

# Creative Living

with Sheryl Borden



#6400 Series

## Sewing & Fashion - Section I

# Table of Contents

## **Sewing & Fashion**

Tech Tote .....	I-3
Fitting Strapless Gowns.....	I-8
Sew a Swimsuit Cover Up.....	I-10
90-Minute Quilts for the Community .....	II-11
What Makes Jeans Look Like Jeans .....	II-12
Octi-Hoops.....	II-13
Basics for Machine Piecing Precision.....	III-14
Handmade Sewn Gifts.....	III-15
Fringe Flowers With the Embroidery Machine.....	III-18
Guests .....	III-19

**Due to the size of this section, it has been separated into three sections in order for it to be downloaded more quickly. For instance, “Tech Tote” is in Section I on page 3, whereas “90-Minute Quilts For the Community” is in Section II on page 11, and “Basics for Machine Piecing Precision” is in Section III on page 14.**



### Skill Level: Advanced

*This sleek travel tote holds and protects necessary electronics such as a tablet, e-reader, camera, and cell phone. It also has handy compartments to hold power cords and other essentials.*

### Materials

14" x 17" x 1" NU-Foam® 36" x 45" Evergreen™ batting  
 1 1/2 yd 45"-wide solid lightweight canvas or other medium weight fabric  
 1 1/2 yd 45"-wide coordinating cotton print for lining  
 1 1/2 yard mid-heavyweight fusible interfacing  
 Two 18" zippers  
 1/4 yard 3/4" wide sew-on Velcro  
 Thread to match fabrics

### Cutting

1. Cut the following pieces from each solid fabric, lining fabric and batting:  
 Back and Front – cut two 10 1/4" x 13 1/4"  
 Large flat pocket - 10 1/4" x 11"  
 Small Flat pocket - 10 1/4" x 7"  
 Large pleated pocket - 13" x 11"  
 Small pleated pocket – 15" x 7 1/2"  
 Zipper pieces – cut two 37" x 1 3/4"  
 Outer pocket – 6" x 6 1/2"  
 Bottom 10 1/4" x 3" (omit batting)

2. Cut the following pieces from print lining fabric & batting:  
 Outer pocket flap – 2 from fabric, 1 from batting  
 Inner pocket flap – 4 from fabric, 2 from batting  
 Large flap – 2 from fabric, 1 from batting

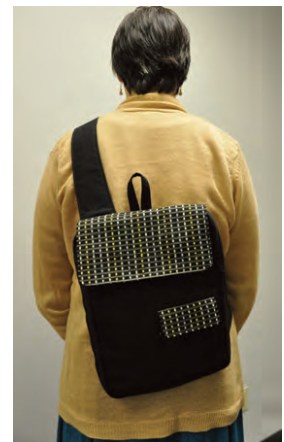
3. Assemble pattern pieces for the curved strap and lengthen or shorten the pattern to custom fit the strap to your body. Cut one from solid fabric and batting. Reverse the pattern and cut one from lining. With the pattern reversed cut one from interfacing.

4. Cut one 3" x 9" carrying loop from solid fabric. Cut one 1 1/2" x 8" piece of interfacing.

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### Directions

Stitch all seams using a 1/2" seam allowance unless otherwise indicated. Press pieces with



quilt batting lightly on the fabric side so the batting is not flattened. Do not press directly on the batting.

### Pocket and Large Flaps

1. Baste the batting to the wrong side of half of the pocket flap pieces 1/2" from the edges. Trim batting along the sides and lower edges close to the stitching to remove bulk from the seam allowance. On the large flap trim the batting along the straight edge also.



2. Cut 1 1/4" long strips of Velcro for each outer and inner pocket. Cut a 2" piece for the large pocket.

**Baste**

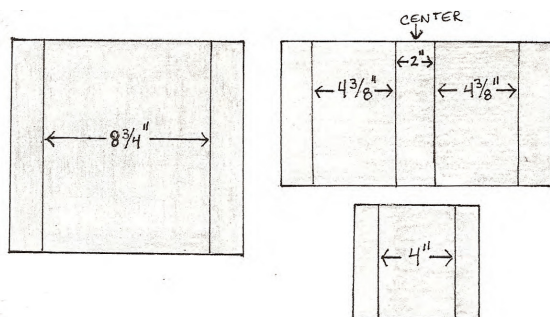
the Velcro to the center of the remaining pocket flap pieces 7/8" from the lower edge.

3. Right sides together, stitch flaps with batting to flaps with Velcro along the side and lower edges. Trim and clip the seam allowance.

4. Turn the flaps right side out. Press the flaps lightly so the batting is not flattened. Topstitch along the finished edges. Zigzag stitch along the straight edge inner and outer pockets.

### Pleated Pockets

1. Following the diagrams below, draw lines on the pleated pockets using a fabric marking pen or chalk marker.



2. Baste the batting to the wrong side of the solid large flat pocket piece 1/2" from the top and bottom edge and vertically about 1/16" inside the drawn lines. Trim the batting close to the stitching.

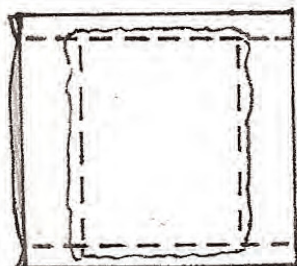
3. With right sides together, stitch the pocket pieces with batting to the lining pieces along the top edge. Trim the seam allowance.

4. Turn right side out and press the top seam. Topstitch along the top edge of the pocket.

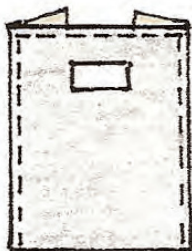
5. Fold the pocket along the drawn lines and topstitch along the fold.

6. Stitch the Velcro to the outer and small inner pockets centered 3/4" below the top edge.

7. Draw four vertical quilting lines evenly spaced approximately 1 3/4" apart between the topstitched folds. Quilt along the lines.



Step 2:

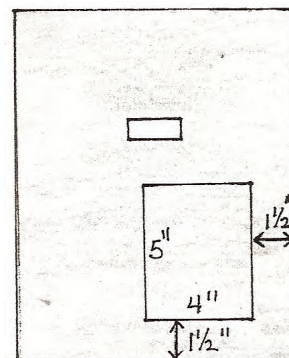


Steps 5 & 6:

### Outer pleated pocket

1. Zigzag stitch along the side edges of the pocket.

2. Draw a rectangle on the solid front following the diagram. Pin the pocket flap right side down with the straight edge 1/2" below the top line. Stitch along the seamline.



Step 2:



3. Press under 1/4" along the side edges. Pin the side edges of the pocket along the sides of the rectangle and stitch in place. Pleat the lower edge in place making pleats on either side of the pocket. Stitch along the lower edge.

4. Stitch a 2" piece of Velcro to the front centered 4 1/4" below the top edge.

### Front and Back NU-Foam

1. Cut a 9" x 12" piece of NU-Foam. Mark the center of the 1" edge around the piece of NU-Foam.

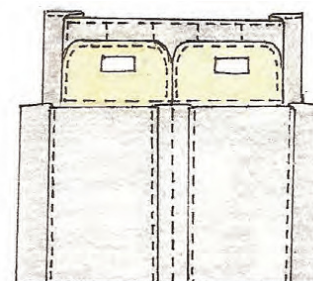


Separate the layers along the edge following the marks. Then carefully work in toward the center dividing the NU-Foam in half as evenly as possible. Remove another layer from each half so it is about 3/8" thick. Cut a 9" by 3" piece for the bottom and divide in the same manner.

2. Center the 9" x 12" pieces on the wrong side of the lining pieces. Place the front and back right side up on top of the NU-Foam. Pin, then baste 1/2" from the edges using a zipper foot.

### Inside pleated pockets

1. Matching the lower edges, center the small pocket piece on the large pocket and pin in place along the center line. Place the flaps right side down with the seamline

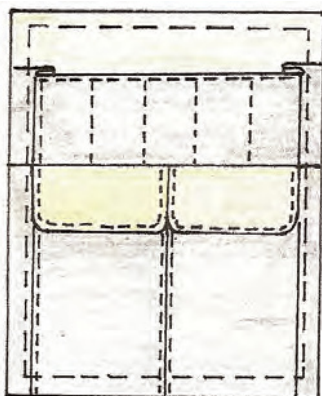


along the top of the small pockets. Stitch the flaps in place. Then stitch along the center line.

2. Pin the side edges of the large pocket to the lining side of the back. Center the pocket along the bottom edge pleating the sides of the pocket.

3. Pleat the small pockets so the fold matches the center. Pin the side edges in place. Then pin the bottom in place pleating the sides of the pockets.

4. Baste along the sides and lower edges.



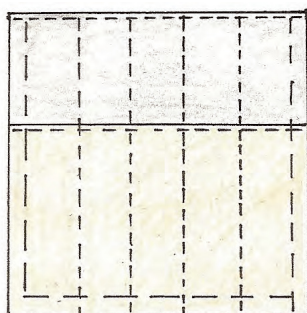
### Inner Flat Pockets

1. Baste the batting to the wrong side of the solid large flat pocket piece 1/2" from the edges. Baste the batting to the wrong side of the print small flat pocket piece 1/2" from the edges. Trim the batting close to the stitching.

2. With right sides together, stitch the pocket pieces with batting to the remaining pocket pieces along the top edge. Trim the seam allowance.

3. Turn right side out and press the top seam lightly so the batting is not flattened. Topstitch along the top edge of the pocket.

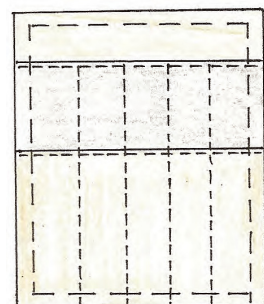
4. Baste the side and lower edges together. Draw four vertical quilting lines evenly spaced approximately 1 3/4" apart between the side seams. Quilt along all the lines of the large pocket. Quilt the two left lines of the small pocket.



Step 4:

5. Place the small pocket on the large pocket matching the side and lower edges. Baste them together along the seam lines. Stitch along the remaining quilting lines of the small pocket to divide it into compartments.

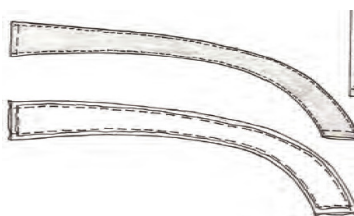
6. Pin the pockets to the lining side of the front and baste them in place along the sides and lower edge.



Step 6:

### Strap

1. Fuse the interfacing to the wrong side of the solid strap.



Then baste the quilt batting to the wrong side of

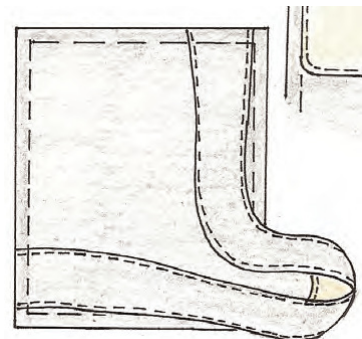
Step 1:

the strap stitching 1/2" from the edges. Trim the batting close to the stitching.

2. Trim 1/8" from the inner curve of the lining piece. Right sides together, stitch the lining to the strap along the long curved seams. Trim and clip the seam allowance.

3. Turn right side out. Topstitch along the finished edges.

4. Baste the strap to the top and side edge of the back. Then baste the large flap right side down to the top edge of the back of the bag.



Step 4:

### Zipper

1. Baste the batting to the wrong side of the solid fabric stitching 1/2" from one long edge and 1/4" from the other long edge. Trim the batting close to the stitching.

2. Place the zippers right side down on the right side of one zipper strip with the 1/4" seam allowance so that the edges are even. The zipper pulls should meet at the center and the bottom of the zipper is near the ends of the strip. Baste 1/4" from the edges.

3. With right sides together pin the zipper edge of the strip to the lining. Stitch along the basting line through all layers.

4. Fold the lining and the fabric over the seam allowance matching the wrong sides. Press lightly along the seam. Topstitch along the edge of the fabric.

5. Trim the completed zipper piece evenly so it is 3" wide.

Step 1:



Step 2:



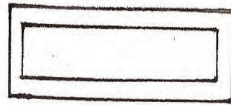
Step 3:





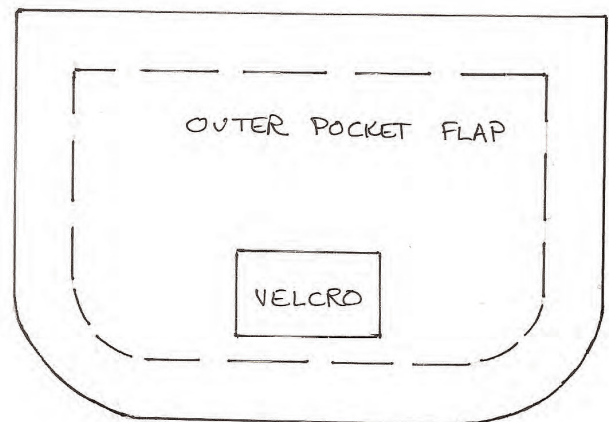
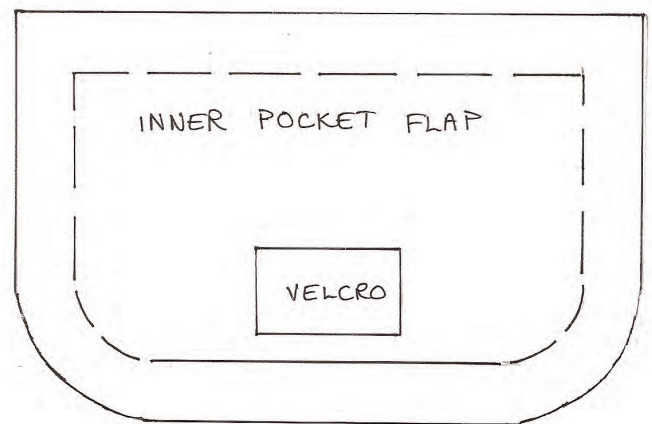
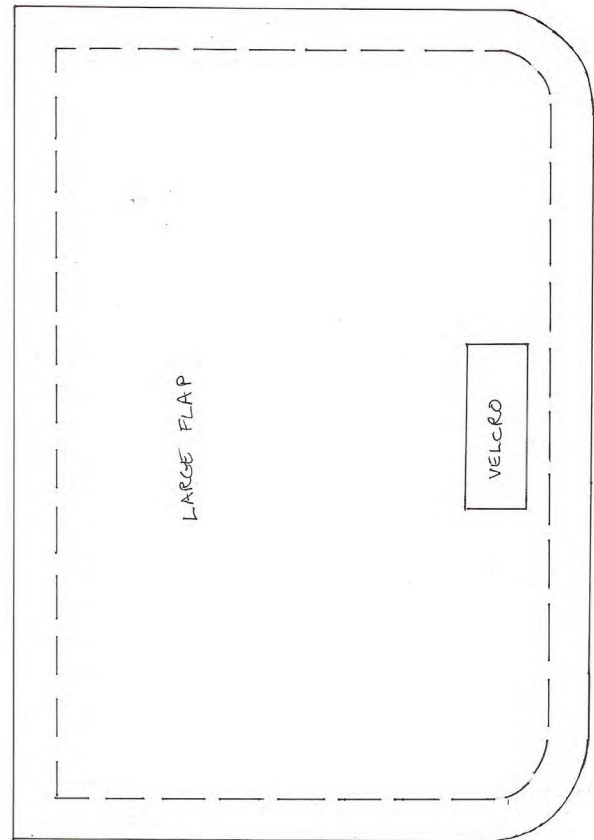
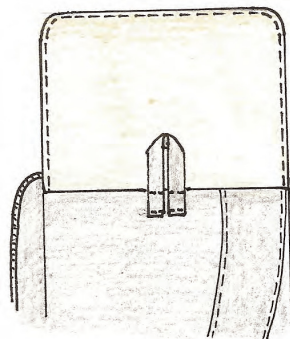
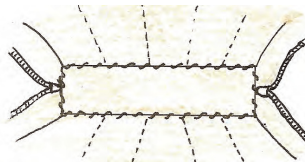
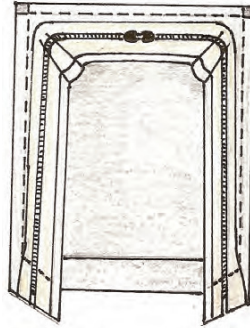
## Carrying Loop

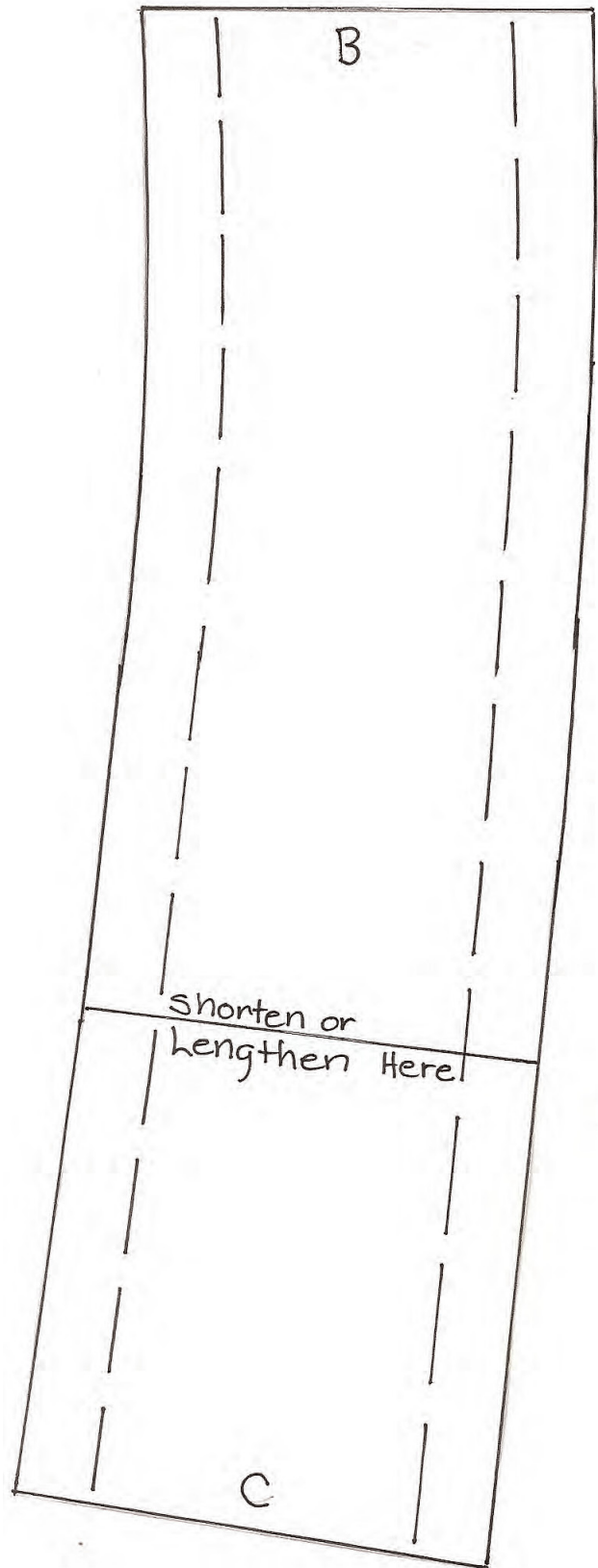
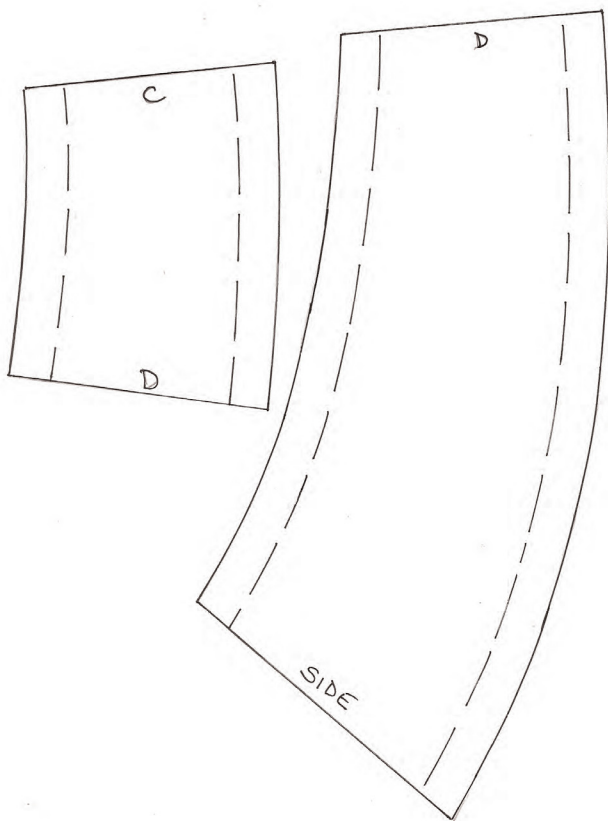
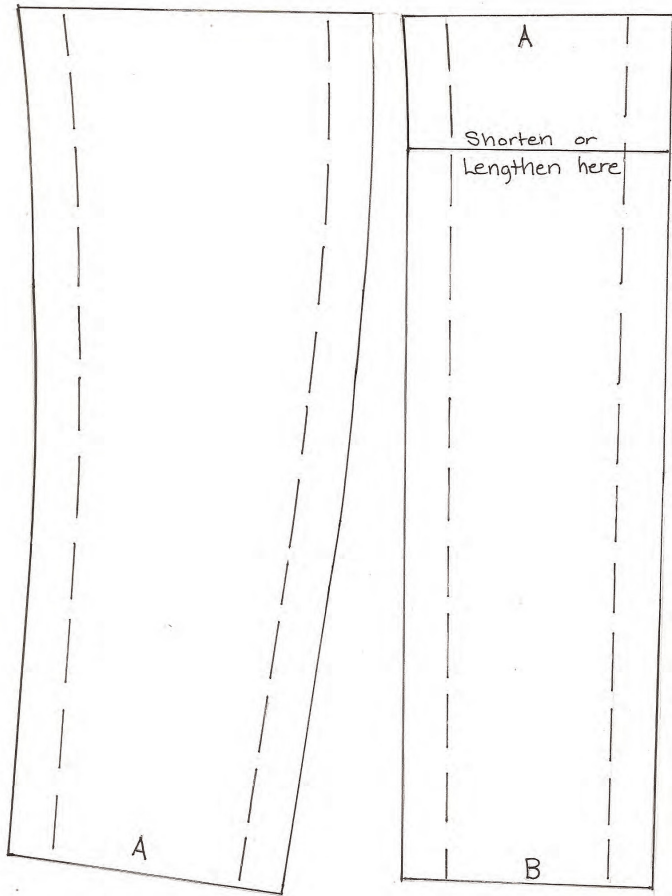
1. Fuse the interfacing to the center of the wrong side of the rectangle. Step 1:
2. Press under the ends. Then fold the side edges to the center of the interfacing. Step 2:
3. Fold the carrying loop in half lengthwise and topstitch along the long edges. Step 3:



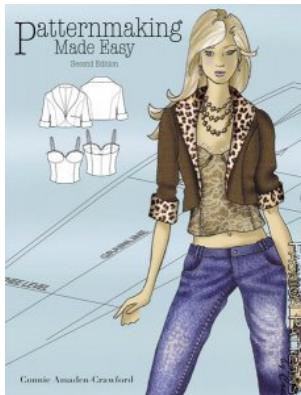
## Assembling the bag

1. With right sides together, match the center of the zipper match the center of the unfinished edge of solid fabric of the zipper strip to the top edge of the back. Clip the seam allowance of the zipper strip at the top corners of the bag and continue pinning it to the sides of the back. Step 1:
2. Mark where the zipper strip meets the lower corner of the back. Right sides together pin the 1/2" seam line of the bottom across one end of the solid fabric at this point. Stitch along the seam line of the solid fabric only beginning and ending 1/2" from the edges. Do not stitch through the zipper teeth or the lining fabric.
3. Pin the bottom to the back. Stitch around the back along the seam line.
4. Attach the other edge of the zipper strip to the front in the same manner. Step 4:
5. Turn under the edge of the lining of the zipper strip along the seam line and stitch in place by hand. Place the NU-Foam bottom in the bottom of the bag. Press under the seam allowance of the bottom lining and pin in place. Stitch in place by hand.
6. Place the ends of the loop 3/4" below the top edge of the back on either side of the center. Stitch along the lower edge and along the top seam of the bag. Step 6:



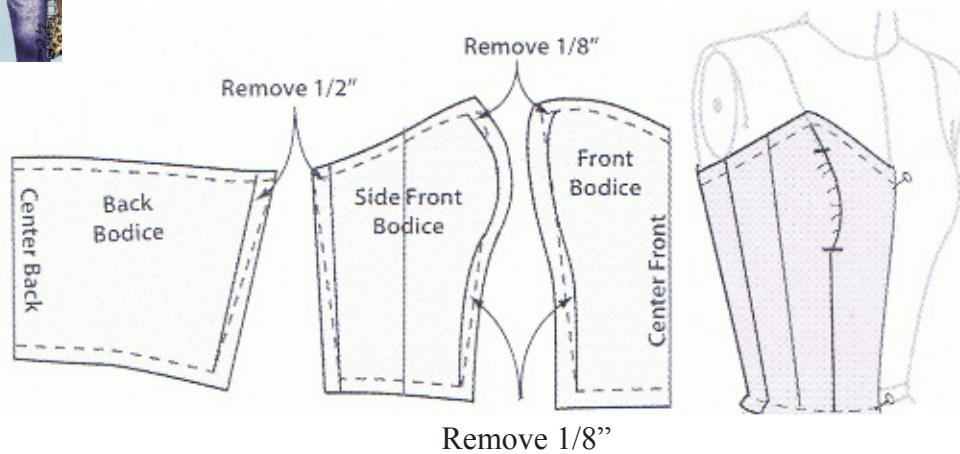


COURTESY: Judy Novella  
Fairfield Processing Corp.



# FASHION PATTERNS *by Coni*

## FITTING STRAPLESS GOWNS



### To ensure a well-fitted bustline:

Readjust the princess seam by eliminating 1/8 inch above and below the bust cup. Blend in a new princess seam.

**NOTE:** If the bustline area pitches out, it will be necessary to remove more than the 1/8 inch amount, possibly 1/4 inch to 3/8 inch at the neckline area of the princess seam.

### Design Variation for Torso Length and/or Bra Design

#### For the torso-length design:

The same contouring of the rib cage, side seam and upper bust area will need to be shaped as illustrated above.

#### For the bra design:

The cup area will need to be shaped as illustrated. Follow the stylelines of the bust cup, leaving a seam at the bustline level. The same contouring of the rib cage, side seam and upper bust area will need to be shaped as illustrated above.

### To ensure a secure underarm fit:

Eliminate 1/2 inch at both the front and back side seam bustline area. Blend this new side down to the waistline.



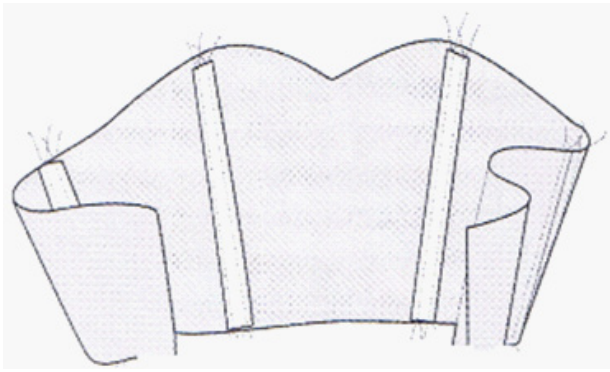


## Foundation Layer

In addition to fitting the strapless design, pay special attention to the sewing techniques. A bustier foundation is necessary to correctly add boning. Boning is added in the princess and side seams to help keep the bodice on the body and ensure the fit and wearability of the garment. The boned foundation is sewn between the outside design of the garment and a prepared lining.

## Foundation Fabric

Cut a copy of the princess pattern out of the desired fabric. Strong, woven fabric, such as pocketing fabric, drill, poplin, or heavy satin. For a lightweight inter-construction, use another layer of the lining fabric. Pre-shrink these fabrics if they are 100% cotton.



1. Cut a copy of the princess pattern out of the desired fabric (listed above). Sew the foundation pieces together. This includes the princess seams and the side seams, leaving an opening at the center back seam. Press all seams open.

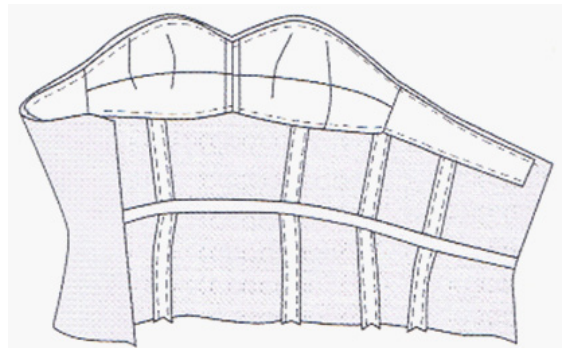
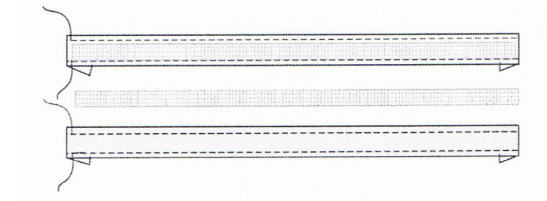
2. Pin strips of boning to each princess seam and side seam. The strips of boning should be placed on the wrong side of the garment, covering the seams.

**NOTE:** The boned end of each strip should be trimmed at each end (about 1/2 inch), and the excess fabric at each end should be turned over the boned edges.

3. Stitch the boning to the princess seams and side seams, using a zipper foot or cording foot.

## Types of Boning

- Traditional Feather Boning is encased in fabric strips of flexible plastic, whalebone, or steel. The ends of each strip should be trimmed (approximately 1/2-inch) and the excess fabric at each end should be turned over the boning edges.
- Flexible Wire Boning requires a casing. If a casing needs to be made for this wire boning, use 1/2 inch wide twill tape. Using two lengths, stitch both sides to make a casing.
- Webbed Plastic Rigilene is made of nylon in various widths. May be placed on the seams (without a casing) and zigzag stitched onto the foundation garment.



## Torso-length and/or Bra design

—Stitch the boning to the princess seams and side seams, using a zipper foot or cording foot. For additional waistline support: Place and stitch an inside belting at the waistline. This will secure the waist and give extra support within the garment.

—Cut the bra pattern pieces out of desired padding fabric. Contour the bra matching the existing foundation garment. Place the bra on the inside of the garment 3/4" from the top neckline shape and zig-zag stitch close to the edge of the bra.

**COURTESY: Connie Crawford**  
**Fashion Patterns by Coni**

# Sew a Swimsuit Cover Up

This cover up is a short skirt made out of fabric to match a multi colored swimsuit. Sewing With Stretch Knits

**We will need our hip measurement. For example, 39". Now, we're going to do a little math. We'll divide by 4 to get our pattern width, 9 3/4". We'll make our little skirt about 12" long.**

Sample	Action
1. Piece of flat pattern paper	Draw a vertical line
2. As above with vertical line	Label it A, B, and Center/Fold
3. As above with markings and with a line squared out from the vertical line at point A.	Mark Point C
4. As above with markings and with a line squared out from the vertical line at point B.	Mark Point D
5. As above with markings	Connect line A to C and B to D
6. As above with markings	Make a mark 4" above hem for vent

**We could use either a sewing machine or serger to stitch our garment. We will add side seam allowance. 1/4 inch is customary.**

Sample	Action
7. As above with markings	Add 1/4" S/A to side

**We will need to add 3/8" seam allowance to our waistline, to allow for the elastic turn-over. We'll use cotton covered elastic.**

Sample	Action
8. As above with markings	Add 1/4" S/A to waist

**And, we'll add 1 inch hem allowance for a turn and topstitch hem.**

Sample	Action
9. As above with markings	Add 1" to the hem line
10. Two fabric rectangles with side seams clipped at notches	Sew side seams to notch
11. As above with side seams sewn & vents pinned	Topstitch side vents
12. As above with vents sewn & hem pinned	Topstitch hem
13. As above with hem sewn & elastic sewn in loop and quarter marked and pinned. Elastic should be 2-3 inches shorter than waistline. Topstitch hem	Sew elastic to waist
14. As above with elastic sewn in waist.	Topstitch waistline

**COURTESY: Laura Keith  
Laura Keith Apparel Design**