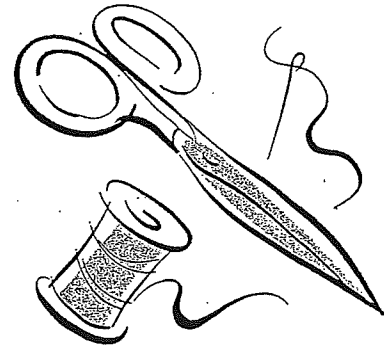


Sewing Project

Grade 3: Elastic-waist Skirt

This elastic-waist skirt pattern may be used in place of a commercially produced pattern purchased at the fabric store. This is a revision of the elastic-waist skirt pattern which appeared in the Purdue University Cooperative Extension Service Publication 4-H-231. Refer to skills requirements listed in the Tippecanoe County 4-H Handbook and your project book.



What you will need:

- One or two lengths of 45-inch wide fabric
- Matching thread
- $\frac{3}{4}$ -inch elastic the length of your waist measurement + 1 inch

Fabric Suggestions:

Select a medium-weight woven cotton or cotton blend fabric. Small prints, gingham, and seersucker are good choices. Avoid heavy fabrics such as corduroy or heavy denim and stretch knit fabrics. Avoid large stripes or prints and plaids that will require matching at the seams.

Calculating Fabric Yardage:

A single width of fabric may be enough for a skirt for a small, slender girl. A larger girl may want to make a skirt from one and one-half or two widths of fabric.

To decide how many widths you need, hold one width of fabric up to your waist. Gather it with your fingers to see how many widths you need. You may need more widths of lightweight fabric than of a heavier fabric. Your skirt should be at least 4 inches larger than your hips to allow for any easy on and off when dressing.

To decide how long to make your skirt, measure the length of a favorite skirt or determine a reasonable length for your body type and fashion sense. Remember to allow fabric for the fold-over waistband casing and the hem. The hem width can be whatever you choose, but 2-3 inches for a hand-sewn hem is recommended,

depending on the fullness and overall length of the skirt. You may also choose to do a "shirt-tail" hem, which requires a total of 5/8 inch of fabric. Typically, the longer the skirt, the wider the hem.

For example:

Skirt length: 15 inches
Waistband Casing: + 2 inches
Hem: + 2 inches

Total Length of Fabric: 19 inches

If you are using two widths of fabric for your skirt, you need to buy 38 inches (2 x 19 = 38). These are approximate measurements that allow for straightening fabric and shrinkage.

Calculate fabric yardage for your skirt:

Your skirt length: _____ inches

Waistband Casing: + _____ inches

Hem: + _____ inches

Total Length of Fabric: _____ inches

For a skirt using 2 widths of fabric, multiply above by 2.

To determine yardage:

_____ inches ÷ 36 inches/yard = _____ yard of 45" wide fabric.

Note: Depending on the width of your skirt, you may be able to cut 2 lengths of fabric from one 45-inch width of fabric.

Handy Conversion Chart: Inches to Yards

9"	=	1/4 yard
12"	=	1/3 yard
18"	=	1/2 yard
24"	=	2/3 yard
27"	=	3/4 yard
36"	=	1 yard

Construction:

1. Prepare your fabric by pre-shrinking. Make sure it is thread straight. Refer to Level A Project Book, Sew Simple, (pages 3-4) for these techniques.
2. Measure and cut the fabric into the size pieces you need. If you are using 2 widths of fabric, cut your fabric in half along the crosswise grain (selvage to selvage). This gives you one piece for the front and one for the back. Measure and cut the elastic the length of your waist measurement + 1 inch.
3. With the right sides together, Pin the sides together with the edges even. Stitch a 5/8-inch seam to make a tube. Backstitch at both ends of the seam. This makes the side seam. If you use two fabric widths, sew two side seams. Finish seam edges as suggested in the 4-H Sewing Technique Book, Let's Sew (page 37).
4. Press the seam or seams open. Pressing your garment as you sew will make for a better looking garment when finished.
5. To make the waistband casing, stitch around the top, 1/4 inch from the edge. This kind of stitching (through one layer of fabric) is called "stay-stitching". See Figure S.1.

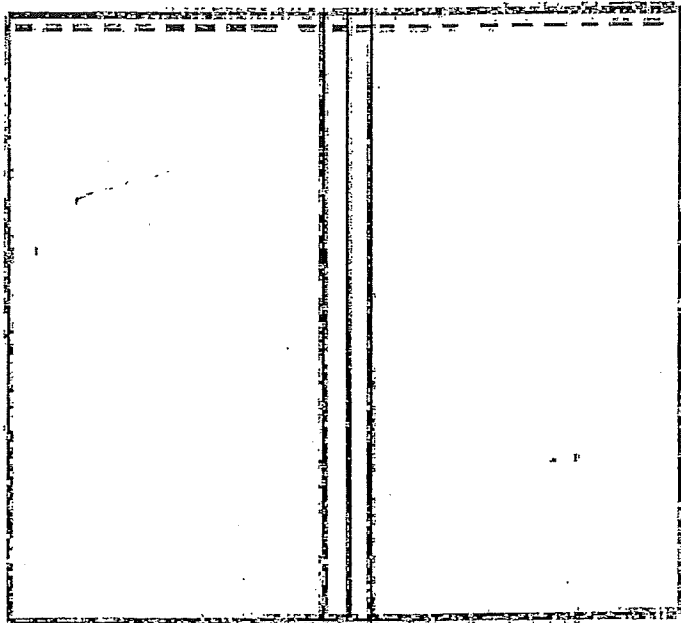


Figure S.1

6. Fold the fabric toward the inside along the line of stay-stitching. Press. See Figure S.2.

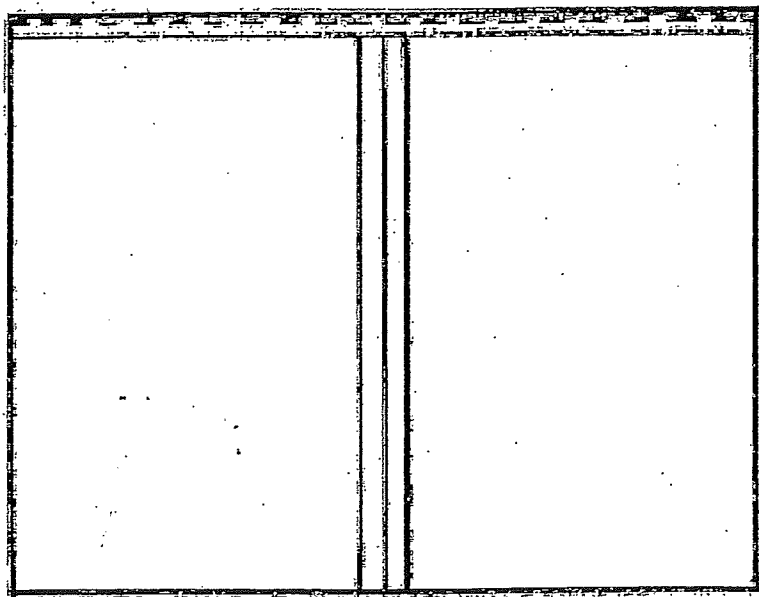


Figure S.2

7. Fold the fabric to the inside once more. Make the fold 1-1/2 inches deep. Press to get a sharp crease. Pin the folded edge to the skirt. Stitch by machine along the pinned edge. Go all the way around the skirt except for a 2-inch opening. This opening allows for the elastic to be inserted. Backstitch at the beginning and end. See Figure S.3.

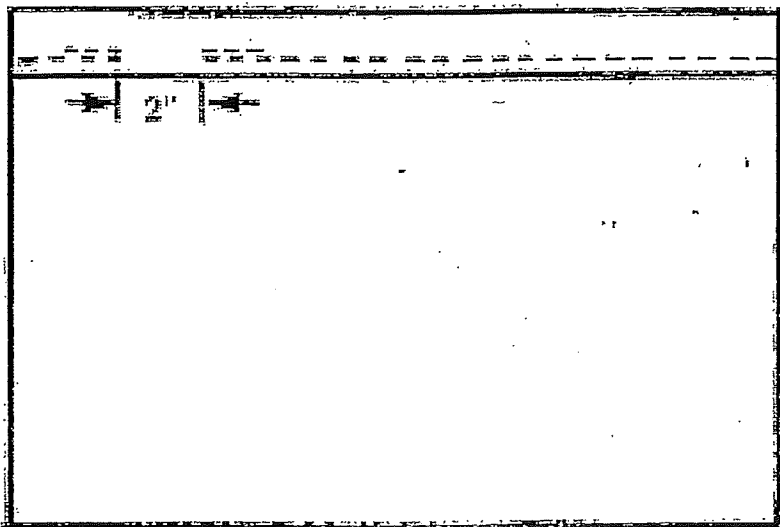


Figure S.3

8. Make a second row of stitching $\frac{1}{2}$ inch from the top of the skirt. This forms a casing for the elastic. See Figure S.4.

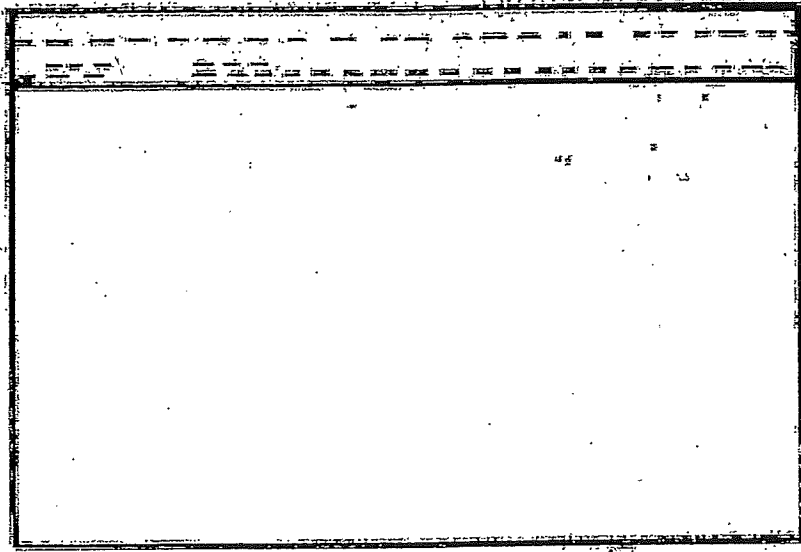


Figure S.4

9. Pin a large safety pin to one end of the elastic. Slip it through the two rows of stitching. Push it through the casing. Lap the ends of the elastic 1 inch. Try on the skirt and check the fit of the skirt waistband. Adjust the elastic length, shortening the length as needed to be comfortable. After checking for fit, machine stitch an "X" several times to hold the ends together. Be sure that elastic is laying flat and not twisted in casing before stitching together. See Figure S.5.

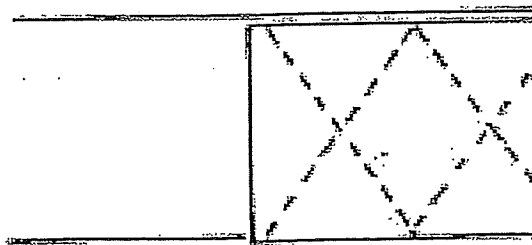


Figure S.5

10. Push the gathers away from the opening. Pin the opening closed. Machine stitch, being careful not to stitch through the elastic. A zipper foot, if you have one, may make this easier. Adjust the gathers equally around the waistband. Stitch in the ditch (refer to 4-H Sewing Technique Book, Let's Sew (page 45), to prevent the elastic from twisting within the casing.

11. Hem your skirt. Try on the skirt. Once you determine the best length, stay-stitch around the bottom, $\frac{1}{4}$ inch from the edge. Fold the fabric along the stitching line and press. Turn the hem up another $\frac{3}{8}$ inch, if you choose to "shirrtail" hem your skirt and press; pin in place. Sew in place along the folded edge of the fabric. If you choose to use a wider hem, turn up 2 to 3 inches. Press to get a sharp crease. Pin to the skirt. Use a regular stitch length (10-12 stitches per inch) to stitch along the pinned edge. Stitch close to the fold through all thicknesses of fabric. Hems can be hand-sewn, but machine sewn hems are recommended at this grade level.

12. Press finished skirt.