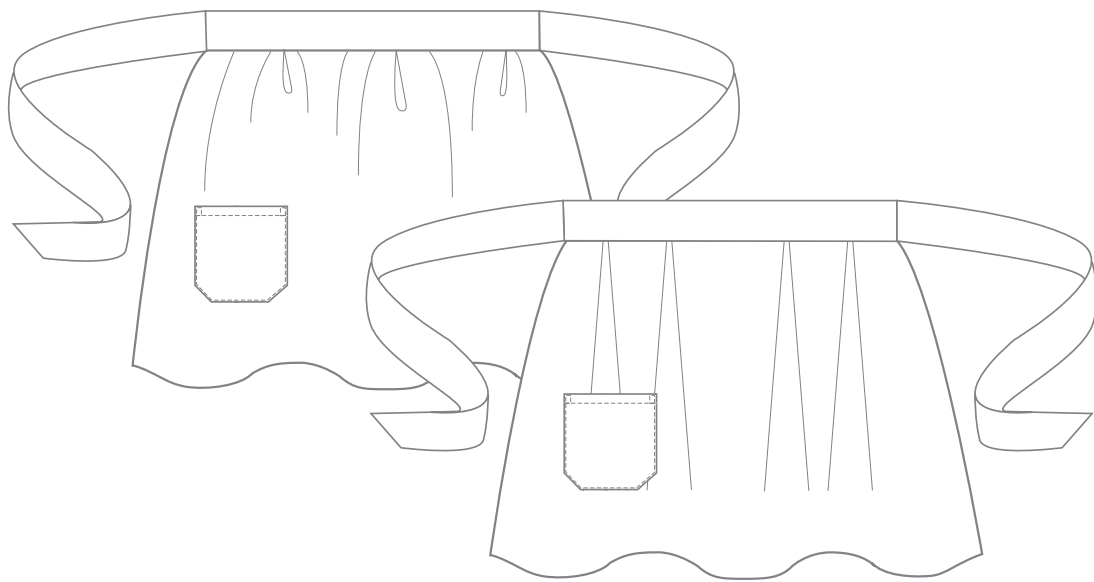




THE  
WOVEN  
WOLF



# APRON

GATHERED / PLEATED | BEGINNER

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## PROJECT DESCRIPTION

Perfect for cooking, baking and mixing drinks... or just looking like you cook and bake!

Make this sweet cocktail apron with pleats or gathers and learn some of the basic concepts in skirt making: fusing a waistband, hemming, faux mitered corners, stitch in the ditch and more!

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## SUGGESTED FABRICS

100% Quilting Cotton

(Be sure to pre-wash the fabric in the manner you plan to wash the apron).

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## MATERIALS REQUIRED

**Self (For the Skirt):**  $\frac{3}{4}$  yard (45" - 55" wide)

**Contrast (For the Waistband + Pocket):**  $\frac{1}{2}$  yard (45" - 55" wide)

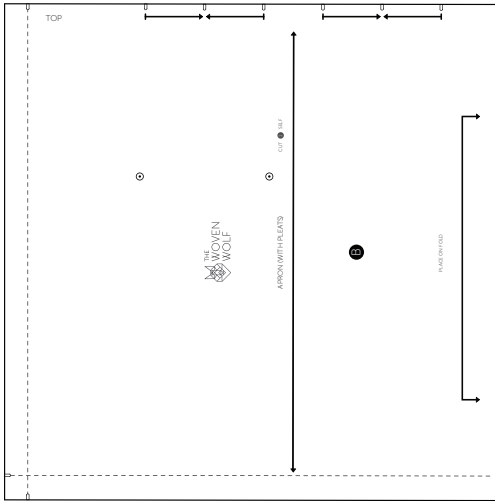
**Fusible Interfacing:** non-woven (pellon) or woven is fine, just make sure it has glue on one side! If it is "sew-in interfacing" this means it does not have glue.

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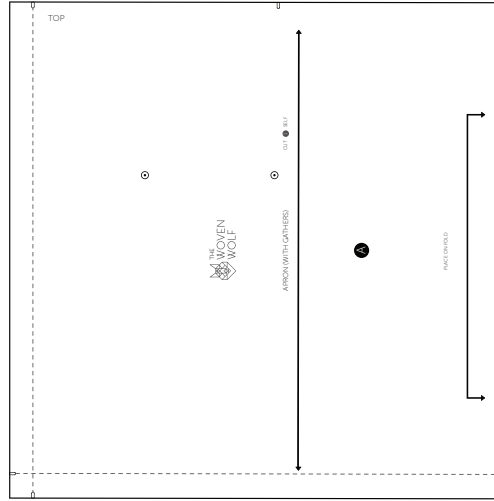
## TOOLS REQUIRED

- iron
- press cloth
- weights (we use soup cans)
- fabric marker
- an 18" pattern drafting ruler
- straight pins
- fabric scissors
- seam ripper
- hand sewing needles
- matching thread
- contrasting thread
- self fabric
- contrasting fabric
- knitting needle / chopstick

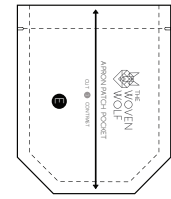
## PATTERN INVENTORY



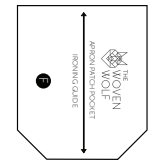
A



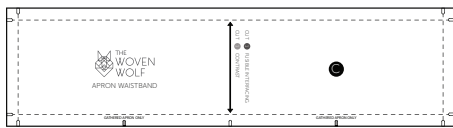
B



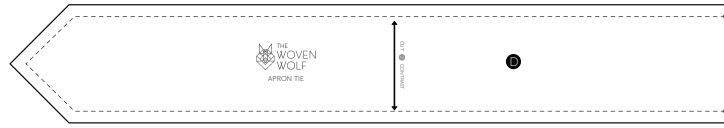
E



F



C



D

- A. Apron with Gathers
- B. Apron with Pleats
- C. Waistband
- D. Ties
- E. Pocket
- F. Pocket Ironing Guide

### PATTERN PREP.

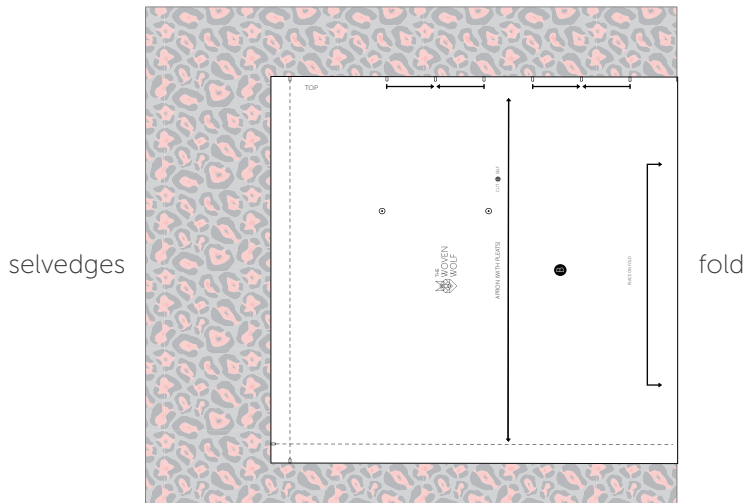
Print out the pattern using our printing instructions. Cut your pattern out with paper scissors. Don't use fabric scissors, it will dull the blade.

Cut the Pocket Ironing Guide (F) out of a heavy weight paper like bristol board or a manila file folder.

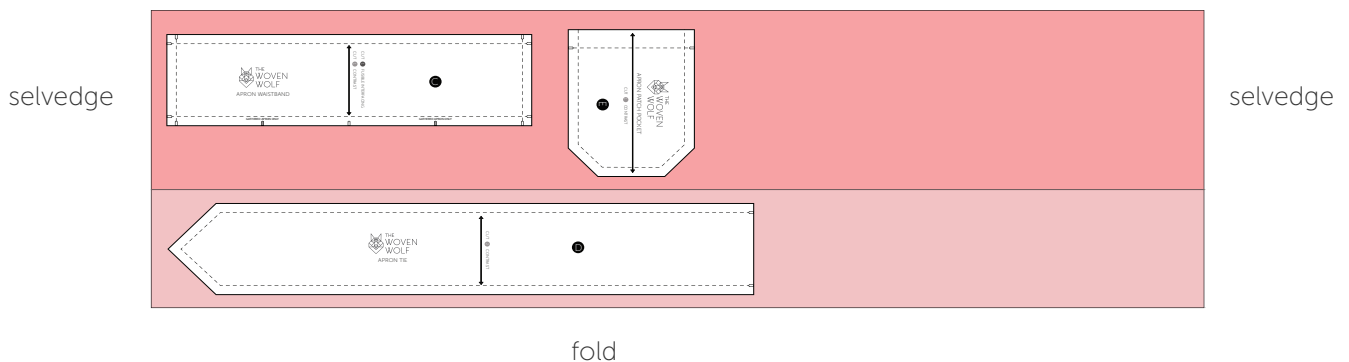
Punch holes in your pattern pieces at the drill holes (the little encircled dots). An awl is the correct tool to use for this. If you don't have an awl, a stitch ripper or a sharp pencil will work as well.

## CUTTING LAYOUT

### Self Fabric:



### Contrast Fabric:



**Self Fabric:** Fold right sides together, with the two selvedge edges on top of each other. If your fabric is **directional**, make sure it is oriented properly (ie: if there are animals they should be facing the right direction and not upside down). Place your pattern aligned with the fold, as per diagram above.

**Contrast Fabric:** Unfold flat. Place waistband and pocket patterns up at the top, on a single layer of fabric. Fold up the bottom edge of the fabric and place the tie pattern near the bottom so it's on 2 layers.

**Notches and Drill Holes:** Cut your notches no deeper than  $\frac{1}{4}$ ". Mark drill holes on good side of fabric on either left or right side (unless you want two pockets, then mark on both sides) with a fabric marker or chalk.

## SEWING INSTRUCTIONS: BEGINNING THE APRON

### Step 1

Fuse the waistband.

#### TIP – Fusible Interfacing

**Why fuse?:** Fusing is used to stiffen fabric, and to provide stability and prevent stretching (essential in waistbands, collars, cuffs and button plackets).

**Find the glue:** One side of your interfacing will have glue. It can be rough little dots or shiny and smooth. (If in doubt, test a small patch on scrap fabric.)

**Iron the correct side:** The glue side should be touching the wrong side of your fabric.

**Save your iron...and fabric...and ironing board:** Use a press cloth underneath your fabric and on top. Trust us—it can get messy!

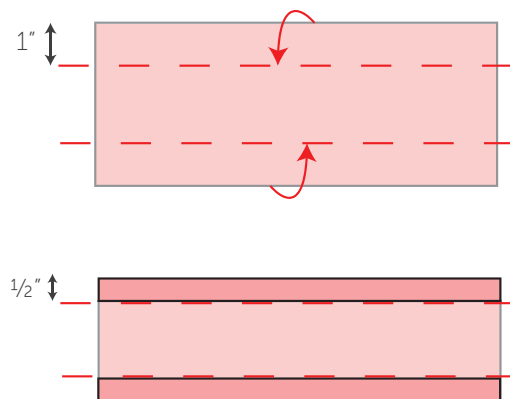
**Get it stuck:** Use pressure and steam and hold for about 15 seconds.

### Step 2

Fold + press the waistband:

With wrong side facing up, measure in 1" along the long edges + mark with chalk.

Fold raw edge to meet this line and iron – a perfect 1/2" fold!



### Step 3

Now fold the waistband in half so the folded edges meet and iron again.

## Step 4

Hem the apron skirt:

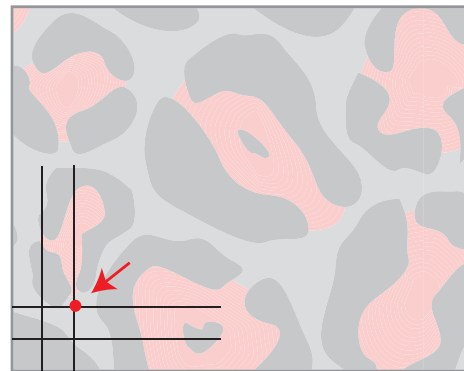
First fold your sides in  $\frac{1}{2}$ " and iron. You can repeat the trick of drawing in a 1" line to get a perfect  $\frac{1}{2}$ " fold, like we did before on the waistband. Fold again and iron so the raw edges are hidden.

Repeat this double fold on the hem.

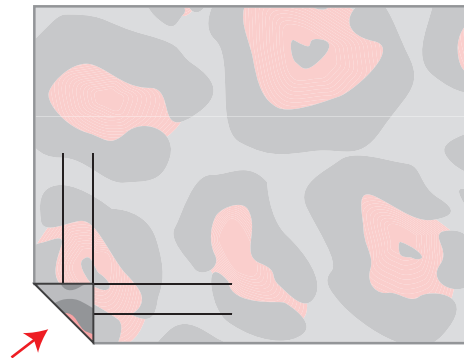
## Step 5

Miter the corners:

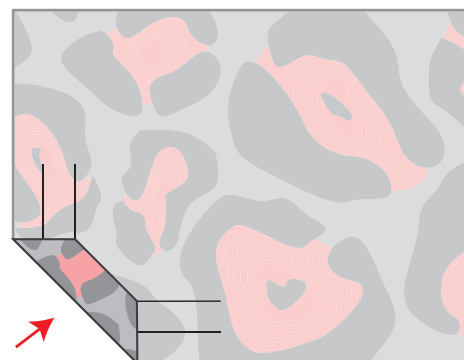
- i. Unfold one corner completely.  
Note the inner most point on your iron creases.



- ii. Fold the corner of your fabric up to that point.



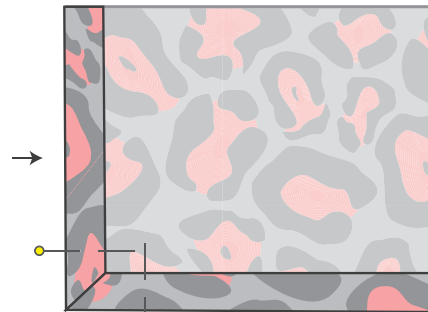
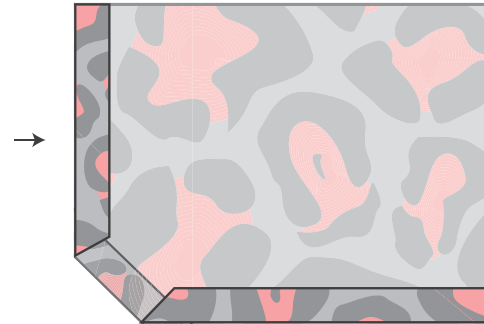
- iii. Fold again, and iron.



### Step 6

Now fold your side seam and hem back in and iron again.  
Pin corners to secure.

Repeat this on the other side.



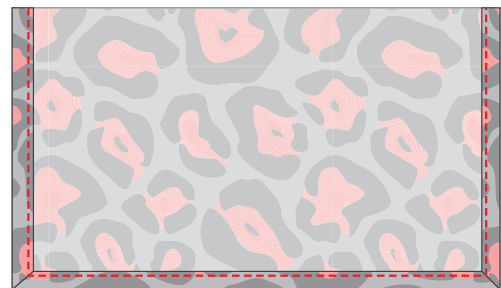
### Step 7

Topstitch the apron skirt:

Start at the top right corner,  $\frac{1}{8}$ " in from the inside fold.

At the corners, remove the pin and pivot: lower needle, lift presser foot, rotate fabric, lower presser foot and continue sewing.

**Backtack** at the beginning and end.

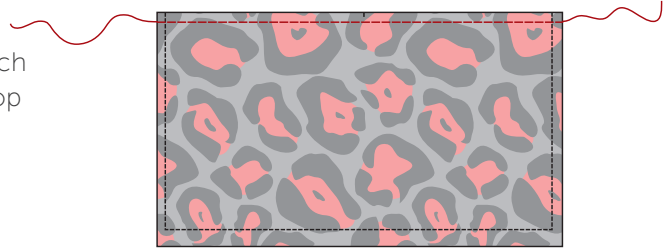




## GATHERED APRON SKIRT

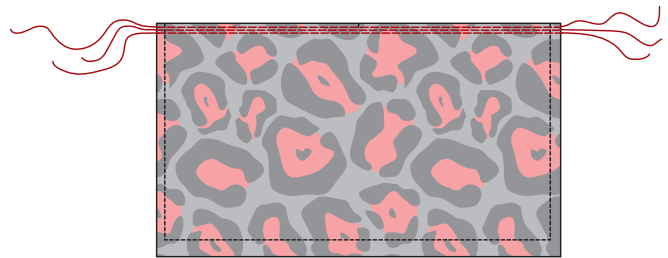
### Step 1

Set your machine to a **basting** stitch, it's the longest stitch length on the machine. Sew the first line  $\frac{5}{8}$ " from the top edge. **Do not backtack here. Leave long thread tails.**



### Step 2

Sew two more lines of basting above the first line. Make sure your rows of stitching do not overlap.



### Step 3

Gather your fabric:

Separate your top threads and bottom threads. Holding the bottom threads gently pull the fabric along the threads. Slide the gathers along towards the center front.

Do the same from the other side and continue to gather until your skirt waist is 18" wide. Make sure gathers are evenly distributed.

## PLEATED APRON SKIRT

### Step 1

Fold your pleats: refer to the directional arrows on the pattern to fold 4 box pleats along the top of your apron. For each pleat, the two outside notches are brought together to meet the middle notch.



### Step 2

Pin both sides of the pleat in place, at the top. Repeat this for all 4 box pleats. Be sure there are no gaps where the folds meet.



### Step 3

Machine **baste** across the top of your skirt to hold the pleats in place. Use the longest stitch length on your machine. Do not backstitch. Sew at a  $\frac{1}{4}$ " down from the top.

**Remove the pins before you sew over them and be sure there is no gap between the folds of the pleat.**

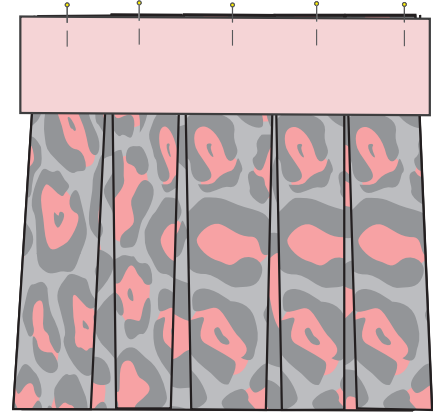
This stitch will be hidden by the waistband later.

## FINISHING THE APRON

### Step 1

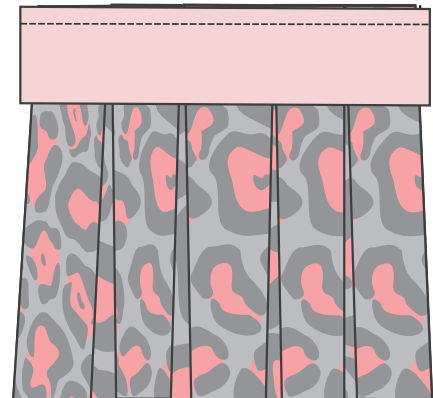
Place unfolded waistband and apron skirt (pleated or gathered – either one!) **right sides together**. Make sure the waistband extends  $\frac{1}{2}$ " beyond the skirt on both sides.

Place pins perpendicular to the top edge of the waistband.



### Step 2

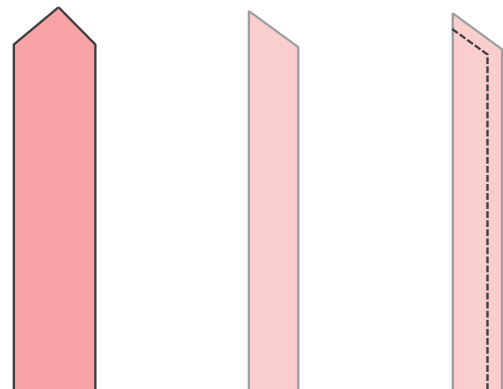
Sew the skirt and waistband together at  $\frac{1}{2}$ " seam allowance, with the waistband on top. Backtack at both ends and be sure to remove pins before you sew over them.



### Step 3

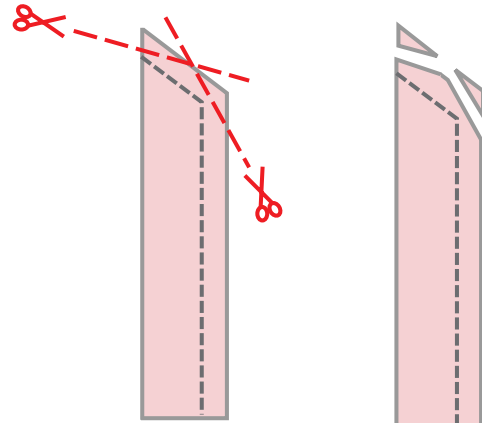
Sew the apron ties: Fold ties lengthwise right sides together and iron.

Sew at  $\frac{1}{2}$ " seam allowance, Pivot at the corner: lower needle and lift presser foot, pivot tie around, lower presser foot and continue sewing. Back tack at both ends.



#### Step 4

Snip the corners off – cut  $\frac{1}{8}$ " away from stitch line.  
This eliminates extra bulk.

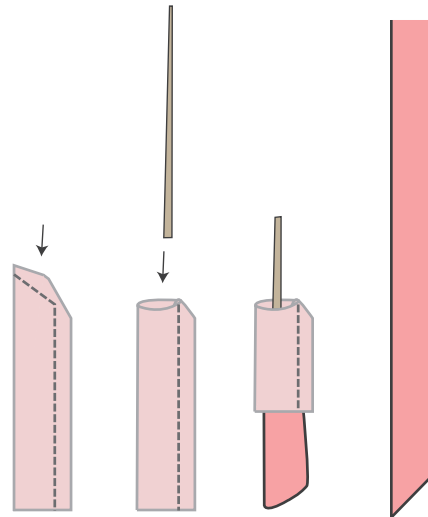


#### Step 5

Flip the ties right side out with a chopstick or knitting needle:  
Create a small pocket at the top of the tie with your thumb.  
Using the dull end of the knitting needle push into the pocket  
until it pushes out the other side. Pull it right sides out and  
put the knitting needle back inside to poke out the points.

**Be careful not to poke right through the seam!**

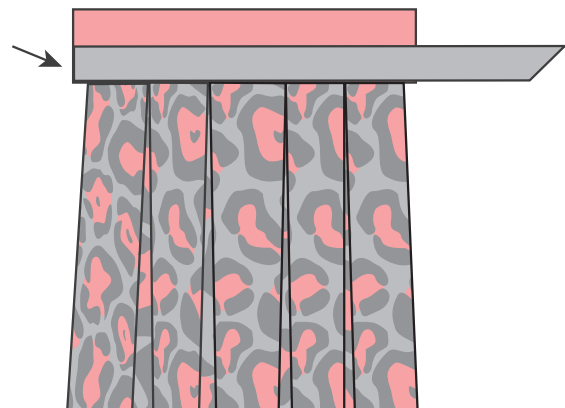
Iron the ties flat so the seam is right at the edge.



#### Step 6

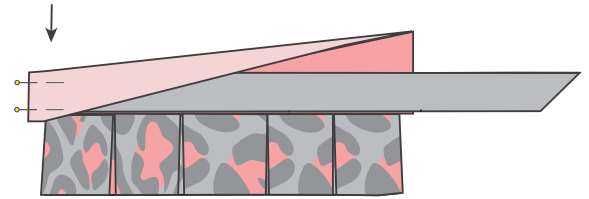
Lay your apron skirt right side up and unfold the  
waistband completely.

Line up the raw end of the tie with the raw edge of  
your waistband, right sides together. The pointed end of  
the tie should be at the top, and the bottom edge of the  
tie should sit right above your skirt.



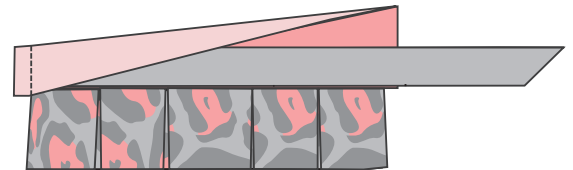
### Step 7

Fold the top of your waistband down, right sides together, over the tie sandwiching it between the two layers.



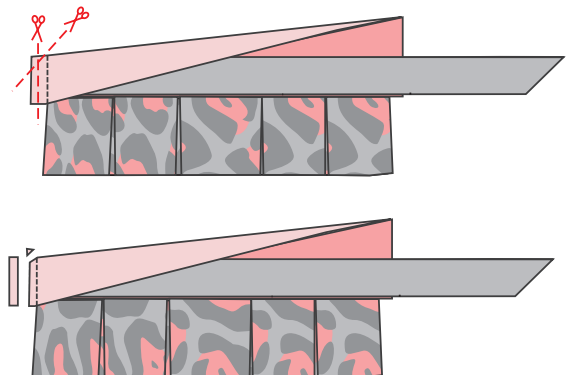
### Step 8

Sew  $\frac{1}{2}$ " in from the raw edge.  
Backtack both ends.



### Step 9

Trim your seam allowance down to  $\frac{1}{4}$ " and clip your corners.

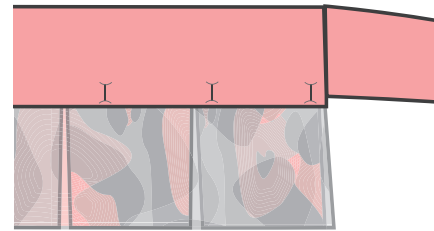
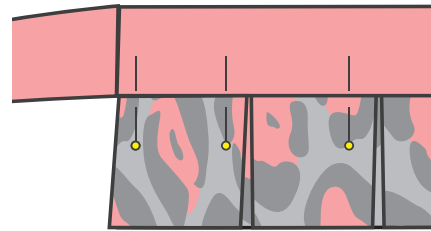


### Step 10

Pull on your tie to flip your waistband right side out.  
Repeat this process on the other side to attach the other tie.

### Step 11

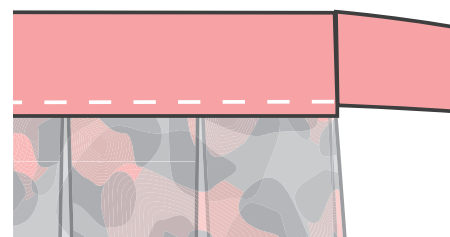
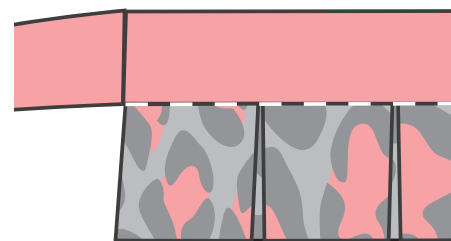
Pin the back of the waistband down: from the right side, the pin goes in  $\frac{1}{8}$ " down from the seam and just catches the bottom of the back of the waistband.  
Continue pinning all along the waistband.



### Step 12

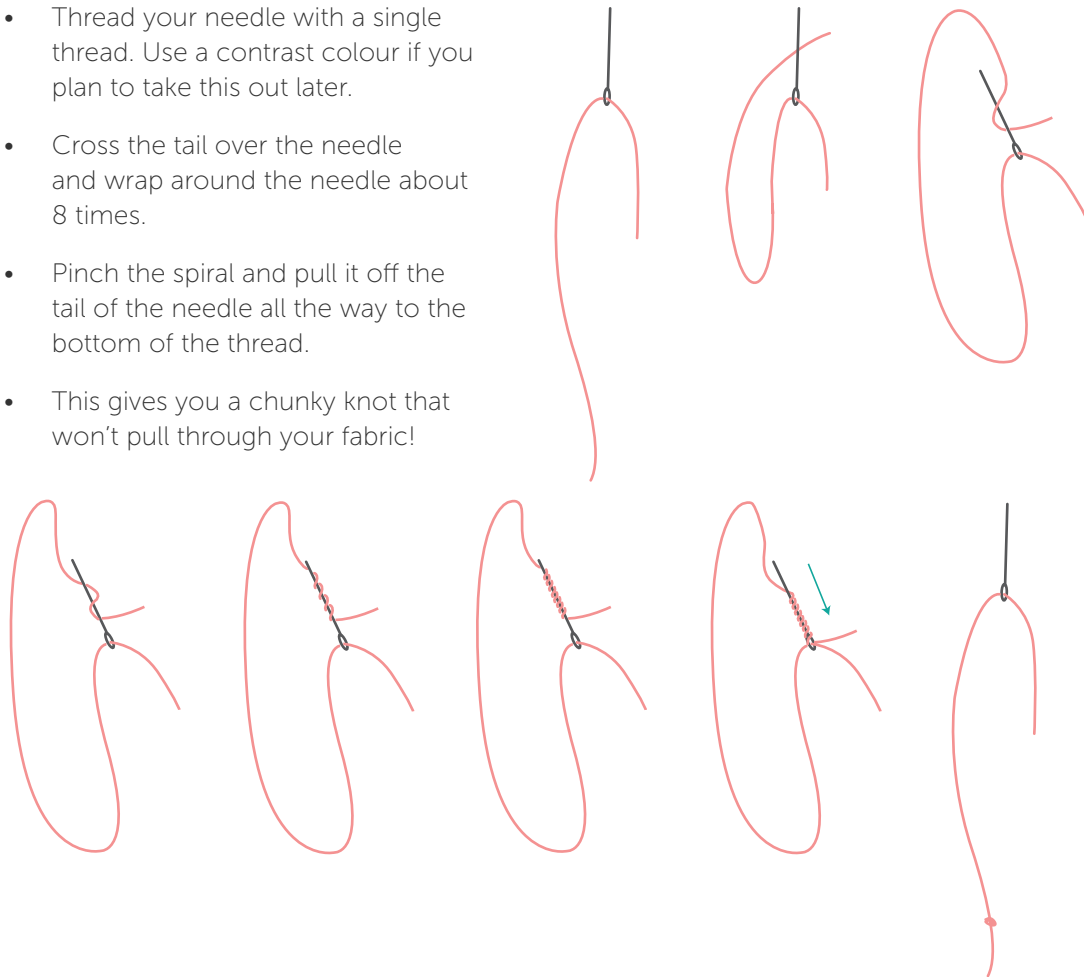
Hand **baste** the waistband in place, making sure the needle goes right in the seam on the front and catches the bottom of the waistband on the back. Use a long **running stitch**.

(See next page for tips on tying a knot for basting).



### TIP – Tying a Knot for Hand Basting or Sewing (our favorite sewing trick!)

- Thread your needle with a single thread. Use a contrast colour if you plan to take this out later.
- Cross the tail over the needle and wrap around the needle about 8 times.
- Pinch the spiral and pull it off the tail of the needle all the way to the bottom of the thread.
- This gives you a chunky knot that won't pull through your fabric!



### Step 13

Tie a knot at the end by making a small stitch, creating a loop and then bringing the needle through the loop.

### Step 14

Now you're ready to **stitch in the ditch!**

Sew in the crack between the skirt and the waistband, exactly where you basted. Backtack at the beginning and end.

Stop every inch or so and double check that you are in fact catching the back of the waistband with your stitching and that nothing is slipping around. (Keep in mind this can be difficult even for a seasoned sewer, but once you get it right it looks amazing. Take your time, you'll get it!)

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### Step 15

Use snips or a stitch ripper to remove your basting stitches. If you used gathering stitches and they are visible, remove those too.

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### Step 16

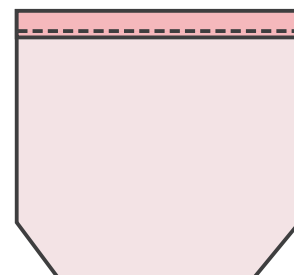
Attaching the pocket:

First fold down the top of the pocket  $\frac{1}{2}$ ", toward the wrong side. Fold over again to hide the raw edge and iron.

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### Step 17

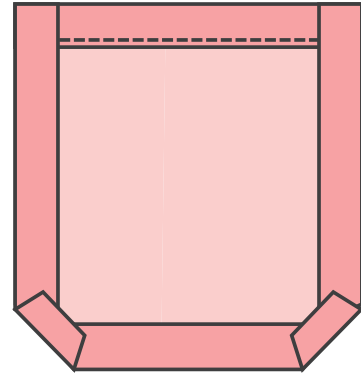
Topstitch the top of your pocket approx.  $\frac{1}{8}$ " from the inside fold. Backstitch both ends.





### Step 18

Place your pocket template (which you cut out of heavier card stock) on top of the wrong side of the pocket with top edges aligned. Fold up the bottom edge over the template and press in place with the iron. Fold the sides in and press. Finally fold the lower two corners in and give the whole thing a good press.



### Step 19

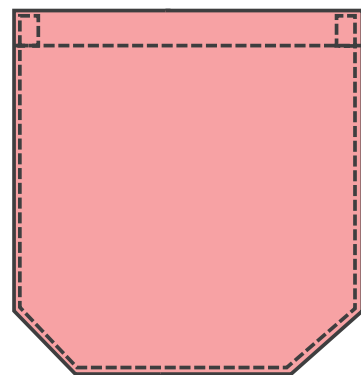
Place your pocket on the apron skirt, aligning the top corners with the drill holes you marked earlier. Pin in place. Hand baste the pocket onto the skirt.

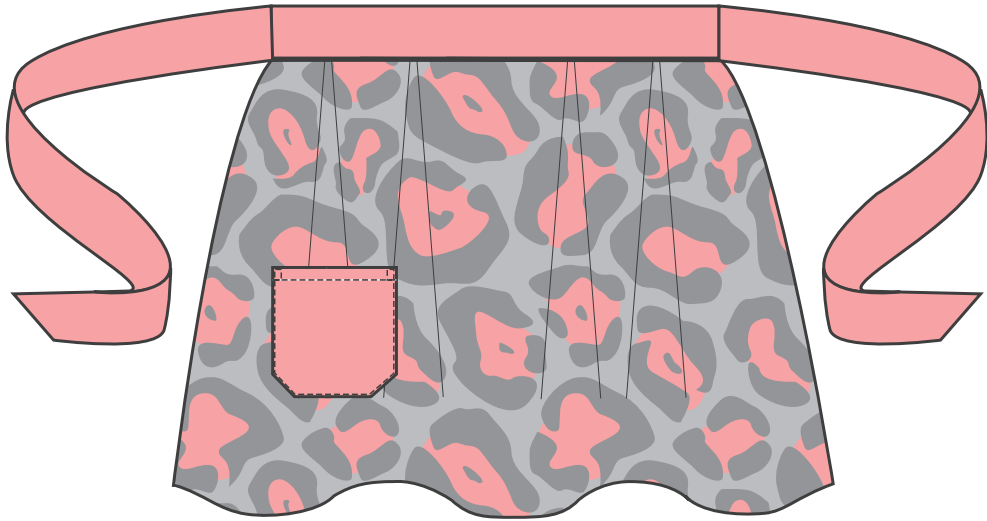
### Step 20

Machine sew pocket to apron:

Reinforce the top corner by creating a small box of stitching: Start at the top right and sew down until you meet the topstitching. Pivot here toward the left and hand roll the fly wheel two stitches. Continue clockwise to complete the little box and keep going down along the pocket edge, about  $\frac{1}{8}$ " in from the folded edge. Continue all around pocket and make another little box of stitches on the other side of the pocket.

**Be mindful of your apron skirt here to make sure it doesn't get tucked underneath and sewn into the pocket!**





**Make yourself a celebratory cocktail – your apron is done!**

## GLOSSARY

### Self

Self refers to the main fabric you are working with. Sometimes patterns will say "2 self". This means you are cutting 2 layers of your main fabric, as opposed to a "contrast" fabric, "lining", or "fuse".

In our case, "self" refers to the skirt fabric on the apron.

### Contrast

Contrast refers to the secondary fabric in your project.

For example you may use "contrast" on the collar or cuff of a shirt. In our case, contrast is used on the waistband and pocket of the apron.

### Directional (Fabric)

Fabric, whose pattern has a direction. For example, a fabric with kittens has one direction and should only be seen from this direction, otherwise the kittens will be upside down or sideways. Whereas an abstract print like polka dots looks the same from all directions.

### Backstitch / Backtack

This is an extra 3 to 5 stitches on top of your line of stitching, at the beginning and end to secure it. It is done by sewing backwards. Your backstitch only needs to be 3 to 5 stitches or about  $\frac{1}{2}$ " long.

### Baste

A basting stitch is a long stitch in a bright contrasting colour done by machine or by hand. It is used to hold pieces together temporarily and it is easy to remove if necessary.

For example, it can be used instead of pins to hold a pocket in place to test the look or while sewing.

## Running Stitch

A running stitch, or straight stitch is the most basic stitch in hand-sewing or embroidery. It is made by passing the needle in and out of the fabric, heading in one direction. It looks like this:



## Stitch in the Ditch

Stitching in the ditch, aka crack sewing, is a technique for attaching a waistband whereby you stitch in the crack between the waistband and the garment from the front. From the back, your line of stitching just catches the bottom of the waistband, tacking it down, but from the front the stitching is virtually invisible.