

WORKSHOP: "WOVEN PROJECT - APRON"



Summary: We will work with woven fabric of any fibre content to create a garment/item chosen individually by each participant. Alternatively participants can follow along with the woven apron project described here. Help will be offered in an open studio type format answering participant questions on whatever they choose to work on. We will use our knowledge from the previous workshops on basic sewing and spontaneous creativity.

Materials and Equipment:

woven fabric (2 pieces 1 yard and 42" wide)
polyester sewing thread spool and bobbin
ruler
straight pins (larger for heavier fabric)
sharp hand sewing needle
pin cushion and needle case
water soluble marker or chalk pencil
small fabric scissors
sewing shears or rotary cutter and mat
instructions/ideas sheet

sewing machine
universal machine needle (size matching fabric)
pattern from previous class, home or apron provided
hem gauge
measuring tape
stitch ripper
transfer paper and tracing wheel
cotton press cloth
basting thread
iron and ironing board

Class Plan: Woven Fabric Project

1. Choose a project of your own to work on from one of the patterns provided or one you've made, or follow along with these instructions to make a reversible wrap around apron.
 - a. The crisscross apron pattern is by Mary Mulari (www.marymulari.com) and she gave us permission to use the pattern in this class. The instructions have been elaborated for this project to make it easier.
2. Assemble the fabric and notions that you will need for your project. The apron is reversible so we have used two different fabrics, one for each side. Choose a colour thread that works well with both fabrics.



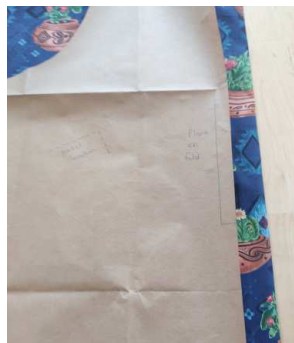
3. Optional: We recommend prewashing your washable fabrics to preshrink them.
4. Cut out your pattern pieces first using paper scissors. Save your fabric scissors just for cutting fabric to keep them sharp longer.



5. Iron your fabric and lay it out on your table for cutting.



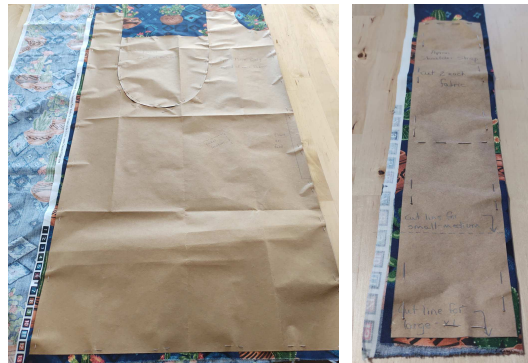
6. You can alter the pattern to fit, partly at the start and after a test fit with one of the fabrics.
 - a. To make your apron wider, set the apron main body piece back from the fold (below). Set it over the fold to make it narrower.



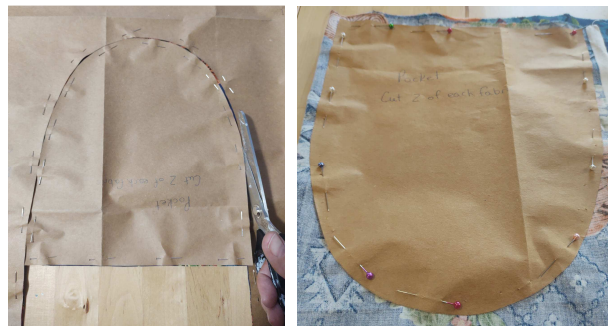
- b. To make your apron shorter, shorten the straps pieces marked for small-medium and large-XL. For a person 5'7" tall, we made the strap 1.1/2" shorter than the S-M. If you are not sure, they can be shortened after the test fit.



7. Lay out your fabric and place your pattern pieces conserving fabric. Fold your fabric in half and cut two layers at once, placing pieces marked on the fold (i.e. apron main body). Normally fold fabric right sides together but to see where the elements on the fabric are, you can do it right sides out if preferred (e.g. match stripes at the sides if using stripy fabric).



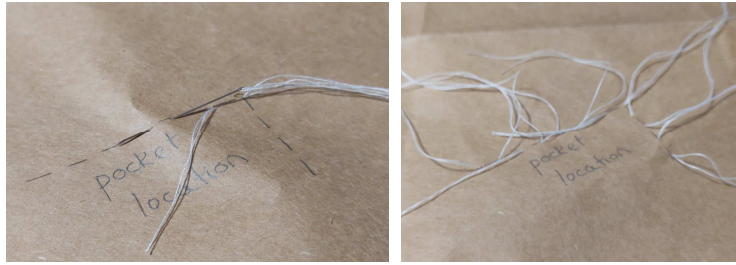
8. Cut out your fabric pattern pieces using sewing shears. Cut the number of pieces marked on each pattern piece, except cut 4 pockets from each of the two fabrics (8 total), instead of 2 as marked.



- a. Cut one apron main body piece on the fold from each colour of fabric so you have two.



9. Transfer pattern markings onto your fabric using transfer paper and a tracing wheel or tailor's tacks.
 - a. For transfer paper, place the paper coloured side facing your fabric, between the pattern and fabric. Run the tracing wheel over the lines/marks to be transferred. Do this for both layers of fabric.
10. For tailor's tacks:
 - a. Using a contrasting colour thread doubled and stitch along the line to be transferred. Snip between each stitch leaving long thread tails.



- b. Carefully unpin and lift the pattern pieces off the fabric keeping the threads in place.



- c. Partly separate the fabric layers and snip the threads to part remains in each layer (left). Optional: draw in the markings using the threads as a guide with chalk pencil and ruler (right).



11. Working with your sewing machine:

- a. A universal needle is recommended for woven fabrics. The size will depend on the weight of your fabric. Thicker heavier fabrics need a bigger needle. Size 70 is good for thinner fabrics to avoid large needle holes. Size 80 is a good universal choice. For thicker fabrics size 90 and up are better choices.
- b. We will be sewing with all-purpose polyester thread spool and matching bobbin, although if your fabric is cotton, cotton thread will also work well.

12. Sew your pockets:

- a. Fold the top 1" of each pocket piece to the back and iron to crease. There are 8 pocket pieces total.



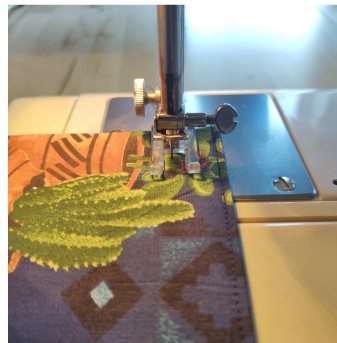
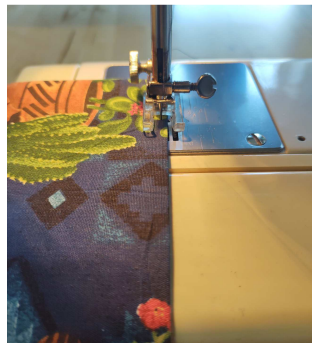
- b. Place two pocket pieces of the same fabric right sides together and stitch $\frac{1}{4}$ " seams around the curves of each pocket piece.



- c. Clip the seam allowance curves up to but not touching the stitch line (left). Turn all four pockets the right way out (right) and iron flat.



- d. Top stitch along the top edge of the pocket to close the opening and again $\frac{1}{2}$ " in from first line of stitching.



13. Attach your pockets to your apron, with the contrasting fabric pockets on each apron main body piece. Pin your pockets in place using the corner markers as a guide.



- a. Top stitch along the curved edge of each pocket, and again $\frac{1}{4}$ " in from the first line of stitching. Stitch lines marked in black (above).



- b. Repeat for the other apron main body piece and pockets.



14. Finish the bottom edges of your apron main body fabric pieces separately.

- a. Option 1: Apply bias binding to each edge, fitting the bias binding over the raw edge of each apron panel separately and top stitch along its edge.



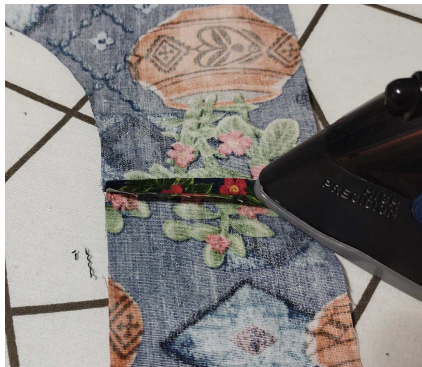
- b. Option 2: Turn under each edge under towards the back twice about $\frac{1}{2}$ " wide to enclose the raw edge and top stitch along the edge of the roll.
- c. Option 3: Overlock or (triple) zigzag stitch over the raw edge to stop the fabric fraying.
15. To test fit your apron pin the strap pieces to the shoulder attachments of one apron main body piece (pins parallel to the seam line) and to the side attachment on the opposite side. Carefully try on your apron and adjust shoulder strap length if needed (picture shows two fabric layers, but just use one).



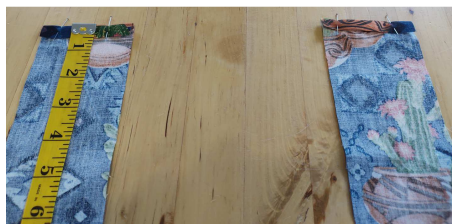
16. Attach the strap pieces to the shoulder pieces on the apron main body.
 - a. Pin the straps to the apron main body at the shoulders and sew $\frac{1}{4}$ " seams with fabric right sides together.



- b. Iron the seams open (left) and top stitch about $\frac{1}{8}$ " from the seam on either side (right).



17. Fold 1" to the back on the end of each shoulder strap and iron to crease.



18. With right sides together, sew apron main body pieces together along the sides and curves (marked with black dashed line, left). Do not sew across the tops of the straps or the bottom of the apron.



19. Clip the seam allowance curves up to the stitch line (left), turn the apron right sides out through the bottom opening (centre) and iron the seams flat (right).



20. Crisscross the straps attaching the long shoulder strap from one side to the side strap attachment on the opposite side. Make sure you don't have an extra twist in your straps so they will sit flat around the body when worn.



21. Join the straps by inserting the side strap into the shoulder strap portion for each.
- Measure $\frac{1}{2}$ " down from the end of each side strap and mark with a chalk pencil and ruler.



- b. Insert the side strap raw edge end up to the chalk line into the folded over end of the shoulder strap.



- c. Stitch along the join and again $\frac{1}{4}$ " in from the previous line of stitching.



22. Starting from the bottom edge and sewing up the side, top stitch $\frac{1}{4}$ " in from the edge all around the apron, except at the bottom edge.



23. The apron is reversible, so the pockets and fabric colours are the opposite on the back.



24. Happy creating, and please share pictures of your creations if you feel comfortable.

Useful Information/Adaptations/Variations:

- A serger and an overlocker are the same thing. A serger creates an overlock stitch. The term serger is used in the USA. Its primary function is to finish raw edges, encasing the edge in stitches.

Trouble Shooting:

- Check the back of your fabric to make sure your tension is balanced, so the top thread stays on the top and the bottom thread on the bottom. Loops on either side might mean you need to adjust the tension.
- One reason your fabric might distort while stitching is too hard a presser foot pressure. Loosen the pressure and test your seam again.