

Activity	Resources needed
<p>GLOSSARY CF – centre front CB – centre back SA – seam allowance Notches – balance marks to help match garment pieces together correctly on the seams (make your pattern like a jigsaw puzzle!) Dots – like notches, these are placed to help match up pieces when cut SG – straight grain – the strongest direction of fabric (parallel to manufactured edge)</p>	
<p>BEFORE YOUR CLASS Wash and iron your garment in the usual way taking care not to over-stretch it when drying</p>	
<p>TRY ON FOR FIT Try on your garment, check it fits well. Pin any adjustments you plan to make to your replicated version e.g., add bust darts, add to side seams so less tight, take up shoulders, longer or shorter body, sleeves, different neckline etc Take it off and mark these adjustments with pen or chalk and make a list of them. Unpin so garment is back to how it was. You will make these changes near the end, after you have traced it off as it is</p>	<ul style="list-style-type: none"> • The same bra you'll wear with finished dress or top or correct shoes for trousers • Pins • Notepad or paper • Pen • Chalk, chalk pencil or water erasable fabric pen
<p>FOLD & PIN <i>Tops and dresses:</i> Fold the garment in half with good side outwards so the side seams meet, with just 2 layers of fabric being pinned together at side seam (4 if it has lining). Feed one sleeve inside out through the other which is good side out. Pin side seams, armholes, and shoulders together so you have exactly half a front and half a back to trace off. Stick the pin right through to check it's on the same seam on other side of garment Check the centre front and back are flat and not twisted – if it is twisted you may need to adjust how the garment sits together at neckline or hem i.e. move slightly, even if no longer together – when you trace off just choose one height/length or the other</p> <p><i>Skirts:</i> Fold the garment in half with good side outwards so the side seams meet, with just 2 layers of fabric being pinned together at side seam (4 if it has lining). Pin side seams, and waist together so you have exactly half a front and half a back to trace off. Stick the pin right through to check it's on the same seam on other side of garment. Check the centre front and back are flat and not twisted – if it is twisted you may need to adjust how the garment sits together at waist or hem i.e. move slightly, even if no longer together – when you trace off just choose one height/length or the other</p> <p><i>For trousers:</i> Fold the inside leg seam on the seam, pin and smooth the fabric across and pins where it lies flat. The back leg is usually larger than the front, so you will be able to trace the whole front in one go, but the back side seam will need to be done in two stages as it wraps round towards the front when pinned flat</p>	<ul style="list-style-type: none"> • Pins • Glasses if you need for close up work

<p>NOTCH PINS Put in at least one notch marker pin on every seam that attaches to another e.g., side seam, armhole (2 pins on back armhole and 1 on front – your teacher will explain. If seam is very short like a shoulder you don't need a notch. Can double pin so recognise as notch pin rather than general pin when tracing off. Don't remove your notch pins until you have completed your pattern and checked measurements</p>	<ul style="list-style-type: none"> • Pins
<p>MARK STRAIGHT GRAIN (SG) If your garment doesn't have a Centre Front (CF) or Centre Back (CB) which is on the straight grain, you'll need to mark where the straight grain of the fabric is and put pins down it. Trousers for example will need this and any panels on a top which don't have one edge on the SG (e.g., a princess seam side front or side back panel)</p>	
<p>PREP PAPER Cut a piece of pattern paper and place on foam board (or layers of cardboard).</p>	<ul style="list-style-type: none"> • Pattern paper: Burda Tissue or Spot & Cross • 5mm Foam board or a large cardboard box or dressmakers board folded
<p>CF/SG ON PAPER Draw a line to represent centre front (CF) to one side of the paper vertically. You can use the edge if there is no SA on the CF – if there is draw your SA on the edge and pin to this line OR For garments you've pinned a SG on instead, draw a line to represent the SG, leaving enough room around the line for the entire garment panel and it's SA</p>	<ul style="list-style-type: none"> • HB pencil for tissue or 2H pencil for paper • Ruler (pref Grader Ruler)
<p>PIN GARMENT FRONT TO PAPER Stick <i>vertical</i> pins in to line the CF fold of top/dress against this line, or the SG of your garment to your SG line on paper. Then use more pins to spread out the rest of the garment. Consider pinning on the seams to minimise the number of holes in the paper at the end!</p> <p>You may not be able to trace the whole thing at once if garment doesn't lie flat (e.g. if it has darts, shoulders or with trouser back leg – so most garments really!) – just pin as much as you can without stretching, and create a barrier (or Kat calls it a fence!) of pins at the point that you can't pin flat any further – this barrier will then stay in place when you remove the pins from the first half, and add more pins to trace off the second half. You may have to do this several times if you have darts or other features</p>	<p>As above</p>
<p>DRAW/WHEEL Where the seam is on an edge or you have a neckline, hem, or sleeveless armhole, sketch round the edges of these onto the paper. For seams that are mid garment, use the spikey wheel, or fabric is too thick, or you feel the wheel is snagging the garment, you can use a strong long pin to stab dots.</p> <p>When using pins rather than the wheel, lift the garment as soon as you have stab-marked it, and mark with pencil too, so you are clear what these marks are when you remove the garment (they won't look as clear as the tracing wheel marks).</p> <p>Wheel the notch marker pins at right angles to the seam lines. Take care to mark all your notches very accurately right on the pin position</p> <p>When you have traced the first section up to the barrier pins, leaving the barrier pins in, remove the vertical pins from the end you've traced and</p>	<ul style="list-style-type: none"> • Spikey tracing wheel • Pencil • Strong long pin optional

<p>flatten the rest out and trace/wheel it. If you are doing a dart. Leave the dart point pin in and pivot the garment the size of the dart, re-pin and carry on tracing. Your teacher will show you how</p>	
<p>PIN GARMENT BACK TO PAPER On the other end of the paper draw a line to represent the Centre Back (CB) or the SG again for the back of the trousers. Make sure there is room for both pieces plus their seam allowance on the sheet. Get more paper if not Repeat the above process for the back of the garment</p> <p>If you are making trousers the back leg is usually wider than the front so you can't trace it one go (you'll see what I mean), so you can only trace up to where the fabric folds round the corner to the side seam. Pin the fabric together flat where this fold is and put in marker pins (temporary, just for tracing the pattern, these are not notches) x 3 spaced out on this folded edge. When you trace with a pencil down this fold on the main part of the back trouser, mark the notch. Then flip over the trouser folded edge to sit the other side of this pencil line, keeping CONTINUED OVERLEAF the marker pins in the same place. Place trouser fold on your pencil line all the way from waist to hem, vertical pin and use wheel to trace side seam and actual garment notch pins.</p> <p>Do the waistband as separate pattern: if it's a straight waistband can measure the trouser waits (check against your garment waistband length too) and draft out, if curved can trace. Make sure it fits the waist of your trouser when you check your measures later</p>	<p>As above</p>
<p>PIN GARMENT SLEEVE TO PAPER If you have a sleeve, draw a straight line again on your paper to represent the sleeve midline (outer arm), leaving room for the sleeve either side and it's SA. Unpin the armholes if you had them pinned for tracing the bodice. Pin the underarm seam flat/together. Lay the midline fold of the sleeve which will now be pinned in half, along the line you drew on the paper – secure with vertical pins. Use the wheel to trace off the sleeve-head and notches and pencil to draw in the underarm seam and hem. Marking any notch marker pins Then flip the sleeve over on the line and repeat</p>	<p>As above</p>
<p>CHECKING IT MATCHES Here you will check everything fits together - if seams are different lengths or notches don't match, measure that seam your garment – which was correct?</p> <p>On the side seams measure from armhole to notch marker, and notch marker to hem on the front – is it the same as the back? If not keep the notch markers the same and adjust the height or length so F & B side seams are the same – unless this looks wrong – your teacher will advise. Check shoulder seams are same length. If you traced sleeves check the sleevehead notch to underarm seam on F & B sleeve matches the armhole of your top and that the notches match (from underarm to notch – there may be ease in the sleevehead depending on the design, which will mean from notch to sleeve-head may be slightly longer on the sleeve than armhole). Where you have 2 notches on back just use the one closest to the armpit for measuring</p> <p><i>For trousers:</i> check notches and waist and hem match on front and back side and</p>	<ul style="list-style-type: none"> • ruler or tape measure

<p>inside leg seams</p> <p>All garment types: measure some key points on your garment flat and compare to the pattern, just to check it's going to fit you – your teacher will advise. If in any doubt add an extra 1cm seam allowance to the sides, waist seam for waisted dresses etc just in case, making the seams 2.5cm instead of the usual 1.5cm we add in the step below</p>	
<p>ADJUSTMENTS TO FIT Make any adjustments you had planned E.g., add bust darts, add to side seams so less tight, take up shoulders etc</p>	<p>As above</p>
<p>SEAM ALLOWANCE, MARKINGS etc Add seam allowance in the same areas your original garment had it – you might want to use 1.5cm throughout and 2.5cm seam allowances on the side seam and shoulders in case you need to alter it. You could also add an extra 2-4cm to the length just in case and re level the hem later</p> <p>CONTINUED OVERLEAF Whatever adjustments you make in fitting later, mark the final sew line back to the pattern and trim the side seam allowance back down to 1.5cm and hem to whatever turning you want. That way your second garment will be a great fit. The only exception to this rule is jersey, as each stretch fabric stretches a different amount, so you may need to adjust the pattern each time you use a new fabric! Your teacher can advise plus see next section. Also:</p> <ul style="list-style-type: none"> • Mark number of pieces to cut on each pattern piece • Note if your seam allowance arrow should indicate a certain way up (or you can write waist, hem etc) • Need interfacing? Worth noting on the pattern which way up sticky side of the interfacing should be on non-symmetric pattern pieces e.g. waistband with tabs). • Check have addressed facings, bindings, elastics, zips and any other bits 	<ul style="list-style-type: none"> • Grader ruler
<p>IF YOU ARE TRACING A STRETCH GARMENT you should make a note of the % stretchiness of the original garment the pattern was made from, then check the % stretch of the fabric you plan to use.</p> <p>Another way to check the pattern is ok for the stretch % of your jersey you want to make it up in:</p> <ol style="list-style-type: none"> 1. to measure the hip/bust circumference of your pattern without seam allowance (total circumference) 2. wrap that amount of your chosen fabric round you in the same body area like this: <ul style="list-style-type: none"> ○ measure it with a tape measure flat on the table ○ fabric should be relaxed and flat not stretched or wrinkled ○ pick it up either end of this measurement - don't hold it right at the edge of the fabric where it's cut as this will be stretchier than the body of the fabric ○ also check you are using the max stretch direction of the fabric around your body ○ keep the max stretch straight around your body i.e., don't wrap with fabric at an angle ○ check it feels comfortable/looks like your original garment when you wrap it round your bust or hip with the 2 points meeting. 3. If it needs to be bigger to look/feel good: 	<ul style="list-style-type: none"> • Ruler or tape measure

<p>a) wrap it comfortably how tight or loose you like it, b) hold securely where the edges of your fabric now meet (keep the max stretch straight around your body i.e., don't wrap with fabric at an angle), c) keeping your fingers there lay it back on a tape measure to see what measurement it is d) the difference between that and your pattern circumference is how much bigger the pattern will need to be. e) Divide this by 4 to get how much extra each quarter will be (e.g., the half front and half back will each need to be increased by a quarter of this difference)</p> <p>4. Likewise, if it needs to be smaller do the same to find out how much smaller each section of the pattern needs to be.</p>	
<p>CONGRATULATIONS! You have completed your pattern. Make your first garment from it in an inexpensive fabric, tweak the fit, mark changes back to your pattern and then the next one you can make in that £30/metre silk!! More details below.</p> <p>If there is time your teacher can help you work out how much fabric to buy and what notions you need. If not, we can help you with any aspect of clothes making including planning in our Stitch Sewing and Dressmaking Classes, details below</p>	

Cutting out and FURTHER FITTING TWEAKS IN FABRIC at home/Stitch classes

The first time you sew your replicated garment, make it in an inexpensive test (although wearable) test fabric.

Once you have cut out and notched your fabric pieces,

1. stay-stitch any unstable edges (ordinary line of stitching on the single layers, just inside sewing line i.e., 1.3cm from edge if SA is 1.5cm) e. g. round or bias necklines, tops of waist on snug fitting trousers that may be stretched when trying on if not stabilised.

2. Pin the garment together **WRONG** sides together, with the pins along the sew line running parallel to the cut edges to mock up where the stitching will be. Note what seam allowance you used for each area, you may have allowed more on the sides. This includes pinning darts inside out which is fiddly but well worth it. Use small safety pins instead of pins for delicate body areas or tight-fitting garments. Leave the zip or button area open so you can get it on

3. Try it on with fabric right side out like the final garment - you may need help pinning closed for back opening garments. How are the darts? How is the fit overall e.g., hips, check everything, and because the seam allowance is sticking outwards you can adjust the pins for it to fit perfectly.

4. Once you are happy take off, mark chalk on wrong side where you adjusted sewing line, re-pin fabric right sides together, sew.

5. Try on for fit and if good mark changes back to the pattern and trim pattern side seams back to 1.5cm (or whatever is appropriate) so you can go right ahead and make without fitting next time (unless it's in jersey, see above section on stretch fabrics). You can trim down any excessive seam allowance on garment too if needed, perhaps re-zigzag edges to avoid fraying

Where to get resources:

- Morplan Grader Rulers from us at class* for £15 (or buy online from Morplan: min order £20 + £5.95 delivery or morplan.com/shop/en/morplan/flexible-grader-rulers)
- 5mm thick foam art board (buy 2x A1 for £7+£3.50 delivery at <https://www.hobbycraft.co.uk/white-a1-foam-board-2-pack-bundle/620485-1000>)
- Pack of Burda Tissue Paper from Ebay or Sew Essential online <https://www.sewessential.co.uk/burda-tissue-paper>)

- Spikey tracing wheel – best is to buy from Hand Tools online here:
<https://www.wellmadetools.co.uk/get-precise-pointed-high-grade-steel-needle-pointed-tracing-wheel-pattern-making-pattern-tracing?search=tracing%20wheel>
- Spot & Cross paper 75p metre from us in class* or online by the roll from William Gee:
<https://www.williamgee.co.uk/product-category/design-aids-and-equipment/pattern-paper-and-card/>

*You can buy Grader Rulers or Spot and Cross paper from us during a class. Or you can pop by and buy them if you email us on info@sewinbrighton.co.uk we'll let you know when we'll be in the office/classroom

Which classes to attend to get help replicating your clothes or sewing clothes from patterns you've made or bought:

- **Replicate Your Clothes workshops** – throughout the year
- **Our weekly Sewing & Dressmaking 'Stitch' Classes** - choose from 4-6 classes a week, block book then choose random dates to suit your schedule as you go, suitable for all levels inc total beginner
- **One-to-one lessons with us**
- **All can be accessed via www.sewinbrighton.co.uk/viewclasses or use the search bar at top of website**

Please email us with any questions: info@sewinbrighton.co.uk

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