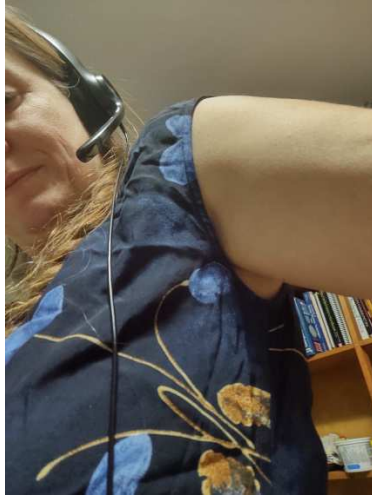


WORKSHOP: "CLOTHING ALTERATIONS"



Summary: For clothing alterations we will work as an open studio online where participants can bring their own garments to work on and ask questions. Alteration demonstrations will be based on participant preference chosen from hemming pants or taking in the waist of pants/skirts/armholes.

Materials and Equipment

sewing threads – spool and bobbin
stitch ripper
tape measure
straight pins
sharps hand sewing needle
scrap fabric matching or contrasting repair item
chalk pencil or water soluble marker
hem fusible web
scrap paper
paper scissors
instructions/ideas sheet

sewing machine
pin cushion and needle case
approximately size 80 regular machine needle
denim sewing machine needle
small sharp sewing scissors
sewing shears
iron and ironing board
press cloth
pencil, eraser, sharpener
French curve shape
pin cushion and needle case

Extra Materials Provided for Your Projects

decorative braid
bias tape
beads
ribbon
zip
decorative expandable yarn
yarn needle
button assortment
liquid fray preventer
light and dark denim fabric scraps

adhesive patch
interfacing
lace
pocket pattern
light and dark hook and loop tape
darning needle
basting threads
fabric adhesive (if available)
elastic

Class Plan: Hemming Pants

1. Iron your garment. If working on a narrow area like a pant leg you can fit the garment opening over the narrow end of your ironing board. Use a press cloth if needed and a setting to match your fabric.



2. Try on your pants and determine how much you want to shorten them.
 - a. A guide for pant length is to hem them to $\frac{1}{2}$ " off the floor at the heel and when wearing the shoes you plan to wear with the pants. Length can be varied based on the style you are after.
3. Using a chalk pencil or washable marker (test on an inconspicuous area first) and a tape measure/hem gauge, measure up and mark where the new hem will be all around the bottom of the pant leg.



4. Measure the existing seam allowance (left) and mark that distance below the markings for your new hem. If it is a rolled hem, mark twice the seam width to allow two layers for rolling (right).



5. Cut your pants along the bottom of the new seam allowance line, unpicking a previous hem if necessary to have enough fabric.



6. Iron to crease along the new hem line with your pant leg inside out over the narrow end of the ironing board (left). If doing a rolled hem fold the seam allowance in half first (left), then fold and press again along the hem line (right).



7. If the raw edge of your hem seam allowance will not be covered, finish it with a triple zigzag (left) or overlock stitch (right).



8. Method 1: Fusible Hem Tape/Web
 - a. Cut a length of fusible web/hem tape to go all the way around the hem. Position the hem tape between the seam allowance and garment.



- b. Place a press cloth over top and press the hem in place with a medium iron setting (below). Turn right side out and press again with a press cloth.



9. Method 2: Hand Stitching
 - a. Working with your pants inside out fold back $\frac{1}{2}$ " of seam allowance (left). Anchor your hand sewing thread by taking a few stitches in the side seam allowance about $\frac{1}{2}$ " lower than your seam allowance edge (right).



- b. Slip-stitch the hem in place by taking a larger stitch in the seam allowance fold (left). Then take a stitch catching only a few threads in the main pant leg a little further along (right).



- c. Catching only a few threads will make it so the stitch doesn't show on the front.



- d. Continue slip stitching the hem in place all the way around leaving space between stitches and not pulling the thread tight. Anchor the thread in place at the end by taking a few stitches in place.

10. Method 3: Rolled Hem

- a. Machine top-stitch along the top edge of your rolled hem to hold it in place (left). Top stitching is a line of stitching visible on both sides of the garment (right). Use a denim needle for jeans (centre).



11. Method 4: Blind Hem Machine Stitch

- a. Press your hem seam allowance over twice like for the rolled hem above. With the wrong side of the fabric up, fold back the rolled seam (below).



- b. Stitch along the inside of the seam allowance fold, catching the pant leg fabric with each longer blind hem stitch.



- c. Fold the seam flat and iron afterward. On the right side it will look like a row of short vertical stitches.



Class Plan: Expanding Seams – Waist, Pant Legs, Armholes

1. Try on your garment with the waist unzipped if you're working on pants. Measure the space between the two edges to determine how much you'd like to add to your garment.
 - a. Add some ease (extra) to accommodate bending over/sitting down comfortably. The amount to add depends on the stretch of the fabric and how relaxed you'd like the garment to be.



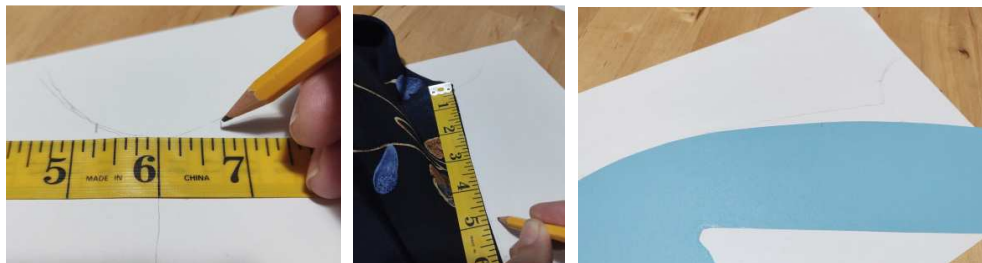
- b. For waistlines, depending on how much needs to be added and zipper placement, this can be done most easily at the centre back seam or divided equally between the side seams.
2. Iron your garment (left). For this write up we will add an extra piece of fabric called a gusset to widen the armholes of a dress (right). We are doing it as a single piece but you could add two pieces if you prefer.



3. Sketch a pattern for the piece to be added. Trace the side seam shape (left), then open the garment and trace the curve of the top armhole (centre) to start the pattern (right).



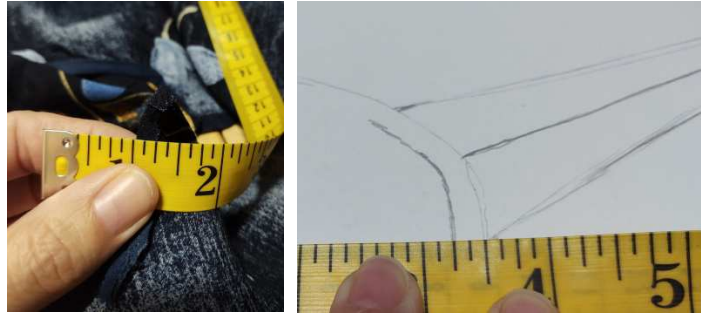
4. Add half the amount to be added to either side of the top where the armhole meets the side seam (left). Taper down to a point about 5" below (centre) and draw in smooth curves with a French curve ruler (right). Here we added $\frac{3}{4}$ " on each side of the centre line.



5. Unpick the seams where you will add fabric, going a few inches beyond where the insert ends to allow space to manoeuvre pieces. Tie off the threads so your seams don't unravel further.



6. Measure the top seam allowances around the armhole curve (left) and add it to your pattern (right).



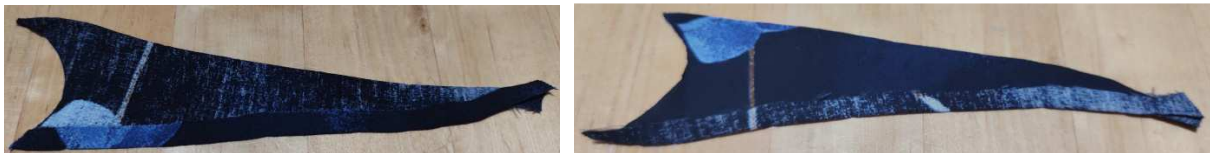
7. Check what kind of side seam the garment has. In this case the seam on the left side was folded twice and only once on the right side. So we added $\frac{1}{2}$ " seam on the left (left) and $\frac{1}{4}$ " seam on the right side (right).



8. Cut out your pattern piece. With right sides together, cut out two fabric gusset pieces. Check where the fabric pattern falls on the garment and match it up if possible. Our fabric has flowers so we roughly matched the flowers.



9. Working from the back of the gusset fabric, press half the left seam allowance to the back of the gusset (left) to slip inside the seam fold of the garment and press the right seam allowance to the front of the gusset (right) to slip inside the opposite seam fold. It is $\frac{1}{4}$ " in each case.



10. Insert the gusset in the garment (left). Overlapping the garment and gusset seams and pin it in place on the left side first (right).



11. Stitch along the fold line on the back (left) and then on the front (right) to create two lines of top stitching enclosing the seam.



12. Repeat the previous step for the right side overlapping the seam allowances and pinning them together (left). Top stitch along the fold from the back (centre) and the front (right) of the fabric.



13. Fold the armhole seam back in place and pin it.



14. Add a small piece of bias binding to match the bias binding going around the inside of the armhole. Fold back the end to hide the raw edge (left) and trim the extra width that will be hidden in the seam (right).



15. Top stitch the seam back together along both edges of the bias binding.



16. Happy creating, and please share your photos with us if you feel comfortable.

Useful Information/Adaptations/Variations:

- If you don't have a zigzag stitch or overlocker, you can turn your hem under twice to enclose the raw edge. If using hem tape use it for both folds. If hand stitching, press crease the seam allowance and slip stitch along the crease edge.
- Skirts can also be taken in by adding darts tapering from the waist down into the garment several inches after removing the waistband in that section as described above

Trouble Shooting:

- If you would like simpler seams, you can unpick the whole seam down the side of the garment and re-stitch with a straight stitch and zigzag to finish the raw edges.