

# P7 MADE- TO-MEASURE SKIRT



PATTERN  
PROJECT

# 3

## MEET THE P7

An introduction to the garment 'P7' and its parts.

# 6

## ANATOMY OF A SEWING MACHINE

A guide to its parts.

# 4

## COTTON TO GARMENT

How cotton goes from seed to the garment you see.

# 8

## ESSENTIAL TOOLS

Some of the tools that you would need for sewing and repair.

# TABLE OF CONTENTS

# 9

## LEGEND

How to follow the drawings and annotations.

# 10

## GLOSSARY

An overview of basic sewing techniques and terms.

# 12

## INSTRUCTIONS

Step by step instructions for sewing your skirt

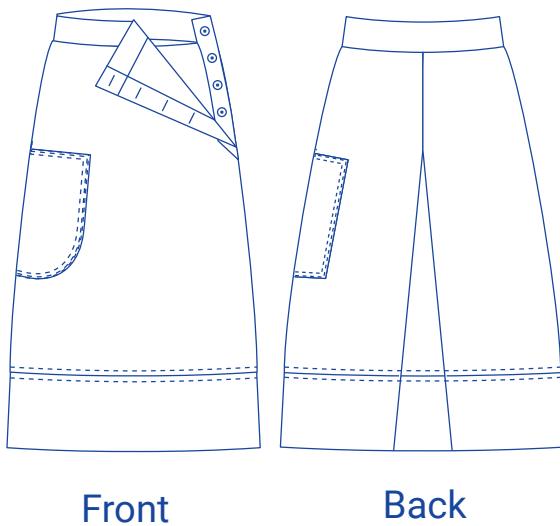
# 15

## INSTRUCTIONS

Step by step instructions for sewing your P7.

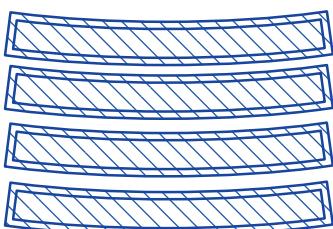
# MEET THE P7 SKIRT

The P7 is a slightly cocoon shaped skirt, with a box pleat and large functional pocket overlapping with the side seam. It should have a semi-tailored fit (snug on the waistband and relaxed around the hips.)

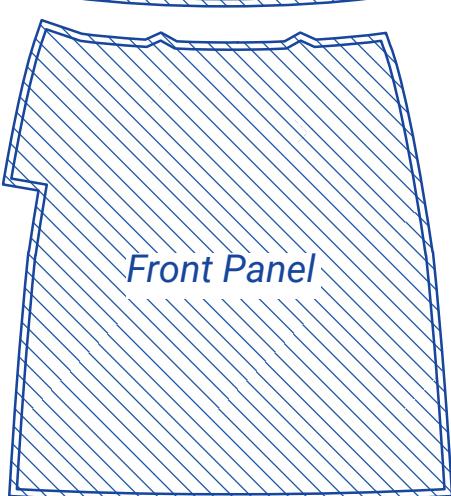
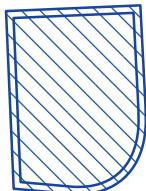


The skirt is made of 9 pieces.

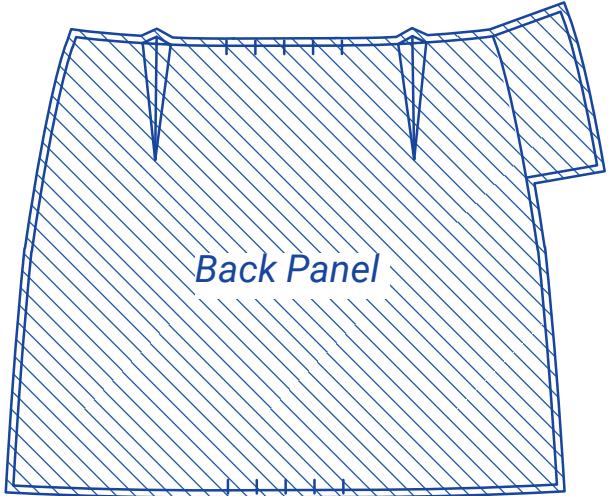
*Front Facing  
Back Facing  
Front Waistband  
Back Waistband*



*Pocket*



*Front Panel*



*Back Panel*



*Lower Front Panel*



*Lower Back Panel*

# FROM COTTON TO GARMENT

## PICKING

Cotton comes from cotton plants grown in warm parts of the world such as India, China and the USA. The cotton fibers grow from the seeds skins. In this image, the round white ball is the cotton fiber. These are either handpicked by farmers or using a machine.



## GINNING

When the cotton fibers are picked, they are cleaned and ginned. Ginning is a process of separating the fibers from the seeds and then they are combed.

## SPINNING

Machines are used to pull and twist the fibers into yarn.





## WEAVING

The yarns are woven together to form a fabric. The weft is the yarn that goes over and under the vertical warp yarns.

## DYEING

Dye and other chemicals are often applied to the material to add color. This maybe done at the yarn stage (after the spinning) or once the fabric has been woven.

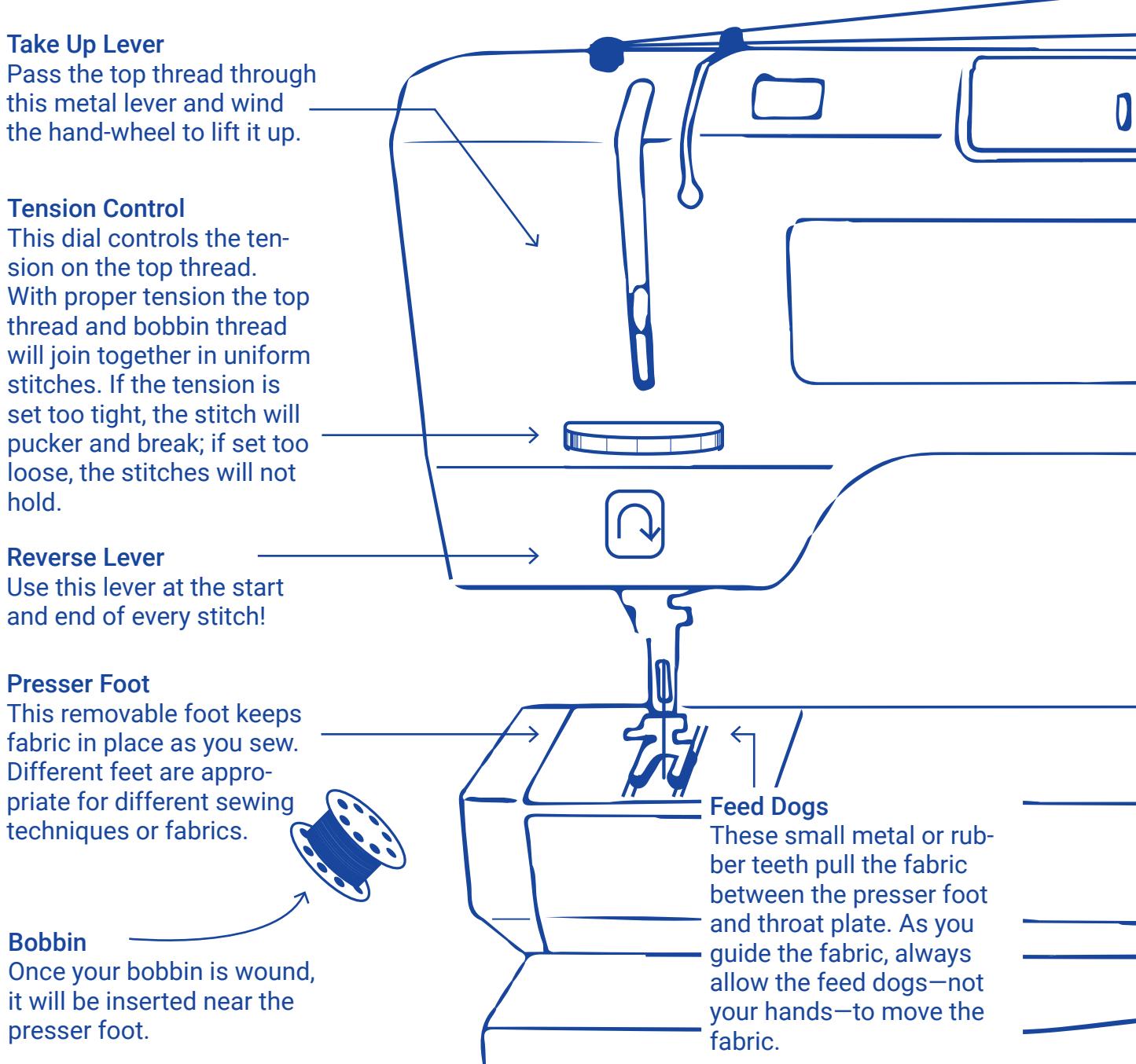


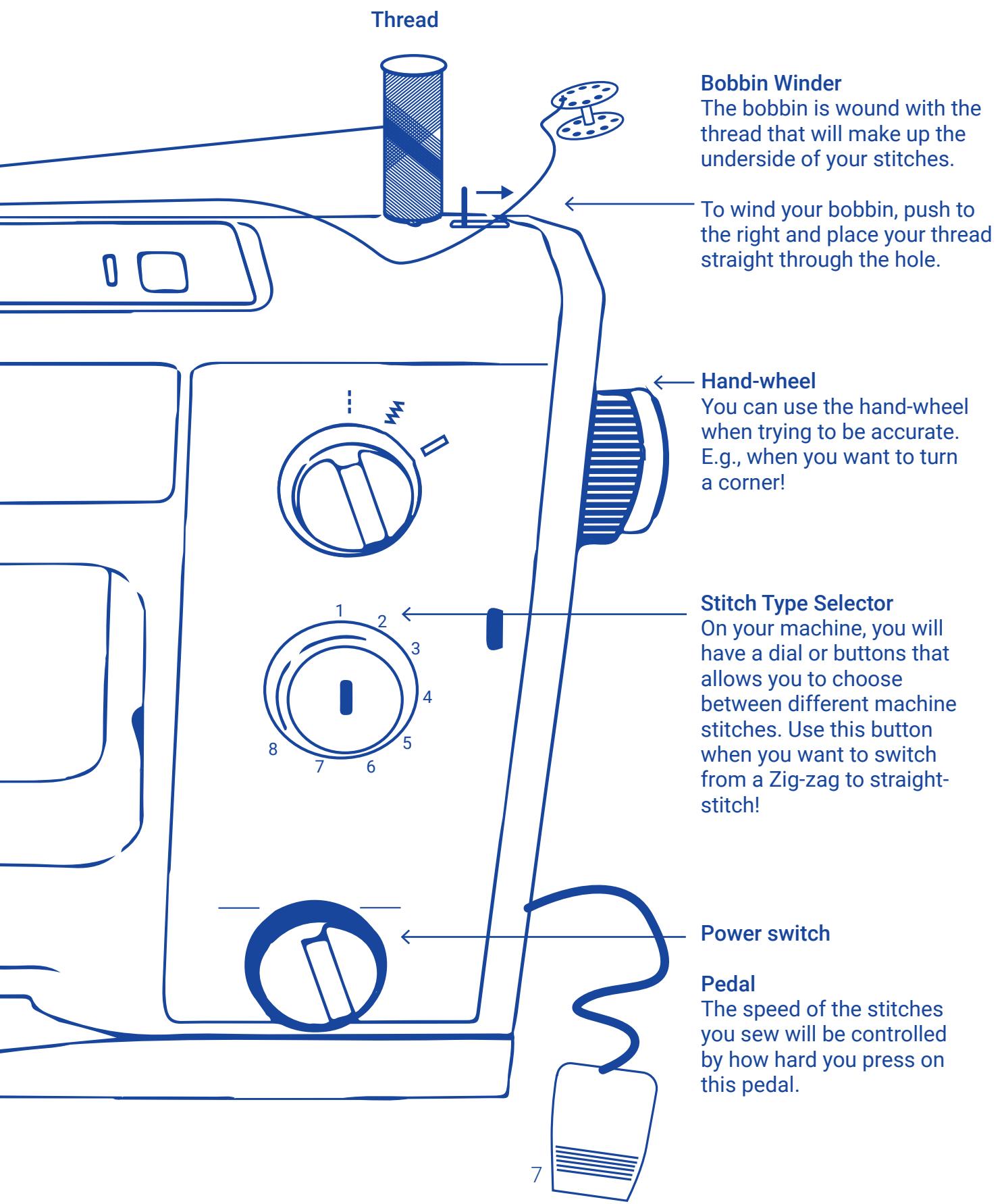
## STITCHING

The now ready fabric is cut into pattern pieces and stitched together by sewists using sewing machines.

# ANATOMY OF A SEWING MACHINE

A sewing machine is a wonderful bit of mechanics. A needle pushes thread up and down, and a very strong seam is formed. While every sewing machine is slightly different, most have some basic features that are similar across models. Labeled are the key components of a sewing machine, spend some time familiarising yourself specifically with these

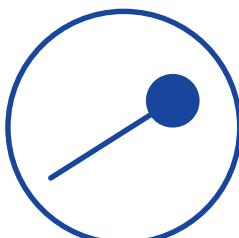




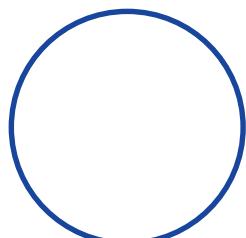
# ESSENTIAL TOOLS



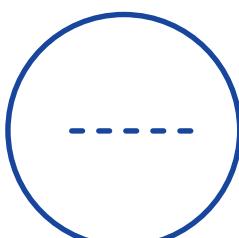
# HOW TO FOLLOW THE DRAWINGS



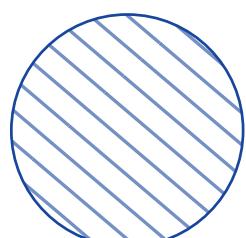
PINNING



RIGHT SIDE  
The side of the fabric you want to see



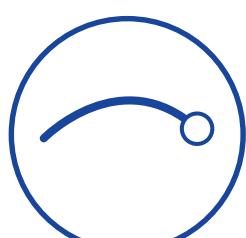
STRAIGHT STITCH



WRONG SIDE  
The inside of the fabric, it has stitch-guides on it.



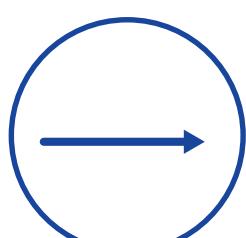
ZIG-ZAG STITCH



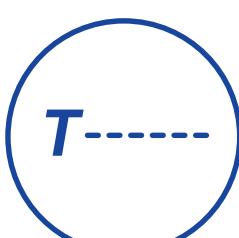
FOLD/ FLIP



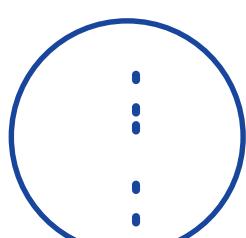
PRESS



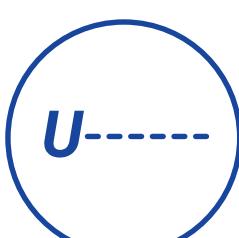
STITCH DIRECTION



TOP STITCH

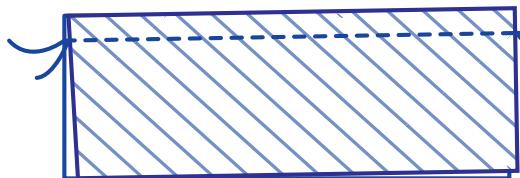


FOLD



UNDER STITCH

# GLOSSARY

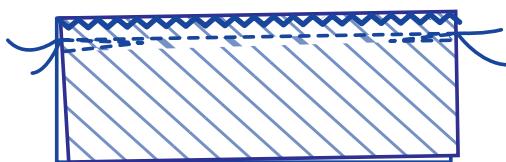


## Straight Stitch

A straight stitch is the most basic stitch that you will use when sewing. Always secure a straight stitch by back-stitching.

## Backstitch

Backstitching is done by sewing 2-4 stitches backwards and forward at the beginning and end of a seam, on top of the seam stitches, to prevent the stitching from coming undone.

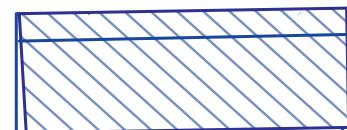
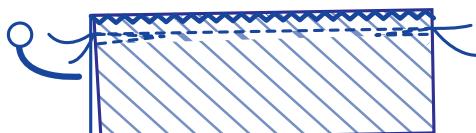


## Zig-zag stitch

A zig zag stitch is a geometric side to side stitch used for seam finishing, most machines have this stitch. It helps prevent fraying on the edges.

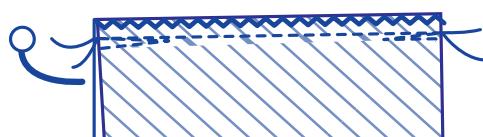
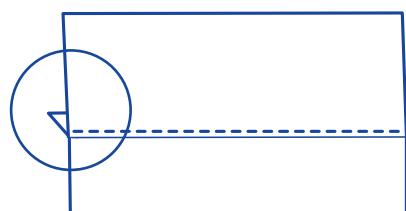
## PP Guide / Stitch Guide

Lines marked on the wrong side of the fabric help sew the garment accurately. Stitch guide refers to the guides you should stitch on top of.



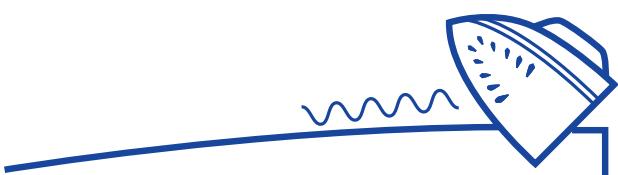
## Top-stitch / Edge Stitch

A line of stitching parallel to a seam or edge, sewn from the right side. These can be decorative or can be used to add strength to an item. Called an edge stitch when its very close to the seam edge.



## Under-stitch

Under-stitching is a line of stitches that are sewn close to the edge of a facing to keep it from rolling toward the outside. It catches the seam underneath.



## Press

Press refers to ironing the fabric. Always use water while pressing - either as a spray or in a steam iron.

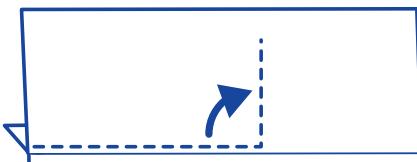


## Right sides together

The right side is the 'good side' of the fabric, it is the side of the fabric designed to be on the outside of the garment. Right sides together mean that you should place the fabric panels so that the 'good sides' are facing each other (inwards).

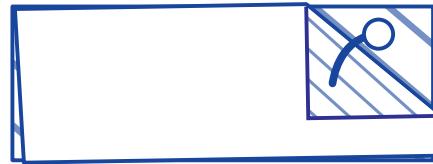
## Wrong side together

The inside or back of the fabric. The side that isn't on show. Wrong sides together mean that you should place the fabric panels so that the good sides are facing outwards.



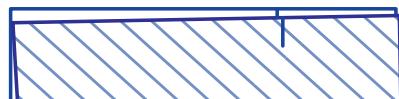
## Notch/ notches

Notches are clips or wedges cut into the seam allowance in order to help match the corresponding seams during sewing.



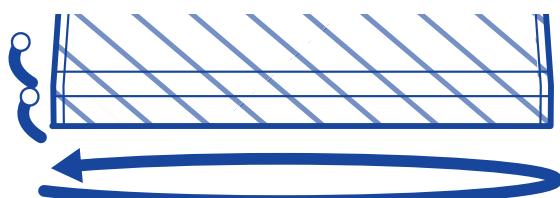
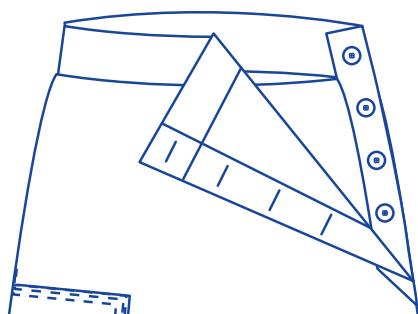
## Needle Pivot

To needle pivot, sew till the corner and leaving the needle in the fabric. Lift the presser foot, rotate the fabric and continue sewing.



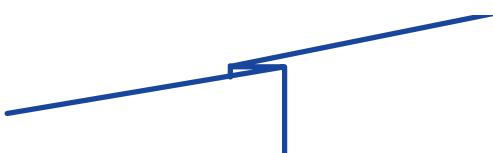
## Placket

An opening or slit in a garment, where buttons and buttonholes are placed. They are made by folding edges.



## Double-Turned hem

A hem is the edge of a fabric panel, such as the bottom edge of a skirt or dress. As the name indicates, a double-fold hem is made when you fold the fabric over on itself to the wrong side two times, to hide the raw edges and create a neat, finished hemline.



## Pleat

A type of fold formed by doubling fabric back upon itself and securing it in place.

# INSTRUCTIONS OVERVIEW

- 01 STITCH ON THE LOWER PANELS
- 02 MAKE THE BOX PLEAT
- 03 SEW THE DARTS
- 04 STITCH THE LEFT SIDE SEAM
- 05 PREPARE & STITCH THE POCKET
- 06 STITCH THE RIGHT SIDE SEAM
- 07 CREATE THE PLACKET
- 08 INSERT THE CURVED WAISTBAND
- 09 ADD THE BUTTONS
- 10 HEM THE BOTTOM

# 01 STITCH ON THE LOWER PANELS



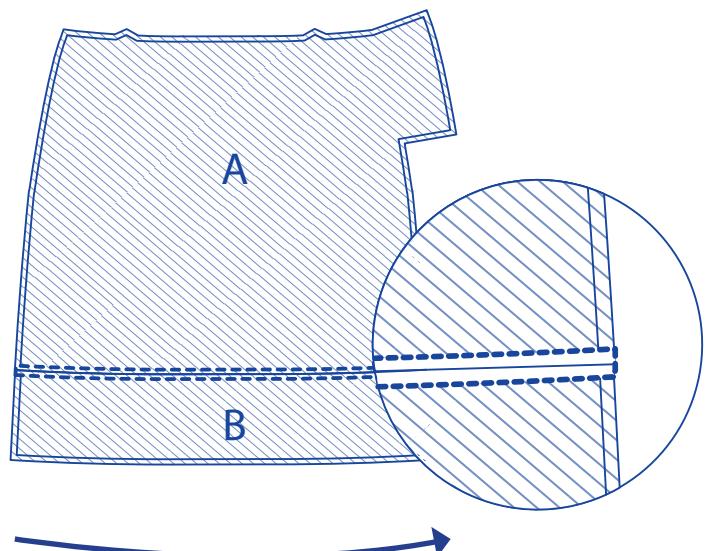
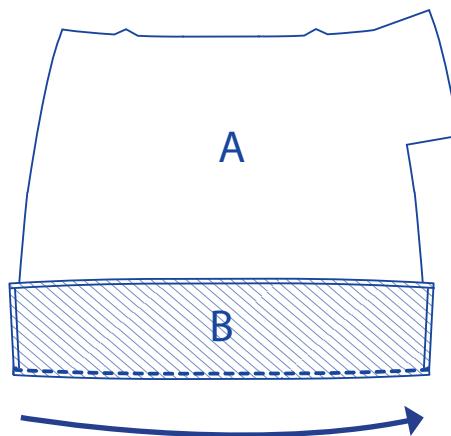
Place pieces A & B right sides together, pin the corners and match up the central notches. Add more pins, making sure that the edges still match up smoothly.



Sew the seams together with a straight stitch. Press the seams open.



To get a sharp finish, create a double-top stitched seam by sewing 1-2mm from the edge of both seams to secure or you can simply zig-zag stitch the seam to prevent fraying.



Repeat for pieces C & D.

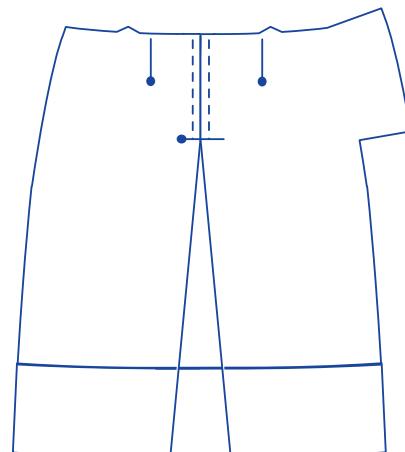
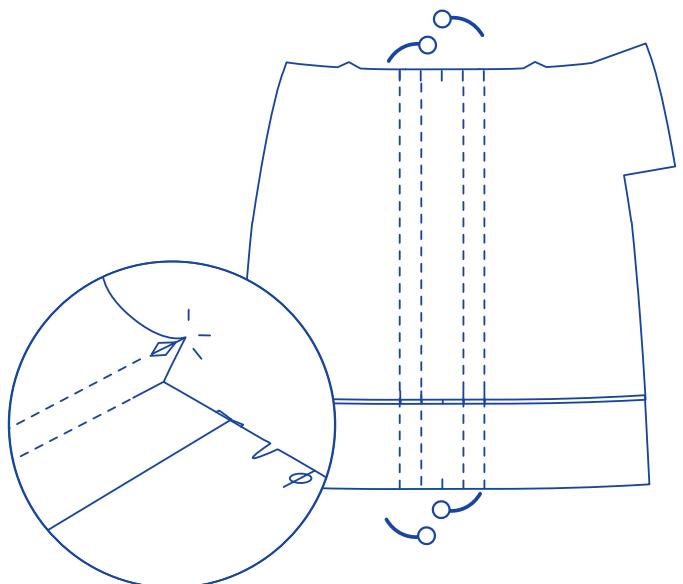
## 02 MAKE THE BOX PLEAT



Place the back panel (wider) RIGHT SIDE up on your ironing board. Working on the left side, carefully pinch the fabric along the centre-line of the diamond-shaped cut-outs on the top. Bring the folded fabric over towards the centre-line of the fabric, pin and PRESS. On right side, similarly, crease along the middle of the circular cut out, bring over to the centre-line, pin and PRESS. Locate the horizontal marking on the wrong side of the fabric, and stick a pin horizontally across the marking so that it is visible from the right side.

•••

Top-Stitch close to the edge, down to the pin mark.



## 03 SEW THE DARTS



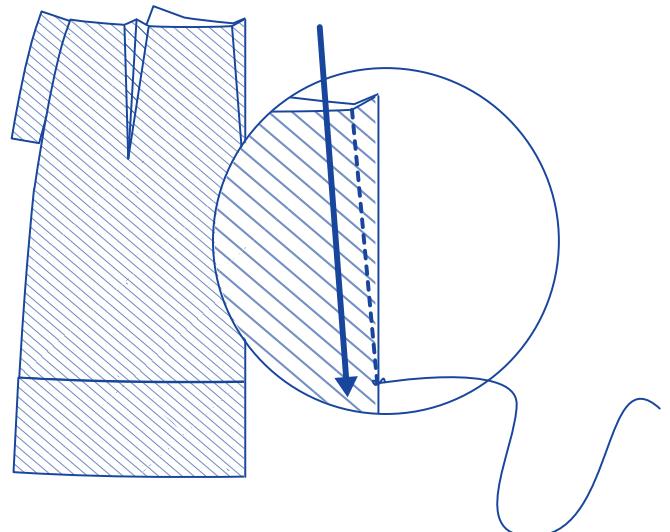
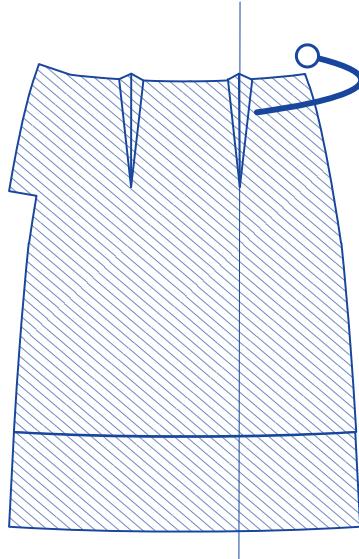
Darts are triangular shapes which help create a better fit around the curved parts of our bodies. Fold the 'legs' of the dart, **RIGHT SIDES TOGETHER** and pin perpendicular to the seam guide.



Starting from the edge of the fabric and sew towards the dart point. Leave long tails of thread and tie a knot at the end of your dart. Repeat for all the remaining darts.



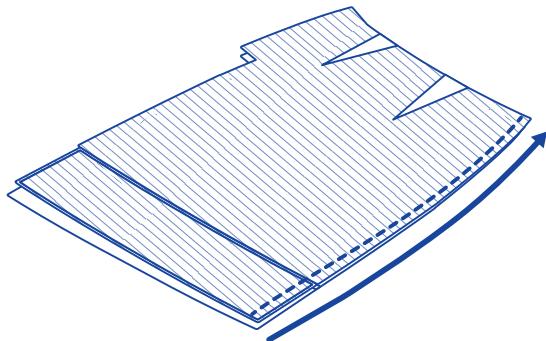
Press away the darts towards the centre of the skirt.



## 04 STITCH THE LEFT SIDE SEAM



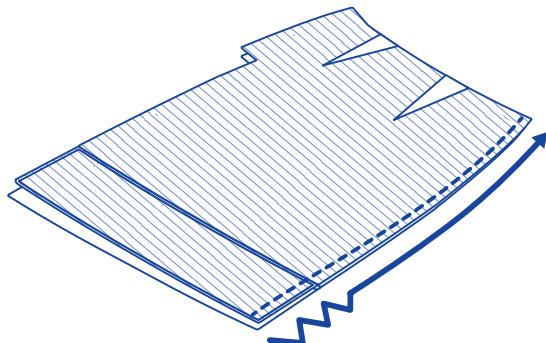
Place the two skirt panels so that the **RIGHT SIDES** of the fabric are touching each other on the inside and pin down the side without the extra fabric on top.



Follow the stitch guide (on the **WRONG SIDE**) to sew the left side seam together.



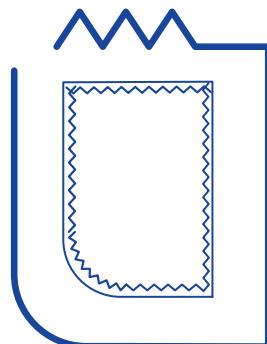
Zig-zag the two seams together for a neat finish.



# 05 PREPARE AND STITCH THE POCKET

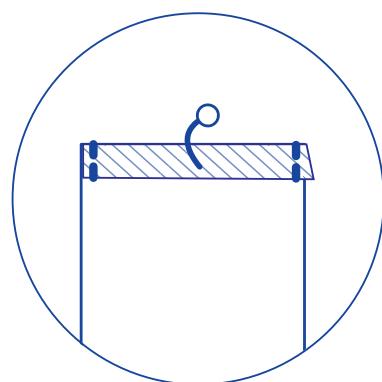
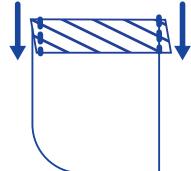


Zig-zag stitch all the pocket (E) edges.

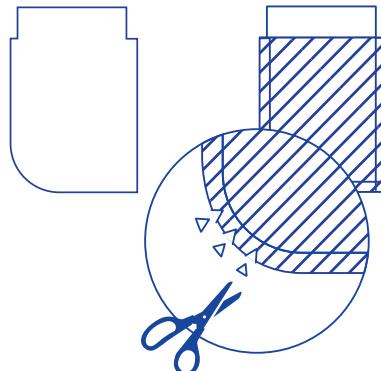


•••

Fold the top edge along the first guide, towards the **RIGHT SIDE**. Sew along the seam guides on the short edges.

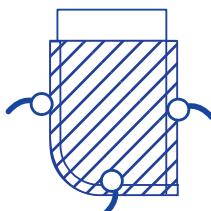


Turn the fold back and use a ruler or similar to make sure the corners are pushed out with a sharp point. Press the top edge.



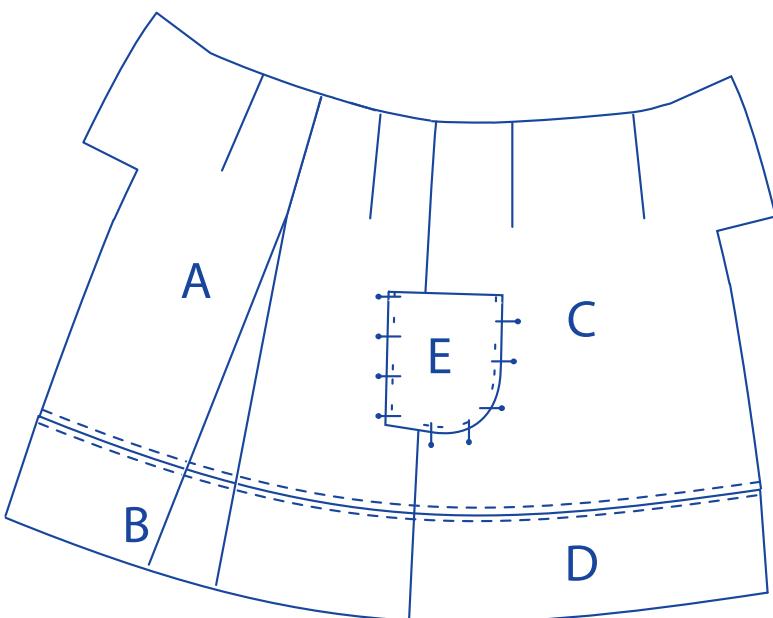
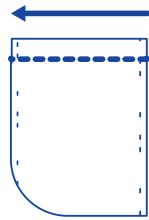
Snip little triangles out of the seam allowance along the curved edge every 1cm.

Turn and press the rest of the edges along the 1cm stitch guides towards the wrong side of the fabric.

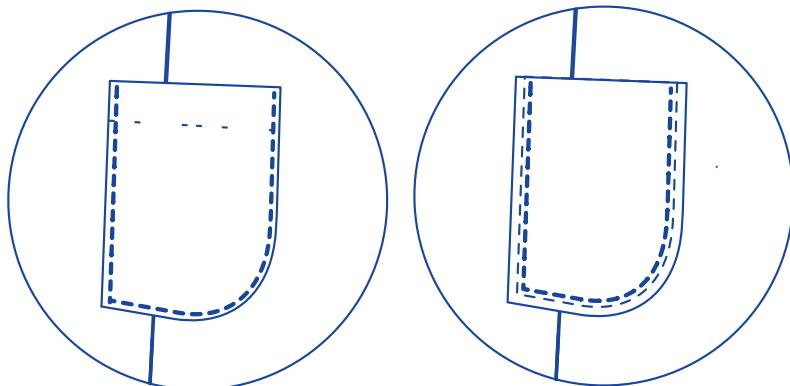


**T---**

Top-stitch a straight line on the top fold, sewing this just above the zig-zag stitched edge - remember to catch the folded seams.



Place the pocket **RIGHT** side up on the sewn left side seam, using the guides on the **WRONG** side of the pocket to align it vertically. Decide the vertical placement yourself and pin it in place.



**T---**

Top-stitch around the pocket, close to the folded edge - making sure you back-stitch to lock in the stitches. If you are feeling confident, Sew a second top-stitch by lining up the foot of your machine with the first edge stitch to finish.

# 06 STITCH THE RIGHT SIDE SEAM



Place the two skirt panels so that the **RIGHT SIDES** of the fabric are touching each other on the inside and pin down the side with the extra fabric (placket).

---

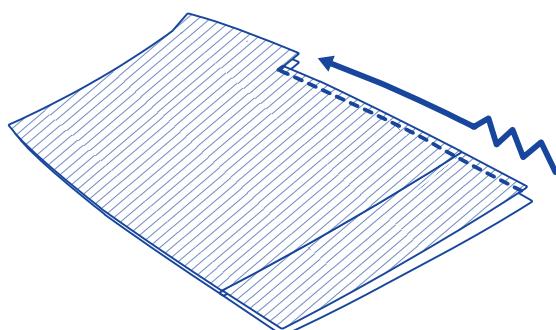
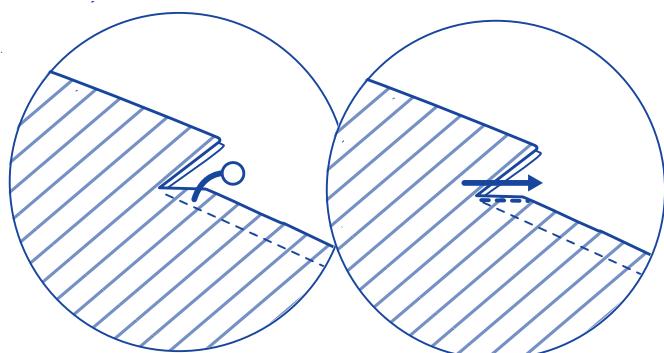
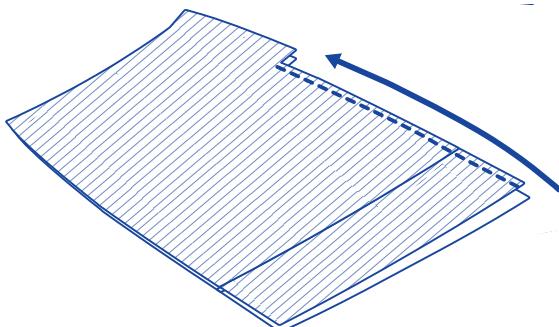
Start at the hem, follow the stitch guide (on the **WRONG SIDE**) to sew the right side seam together. Stop before the placket.

---

Fold the seam edges near the placket inwards to form a neat triangle and straight stitch.



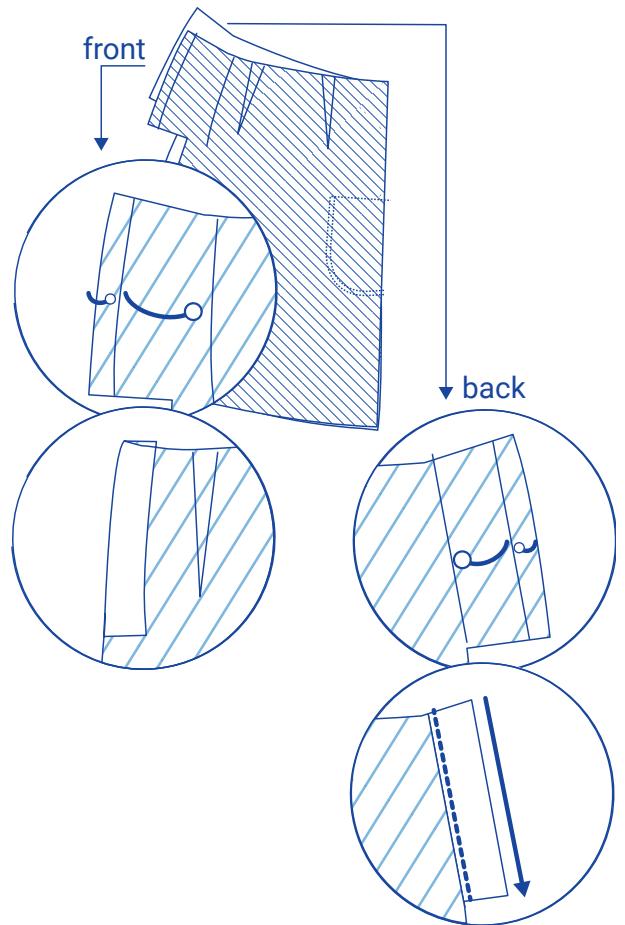
Zig-zag stitch the edges together for a neat finish.



## 07 CREATE THE PLACKET



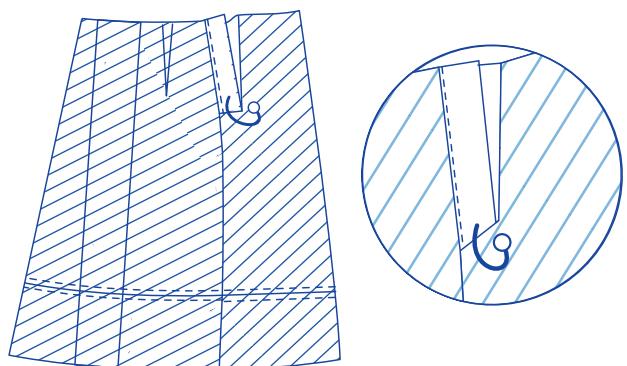
Place the skirt with the **WRONG SIDE** facing you. Fold the front placket to meet the first guide and press. Fold again to meet the second guide, press and pin in place. You will now have a nice clean edge. Do not stitch yet. On the **WRONG SIDE** of the **BACK** panel (the one with the box pleat), fold the placket to meet the first guide and press. Fold again to meet the second guide, press and pin in place.



Edge Stitch the back placket 2mm away along the folded edge.

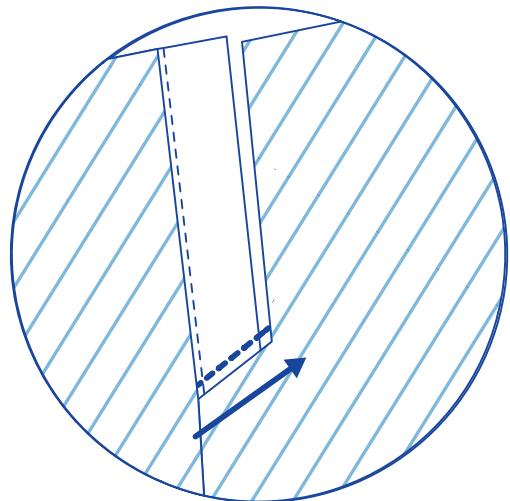


Rotate the skirt so that the plackets are in the middle of the work table. Place the **BACK** placket on top of the **FRONT** placket, aligning the cut out notches. Fold the bottom right corners of the plackets together inwards to create a right angle triangle aligning towards the fold line. Pin together.



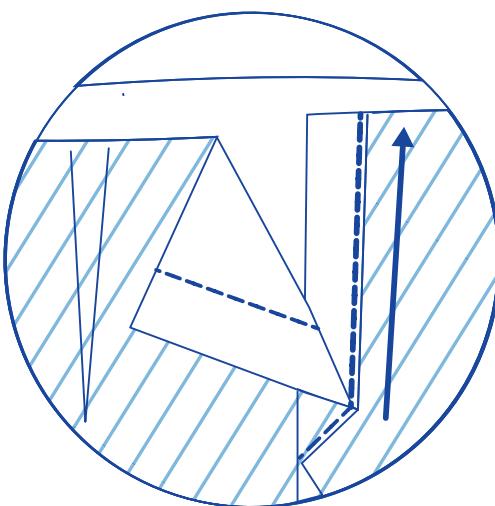
•••

Top-stitch along diagonal line, **make sure to catch both plackets and the front skirt panel.**



•••

Pivot the skirt around and open the placket. Top-stitch the edge of the placket on the FRONT PANEL.



*Remembering which is the front and back placket might get a little confusing. The front placket is the one on the front panel (without the box pleat), it will be the one on top when viewed from the RIGHT SIDE.*

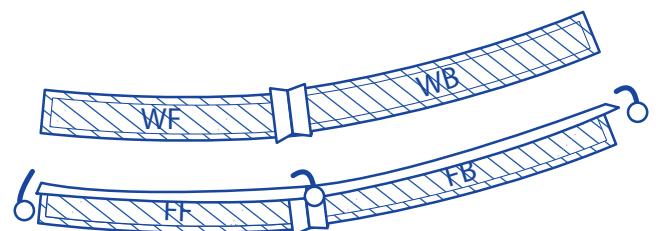
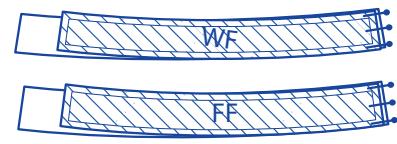
# 08 INSERT THE CURVED WAISTBAND



Place the front and back waistband pieces (WF, WB) **RIGHT SIDES TOGETHER**, with the front piece (WF) facing you. Make sure that the curves are facing up. Match the short edges and pin. Repeat for the facing pieces (FF, FB).



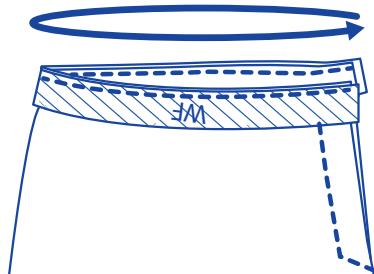
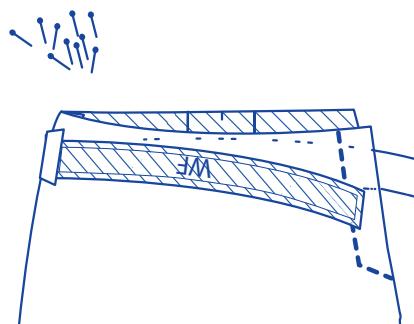
Straight stitch the pinned edges together to create two long strips. Press the seams open. For the facing strip fold the top edge along the seam guide & iron in place.



Turn the **waistband strip (WF+ WB)**, so that the curves are now facing downwards. Match the short stitched edge of the waistband strip to the left side seam (**RIGHT sides together**). Carefully pin all along the top. The strip should be 1cm longer than the skirt circumference on both sides.

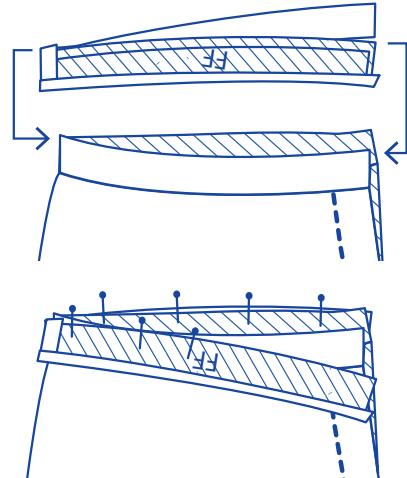


Straight together along the seam guide. Trim down the seam allowance next to the strip to 2mm to reduce bulk, press the seam towards the waistband. Turn the waistband strip up so that the right side faces up. Gently stretch to match the curves.

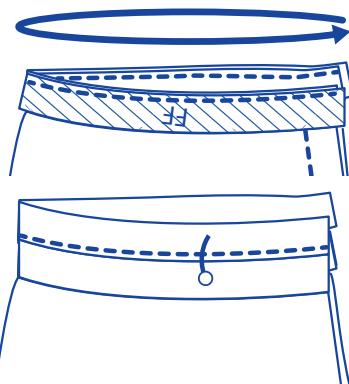




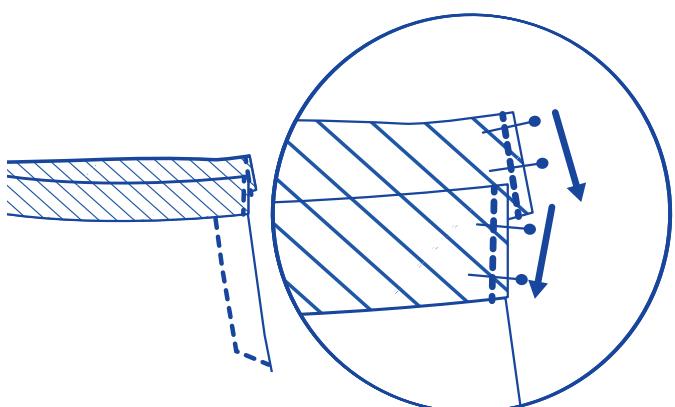
Turn the **facing strip (FF+FB)**, so the curves and folded seam are now facing downwards. Match the **unfolded bottom edge** to the top of the waistband strip. Pin the **FACING** to the **WAISTBAND** along the top edge, **RIGHT** sides together. Gently stretch to match the curves.



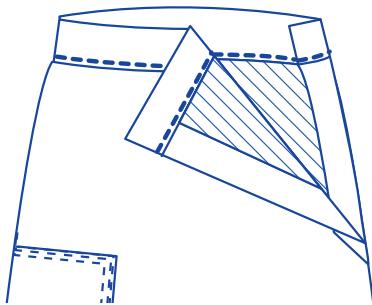
Straight stitch around the top edge following the seam guide. Under-stitch the seam allowance to the **FACING**, starting and stopping about 2 mm from each end. Trim back the allowance. Flip the **WAISTBAND** so that right sides are together with the facing.



Pin the short edges closed and straight stitch along the seam guide. Flip the **facing strip** so that it faces the inside of the skirt. Roll the stitch line slightly towards the inside (the under-stitching will help with this). Turn out the corners using a pencil. Give the waistband a good press.

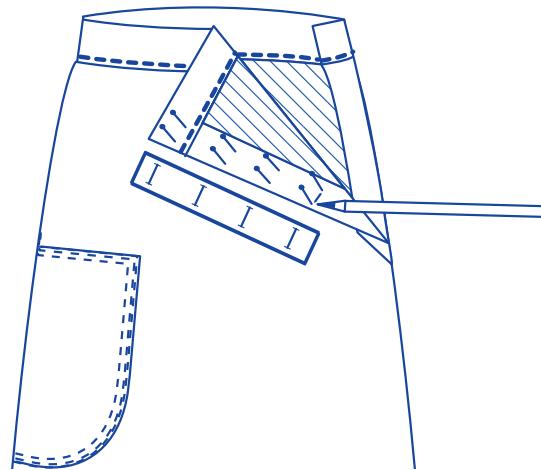


Pin the pre-folded facing strip edge in place. Top-stitch the waistband in place by sewing on the right side or 'stitch in the ditch'.



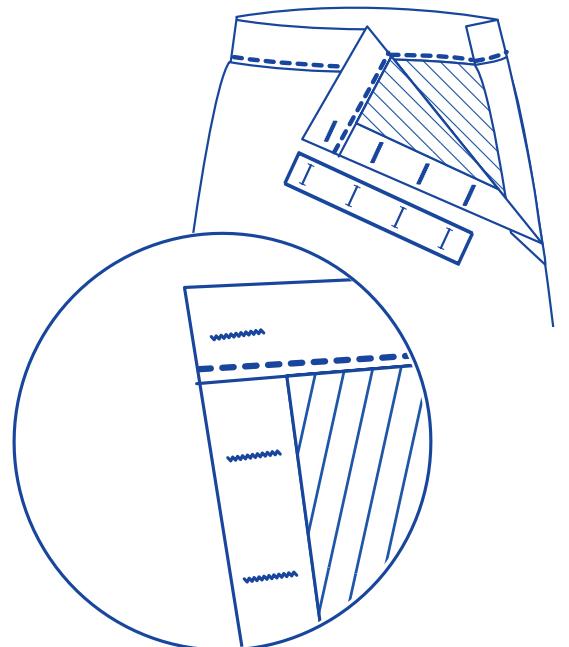
## 09 ADD THE BUTTONS

The buttonholes will be on the front placket on the left. Place the buttonhole template on the front placket and transfer the horizontal markings using pins vertically inserted (be careful not to prick yourself!). Gently lift the template off, keeping the pins in and then draw the lines between the pins using a pencil.



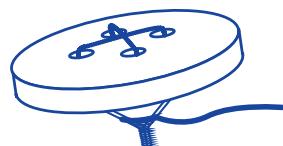
### Sew the buttonholes.

Remove the presser foot and attach the buttonhole foot. Pull out the button holder plate, then insert the button which will determine the length of the button hole. Use the markings on the button hole foot to align your fabric with the markings under the foot. Stitch the buttonhole using the buttonhole stitch on your machine. Using an unpicker, carefully unpick the fabric through the centre of the buttonhole.



### Attach the buttons.

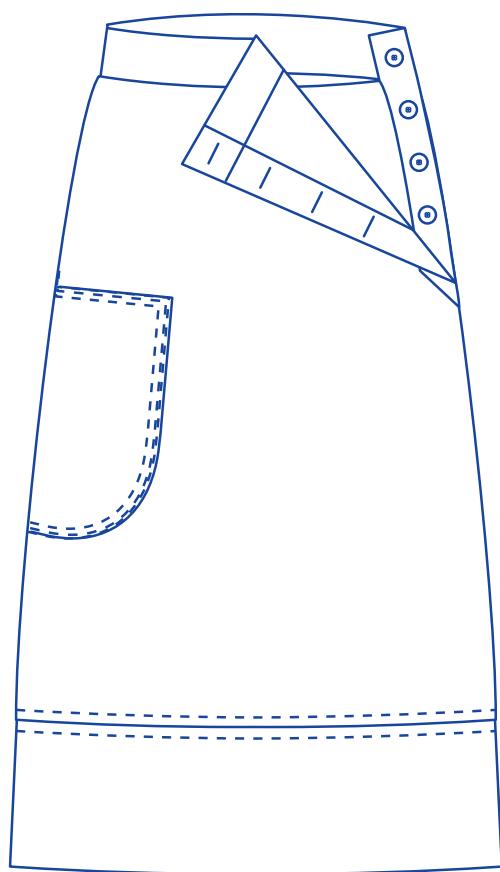
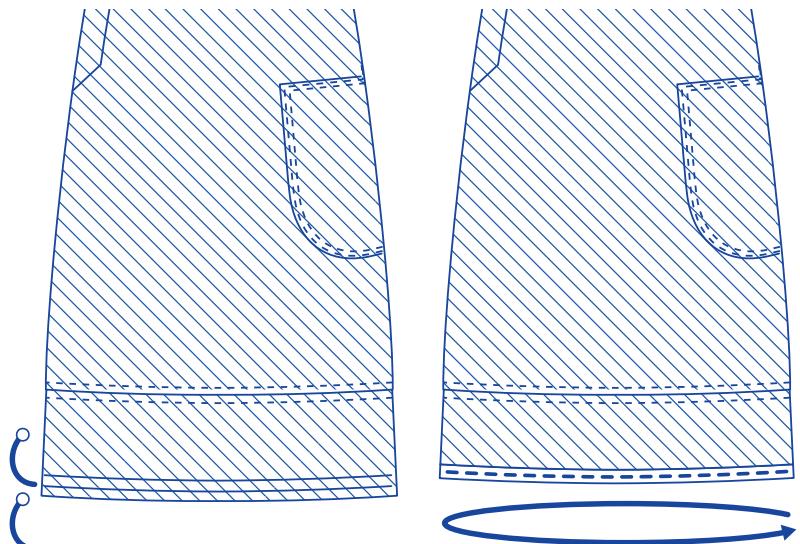
Right side facing, place the buttonhole guide on the back placket and transfer the centre markings using pins vertically sticking out. Gently lift the template off, keeping the pins in and slip the buttons through the pins. Hand-stitch your button in place. The pins can be removed after a couple of stitches have secured the buttons in place. The button must be lifted off by a shank of 2mm.



# 10 HEM THE BOTTOM

•••

On the inside of your skirt, fold the bottom hem 1cm up along the first guide and PRESS. Fold up the hem again, along the second guide, press and pin in place. Finally, sew around your hem and give it one final press. Trim away any loose threads and your skirt is finished!



# CARE

This ready-to-assemble kit is crafted with longevity in mind. The fabric you chose is either 100% medium-heavy weight cotton or 100% light-weight cotton. Like many fabrics, both fabrics needs less washing than you might expect. Hang up your garment to ventilate between wear.

## Special Instructions for Medium-heavy Weight Cotton

Putting a large piece of medium-heavy weight fabric into the washing machine can sometimes lead to white creases in the fabric, this is because it is a stiff fabric so it doesn't have room to move around. We recommend doing the following to help this not to happen

*Wash your finished garment on its own for the first 30 degree wash. Sink your fabric in water before hand, letting it fully absorb, so you are putting in the canvas already wet. If any white creases develop, ironing on a medium heat whilst still damp will help.*

## Dealing with stains

If you happen to stain or rip your garment do not worry! There are many ways to make it look great again. Have a go at appliquéd or embroidery to fix your garment.

## Gentle Machine Cycle 30°C

Use a mild detergent, and wash on a gentle machine cycle with a low temperature. We suggest 30°C on a low spin cycle. High temperatures can weaken the fibres and affect dyes. If hand-washing, rinse with lukewarm water.

**Air Dry on Hangers, Avoid Dryers,** tumble drying can shrink or damage the fibres. It also uses lots of energy. The width of the hanger should not be more than the width of the shoulders.

## Iron with Water

This fabric can crease easily. Hang in the bathroom while taking a hot shower and use the steam to reduce creases.

## Iron in the Correct Order

The correct ironing order is the collar, sleeve cuffs and then the rest of the top.