velvet skirt sample hem.

9. Take a 2inch piece of elastic and practise zig zagging the raw edge of the velvet to one side (again see sample to see how this will be used on final skirt). Line up edge of cloth/elastic with slit in foot)

Making your skirt

	
	
	<p>Pin the two pieces together - long sides RIGHT SIDES TOGETHER with pin heads sticking out at a right angle to the edge of the fabric – pin notches first then the top and bottom then the rest</p> <p>Stitch sides with zig zag width 1.5/C/ length 3, to a 1.5cm seam allowance</p>



Hold threads from when you start sewing till you can see fabric out the back of the foot

You can sew over pins or right up to them (nearly over them) to avoid fabric moving



When you finish each seam, snip off the threads at the beginning and end. Your backstitching will have secured the stitching to stop it unravelling



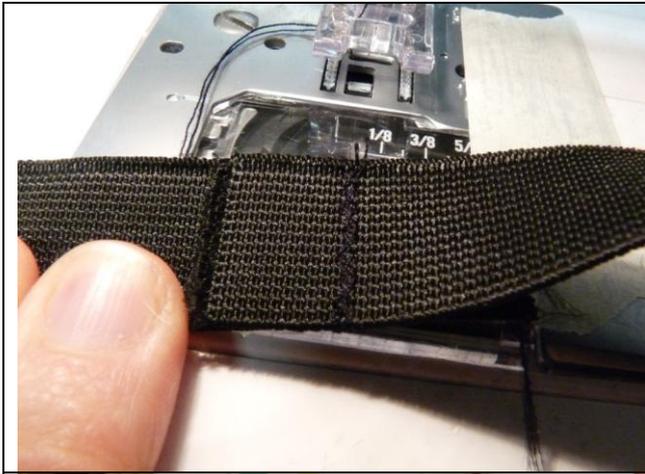
Put iron on the lowest heat – ONE dot. Steam should be off. Your velvet will melt on a higher setting!

Wait for it to cool for 10 seconds



Press seams open and stretch length of seam slightly while pressing to remove puckering

Try skirt on to check fit – speak with your tutor if it needs adjusting



Cut elastic to the final waist measurement you decided on, plus 3cm extra for seam allowance (1.5 each end)

Sew elastic with a 3cm overlap – use same stitch you used for skirt, just sew back and forth 4 times



You may not need to do this if jersey edge doesn't roll!
With iron still on lowest setting and steam off (leave it on this throughout the skirt making project): press out the top edge of the skirt (the waist) to unfurl the rolls – jersey does roll!



Put pins around the top of the skirt and the elastic at quarter points – teacher will show you how



Pin elastic to inside edge of skirt waist matching quarters with top edge of skirt level with top of elastic (put elastic seam at centre back – which is either side as front and back are the same!)



Take extension off machine and feed inside-out skirt onto the machine arm waist first so you can sew the elastic on in a circle

MACHINE SETTING:

3 step zig zag (zigzag width 5, D, stitch length 1.75)
top edge of skirt to elastic (line up edge with slit in foot)

You thread might snap – just rethread and carry on – it's to do with the elastic, just happens sometimes!



Press rolling edge of hem out flat. Take to desk and using grader ruler and chalk block (sharpened) draw line 4cm from raw edge.



Go back to iron and press raw edge to line, creating a 2cm hem turn. Return to desk and pin it every couple of inches



Stitch the fold down from inside just inside raw edge with 3 step zigzag (zigzag width 5, D, stitch length 1.75) top edge of skirt to elastic



Try on with top edge and elastic turned in towards inside of skirt



If it was ok, stitch down at sides with straight stitch on top of the seam (MACHINE SETTING: stitch width 5, A, stitch length 3)



Give the side seams a press and tug with with the iron - the skirt inside out.

You can also stretch the side seams between 2 hands, not with the iron if they are still a bit puckered

Press the hem and top edge flat from the wrong side, and you're done!