

How to make **Pyjama Shorts** from our in-class pyjama pant patterns

Sew In Brighton Sewing School

You will need:

- 1.2m medium weight fabric (these instructions are for non-stretch, but you could use stretch fabric and use stretch stitches)
- 1m Ribbon
- 100m reel of thread
- 1m of 2-2.5cm wide Elastic
- A large safety pin
- Sewing machine, iron, board, pins, scissors (paper and fabric), grader ruler, tape measure, meter ruler
- Class pyjama sized samples (no child samples avail) and folder with size charts and adjustment tips
- Spot and cross paper or bring 75p to buy in class

Glossary

SG – Straight Grain – the strongest direction of the fabric, in line with the selvedge

Selvedge – Manufactured edge of the fabric

CF/CB – Centre front of garment/centre back of garment


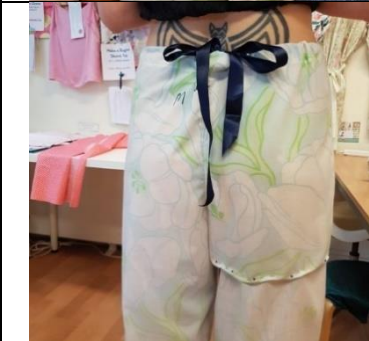

SA – seam allowance

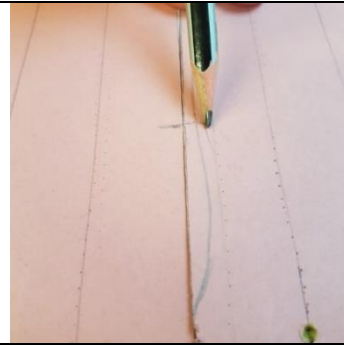
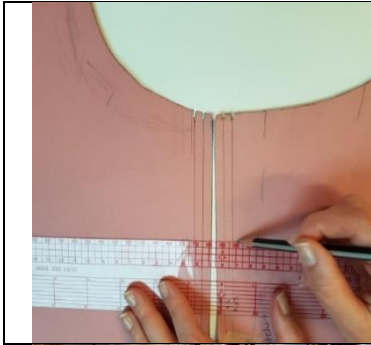
Press – iron

Inseam – inside leg seam of trousers

Side seam – the outside edge of the body seam on garments

Right sides together – the ‘right side’ is the side of the fabric the world will see once garment completed

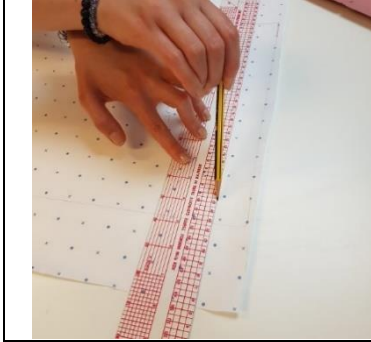
	<p>Look up your size on the pyjamas size chart in the folder, take the sample and try on for size – show your teacher so they can check it’s the best size on you. Sit down in them, try the size above or below if unsure</p>
	<p>Pin the length of the shorts, use a ruler to check the hem is the same distance from the floor front, back and side</p> <p>You may want them lower on the waist i.e., more hipster style. In this case place pins to show the height you want the top of the shorts to sit on your body</p>
	<p>Take off the pj’s and mark the pin location on one leg of your pattern in pencil – allow for the 4cm turning on the waist and 1.5cm SA on the crotch – see here we measure from 4cm down/1.5cm down</p> <p>If you lowered the waist, take the amount you lowered by on the sample off the top of the pattern when you make it shortly</p>



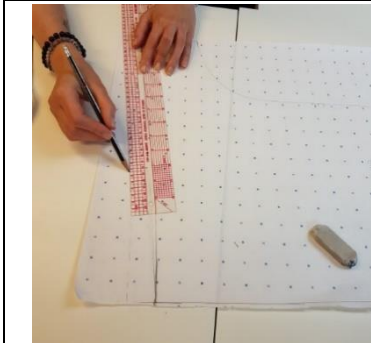
Now mark the other leg on in-seam and side seam in the same place by placing front and back patterns together



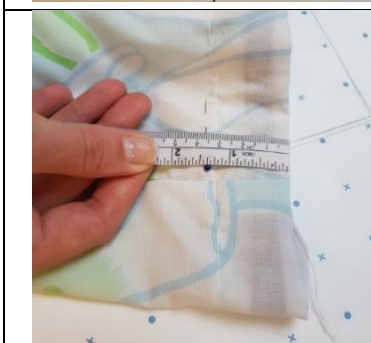
Roll off enough paper for the length of you shorts plus 5cm extra to make room for adding a hem






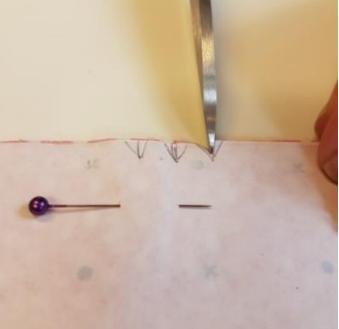

Trace around your size pattern, just down to the length you marked earlier – mark the new length at the side seam and inside leg accurately onto the paper. If you made an inner size (the patterns are multi sized), draw in the dots, then afterwards join them with a ruler. Mark all notches, the straight grain, Front, Back etc from the card pattern to your paper



Join the marks at side seam and CB with a curved line – you can check back to your pinned sample to measure the length at the mid front thigh – remember not to include that 4cm at the waist and 1.5cm at the crotch which is seam allowance/turning



If you lowered the waist height, measure from the top to your pin, and chop this amount off the top of the pattern you just traced, all the way round

	<p>Cut out your pattern and check the inside leg seam and the side seam are the same length before cutting in fabric</p>
	 <p>Fold over your fabric with your teacher's help, selvages together, and pin the pattern pieces on 5mm from the edge, lining the SG arrow up with the selvedge. If your fabric is narrow fold as in the second picture here and place one leg above the other (this is only a small bit of fabric to show the technique – your fabric will be longer and fit on two legs)</p> <p>Put extra pins on the crotch curve and cut the whole thing with the front half of the scissors, flat on the table, for accuracy.</p>
	<p>Cut notches 3-4mm deep where shown on pattern</p>
	<p>If you've not yet chosen your thread colour – choose it now, by laying the threads on the fabric to see best match</p>

NOW MOVE TO THE LONG PJ PANT INSTRUCTIONS AS CONSTRUCTION IS THE SAME AS SHORTS