

# Instructions and free patterns



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# Instructions for "Business" Project

## Skirt

### You'll need

- 2 men's shirts
- 0.7m (3/4yd) gray suit fabric (1.4m (1 1/2 yd) wide)
- 1m (39") lining fabric
- 14cm (5 1/2") hook-and-loop tape, 3.5cm (1 2/5") wide
- Sewing thread to match fabric color
- Bias-binding maker, 9mm (3/10") (Prym)

### Fabric recommendation

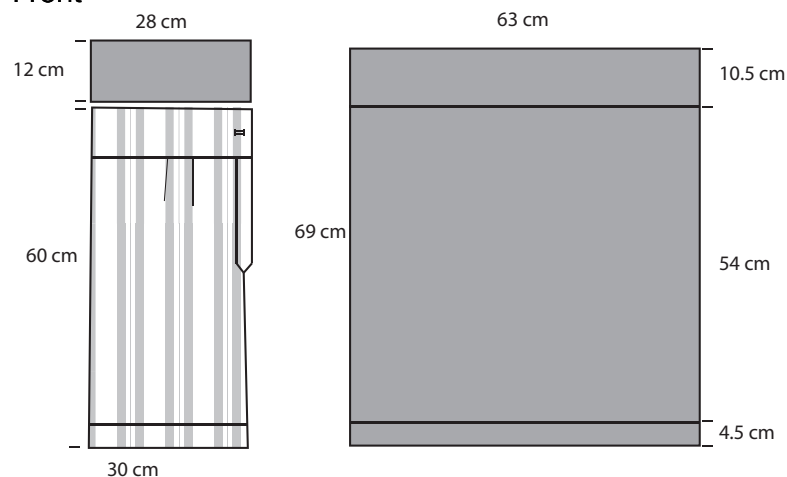
Lightweight suit- or woolen fabrics (e.g. Cool Wool)

### General size information

Our skirt is one-size-fits-all, thanks to the hook-and-loop tape, which allows you to adjust the top circumference between 76cm and 88cm (30" and 34 1/2"). If you're quite petite or a bit stockier, you can either alter the measurements of the skirt, or – for minor adjustments – adjust the width of the pleats. .

### Cutting out

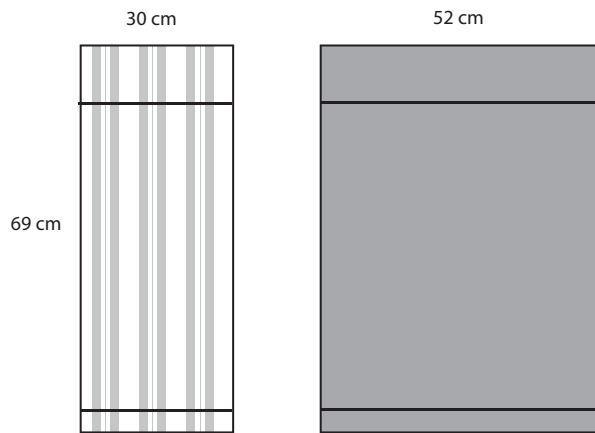
#### Front



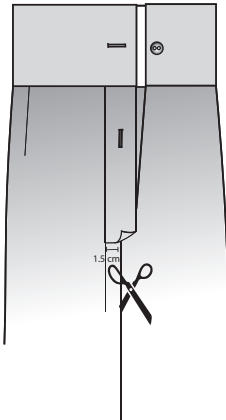
#### Back

28 cm = 11"  
12 cm = 4 3/4"  
60 cm = 24"  
30 cm = 12"

63 cm = 25"  
10.5 cm = 4 1/8"  
69 cm = 3/4yd  
54 cm = 21 1/4"  
4.5 cm = 1 3/4"  
52 cm = 20 1/2"

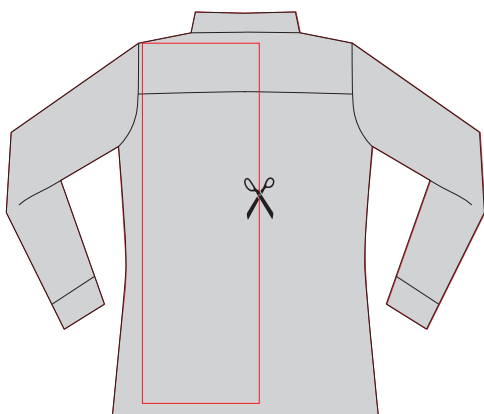


- Cut out the pieces from the gray fabric according to the sketch. Seam allowances of 1.5cm (5/8") are already included.
- The other, striped pieces are cut out from a man's shirt:  
For the front, cut off the right sleeve. Undo the stitched rectangle on the vent end of the facing and begin cutting open the sleeve from there. Depending on the size of the shirt, you may need to cut out an additional piece of fabric from the shirt and sew it on to yield



the skirt length.

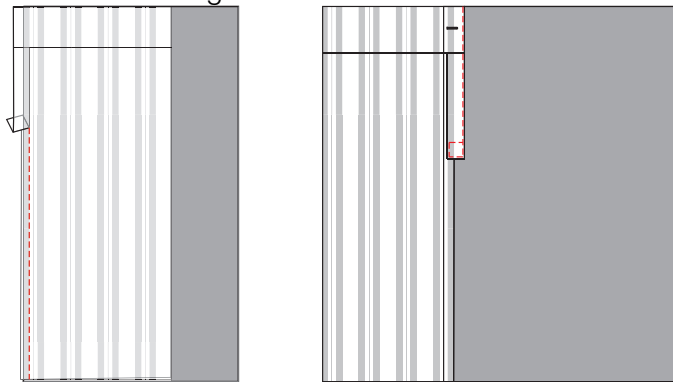
- The back skirt section is cut out from the back of the shirt, including the shoulder yoke too. If the shirt has darts, undo these before cutting out.  
1.5cm = 3/5"



## How to proceed

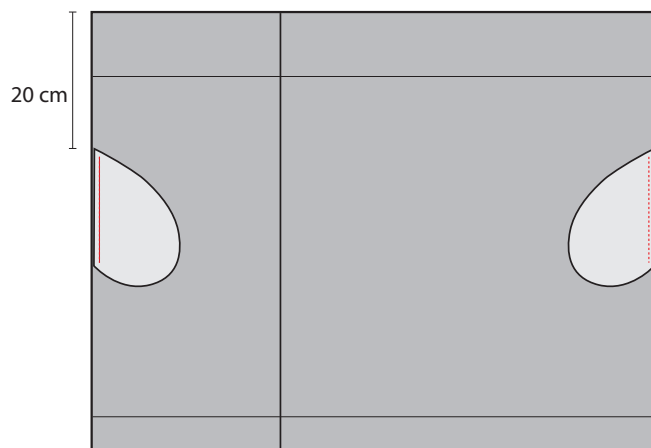
1. First of all, sew the back skirt sections together 1.5cm (5/8") in from the edge and press the seam allowances apart.
2. Place the two front skirt sections together with the sleeve cuff at the top edge of the skirt. Sew the pieces together up to the start of the vent. Next, place the facing and the top

sleeve section with the cuff on top of the gray fabric and sew them onto the gray fabric from the right side.



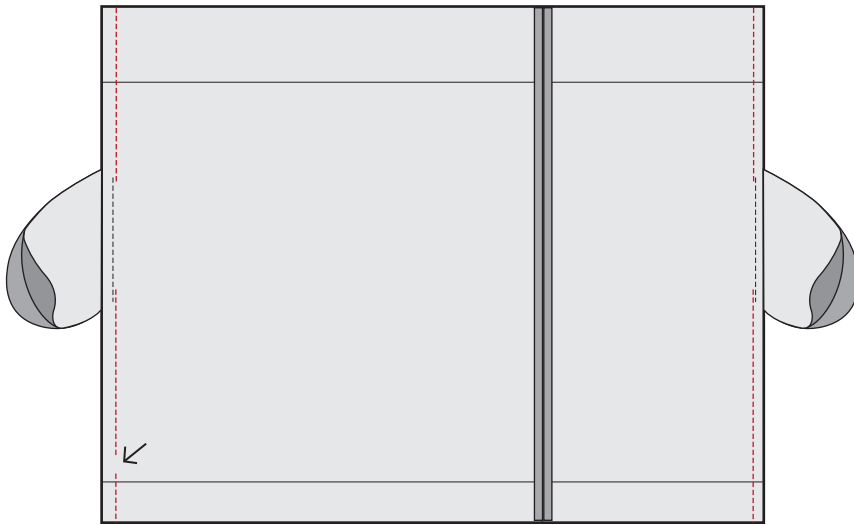
### Sewing the in-seam pockets

3. Cut the pocket bag 2 x from both suit and lining fabric and neaten the edges of the pocket opening.
4. Pin the pocket bags right sides facing to the pocket openings (bag lining to the front section, fabric bag to the back section). Secure right next to the seam line on the seam allowance.



20cm = 8"

5. Press the pocket bags outwards. Now place the front and back sections right sides facing and sew the side seams together above and below the pocket opening. It's important that the seam ends are properly secured. Leave an opening of approx.. 1.5cm (5/8") for the cord at the bottom hem edge on the left.



6. Turn the pocket bags inwards and topstitch the front pocket opening.
7. Press both pocket bags into the front section and sew them together. The held-together seam allowances are then neatened.



8. Sew the pocket bags in place on the front from the right side with a zigzag stitch. Use sewing thread in a contrasting color for an additional embellishment

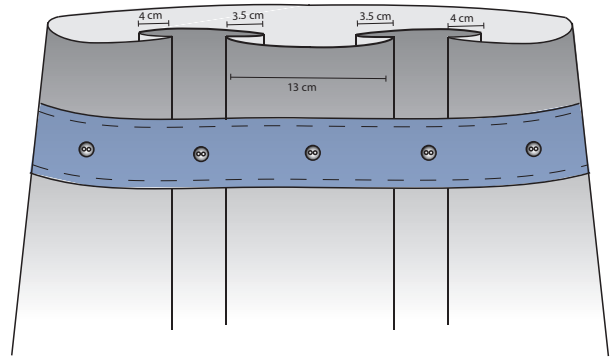
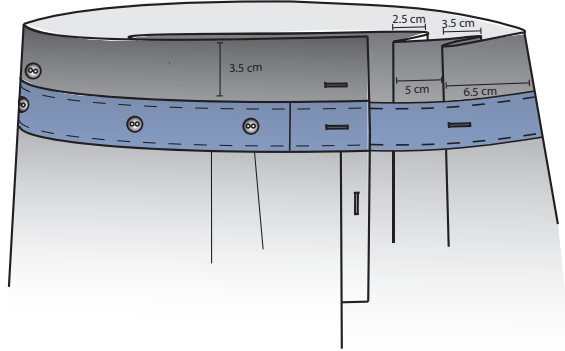
#### Lining the skirt

9. Press the top edge of the skirt and the hem under by 10cm (4") and 4cm (1 1/2"), respectively.
10. Before cutting out both lining sections, check the measurements of the top and bottom skirt edge. This is important, since the lining must be as wide as the skirt. Adjust the measurements if necessary and cut out the lining sections.
11. Close both side seams and the front dividing seam of the lining. Press the seams apart.
12. Pin the lining right sides facing to the top edge of the skirt and sew both sections together. Press the seam allowances upwards.
13. Press over the lining at the hem and pin it on the skirt hem, making sure not to pull the lining too taut. Topstitch the hem all around from the right side 2cm (3/4") in from the edge, also sewing the lining as you do so.

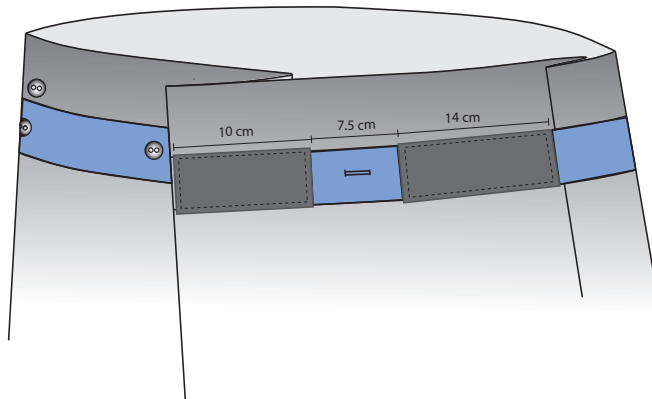
#### Pleats and button tape

14. Pleat the top edge of the skirt as shown in the sketch, and pin pleats to secure.

2.5 cm = 1"      5 cm = 2"  
 3.5 cm = 1 2/5"    6.5 cm = 2 1/2"  
 4 cm = 1 1/2"    13 cm = 5 1/8"



15. Cut off both button plackets from the second shirt, leaving enough fabric so that the cut edge can be turned under and the finished strip will be 3.5cm (1 2/5") wide. Sew both button plackets together along a short edge.
16. Pin the button-placket strip to the skirt all around (3.5cm (1 2/5") from the edge). It's best to begin at the front near the pleat. Once the two ends meet up, close the button-placket strip into a circle.
17. Narrow-edgestitch-on the button-placket strip on both sides; this secures the pleats at the same time.
18. Sew the strip of hook-and-loop tape above the button-placket strip as per the sketch.



10 cm = 4"      7.5 cm = 3"      14 cm = 5 1/2"

### Drawstring casing

19. Cut three 3.5cm (1 2/5")-wide strips from the blue shirt. Sew the strips together to yield a single long strip. Press this with the help of the bias-bindingmaker into a strip and edgestitch it together.
20. Using a safety pin, pull the tape through the casing. Now you can gather the hem more or less, as wished. Shorten the tape if necessary, and knot it together.

## Purse

### You'll need

- Sleeves plus button placket of two different men's shirts
- 2 snaplinks
- Lining remnant
- 2 eyelets, 8mm (3/10") diameter
- Sewing thread to match the fabric color

## How to proceed

1. Cut off a sleeve at the desired height (= pocket height).
2. Turn the sleeve wrong side outward and sew the open seam together. The button closure should lie in the center-front.
3. Cut out the pocket-bag lining (width as per outer-fabric pocket, height up to the cuff) and close the side seam and base seam.
4. Press over the top edge of the lining. Slip the pocket-bag lining into the sleeve pocket and sew it in the existing cuff seam from the right side. The cuff remains open.
5. Attach the eyelets.
6. Cut off the button placket from the second shirt and sew it together along a short edge. Pull the ends through the snaplinks and attach the button placket (you can decide on the length of the handle for yourself).
7. Attach the handle to the purse with the snaplinks.

## Vest

Sizes 34- 42 European (4-12 US, 6-14 UK)

### You'll need

- 0.3m (12") gray fabric, 1.4m (1 ½ yd) wide
- 0.3m (12") lining (see General tips)
- 3 buttons
- Sewing threads to match the color of the fabric
- 1 collar from a man's shirt
- Vilene remnant for the facing
- Sewing thread to match the fabric and for topstitching in a contrasting color

### Fabric recommendation

Lightweight suit or woolen fabric (Cool Wool)

### Good to know

- For lining the vest you can either use lining fabric, or the same fabric as the outer fabric.
- The facing for the center-left section is cut out as an integral part of this section; for the center-right section, it is cut out as a separate piece and sewn on.
- For a more decorative seam, you can thread through two upper threads for topstitching the edges, or simply use the triple straightstitch.

### Cutting out

Outer fabric:

2 x front

2 x back

1x facing to fabric fold

Lining:

2x front

2x back

### How to proceed

1. Place both back sections together right sides facing and sew them together in the center-back. Press the seam allowances apart and edge-stitch the seam on both sides with the contrasting color.
2. Reinforce the separate facing and the integral facing with Vilene.
3. Sew the (open) separate facing to the front edge of the right-front section. The opposite side of the facing is sewn to the lining.
4. Close the shoulder seams.
5. Sew the lining of the vest together in the same manner, i.e. close the shoulder seams and the center-back. Be sure to leave a small bit open in the center-back seam.
6. Place vest and lining together right sides facing and sew them together (side seams remain open). The collar corners of the man's shirt are sewn in-between as an embellishment at the center-back of the hem. Clip the seam allowances along the curves.
7. Turn the vest right side out.
8. Close the side seams.
9. Topstitch close to the edges with a contrasting thread color.
10. Sew the buttonholes into the facing of the right-front section. The buttons are sewn onto the other side.
11. Hand-sew the opening in the lining shut.



# Tips on Working with Fabrics

There are several important basic rules for cutting out and sewing fabrics. Here are a few tips regarding our projects:

## Cutting out

### Selvedges

The approx. 1-cm (1/2")-wide strips on both sides of the fabric are the selvages. Because their texture is generally different from that of the rest of the fabric, you must never include the selvedge in your calculations. Nor is the selvedge suitable as a fabric seam allowance.

### Fabric fold

The folded edge created when you lay both sides of the fabric together is the fabric fold. When cutting out a pattern piece labelled with a fabric fold, lay it exactly on such a folded edge.

### Fabric grain

The fabric grain is crucial for the correct drape of a garment. The grain marked on the pattern pieces corresponds to the straight grain or warp of the fabric, and must run parallel to the selvages. With patterned fabrics, always pay attention to the direction of the grain and cut out fabrics in the same direction.

### Seam allowances

Cutting out seam allowances of equal width makes sewing easier later on. Use a measuring tape and tailor's chalk to draw the seam allowances onto the fabric all around the paper pattern pieces. As a rule, you'll need 4cm (1 1/2") seam allowances for hems and 1.5cm (5/8") on all other edges and seams. (Where measurements differ, we've mentioned this in the instructions.)

## Sewing

### Sewing edges and seams

When sewing edges and seams, always place your fabric right sides together and sew together 1.5cm (5/8") in from the edge (same width as the seam allowance). The seam allowances are then pressed apart, trimmed if necessary, and neatened with a zigzag stitch or an overlocker.

### Sewing hems

When hemming, turn edges under twice from the right side to the wrong side of the fabric, iron along the top edge, and sew. For a 4cm (1 1/2") seam allowance the hem is first turned under 1cm (1/2"), then again another 3cm (1 1/4").

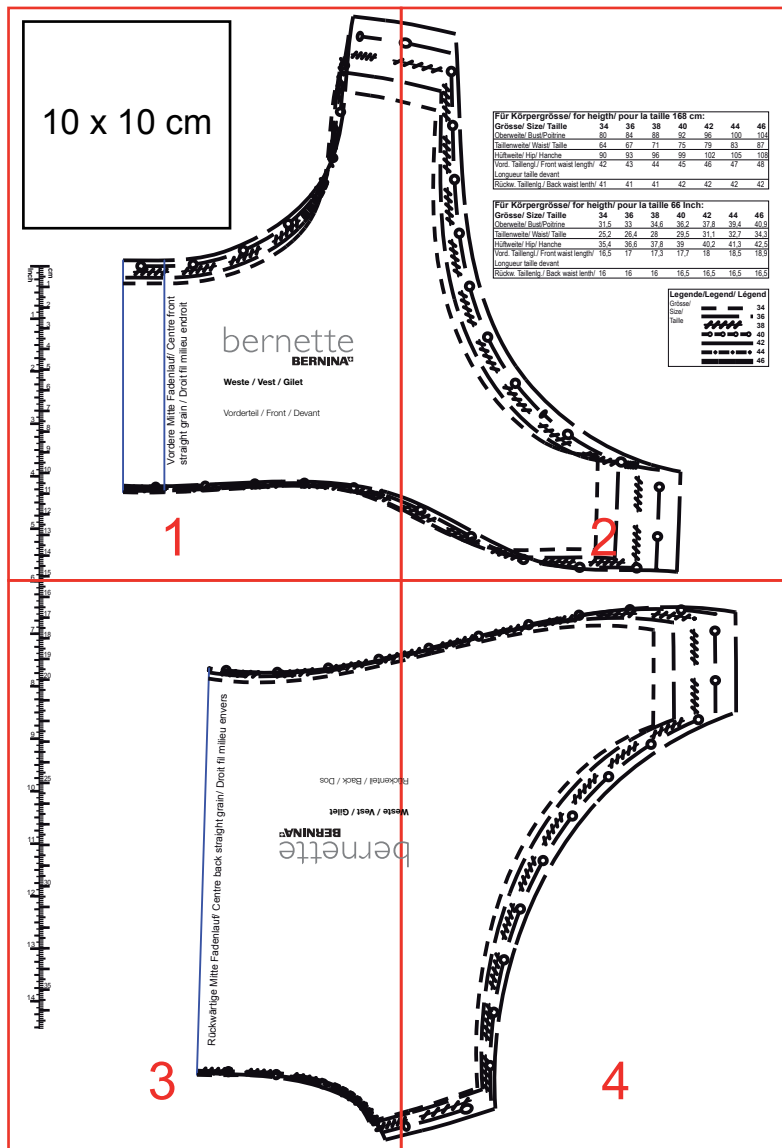
### Machine stitch settings for straight stitch

Use the factory settings for sewing edges, seams and hems. For topstitching, you can set stitch length to 3-3.5 mm.

### Using interfacing

Use interfacing (or stabilizers) to reinforce fabric on facings, collars, etc. The best interfacing to use depends on the fabric you've chosen. You'll find commercially available interfacing in fabric stores. A store assistant will be able to advise you as to which interfacing is suitable for your fabric, and on how to iron it on.

# Legeplan zum Zusammenkleben der DIN A4-Seiten / Layout Plan for Gluing Together the DIN A4 Pages / Plan de disposition pour l'assemblage des pages DIN A4



## Ausdrucken der Seiten:

Deaktivieren Sie die Funktion, dass die Seite automatisch an Blattgröße oder Druckbereich angepasst wird. Es muss: „Seitenanpassung - Keine“ eingeschaltet sein. Nur so wird in Originalgröße gedruckt, also 100%. Zur Kontrolle des Ausdrucks das Kontroll-Viereck ausmessen

## Printing out the pages:

Deactivate the function automatically adjusting the page to the paper size or printing area. 'Page Adjustment - None' must be switched on. Only in this way will the pages print out in the original size, i.e. 100%. To check the printout measure the test square.

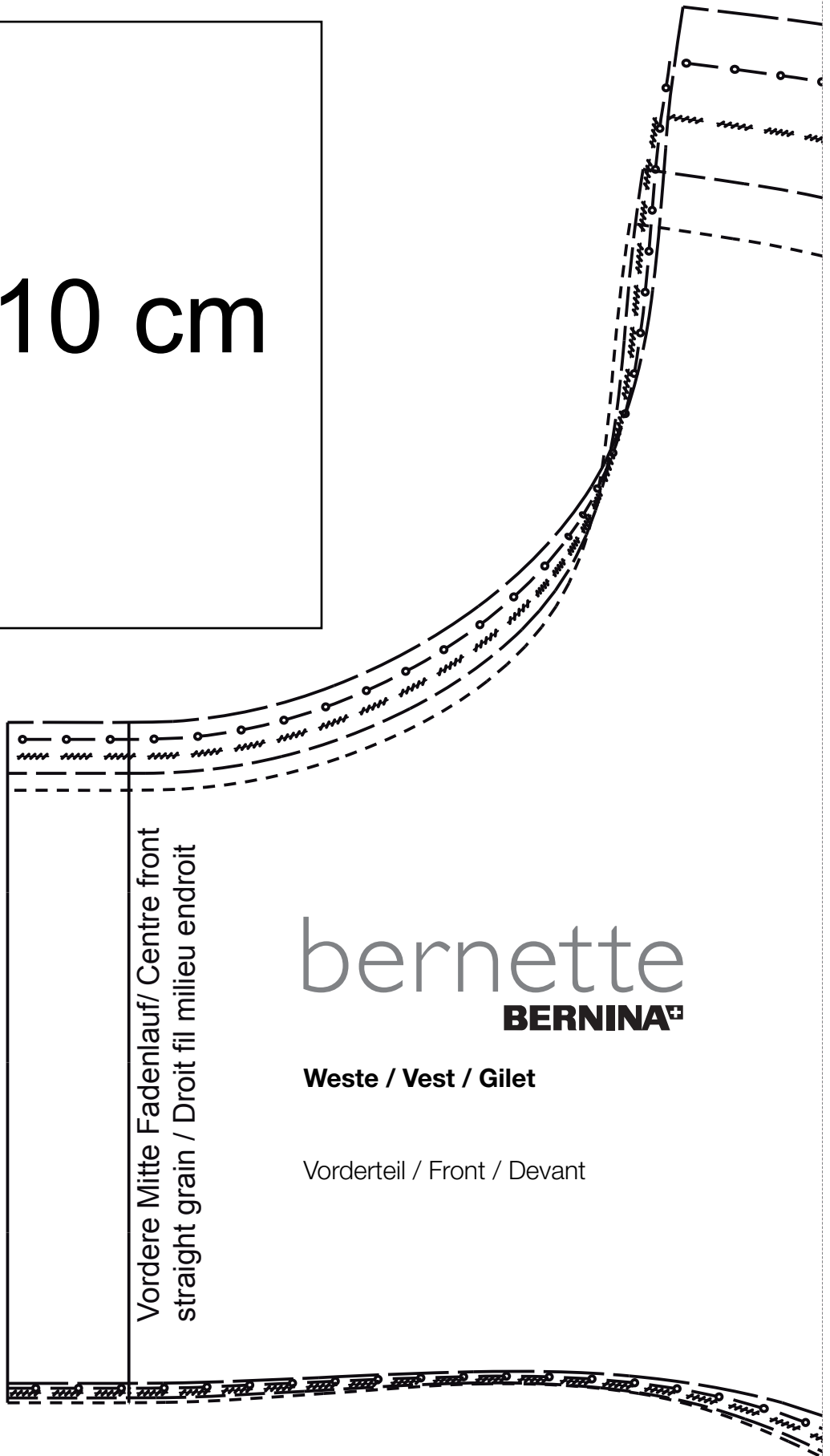
## Impression des pages

Désactiver la fonction pour que la page s'adapte automatiquement à la dimension de la feuille ou du secteur d'impression. Activer "aucune" sur "adaptation de la page". Ce n'est qu'ainsi que la dimension originale (100%) sera correctement imprimée.

Imprimer et vérifier l'envergure du carré.

1

10 x 10 cm



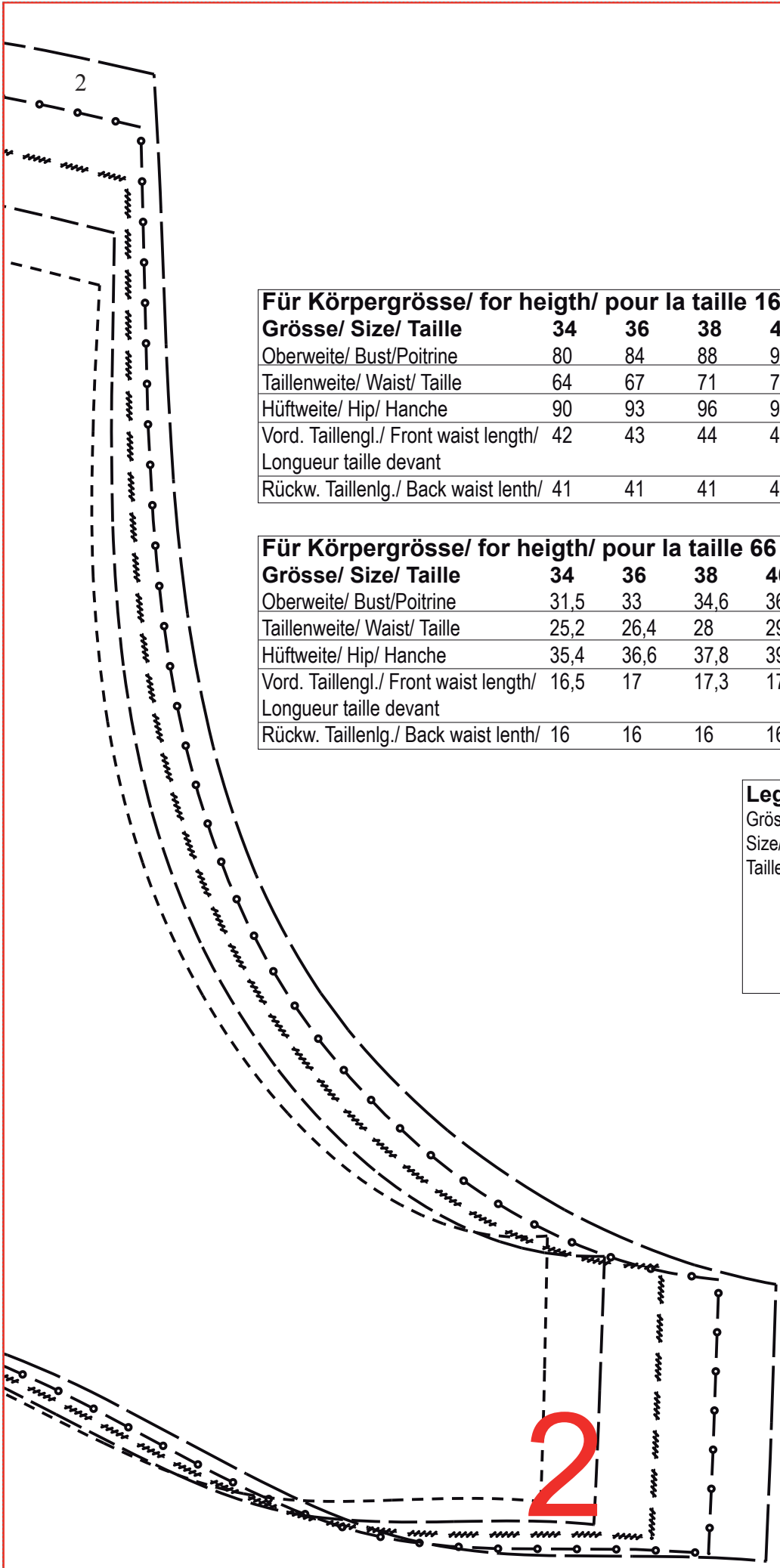
Vordere Mitte Fadenlauf/ Centre front  
straight grain / Droit fil milieu endroit

bernette  
**BERNINA**

**Weste / Vest / Gilet**

Vorderteil / Front / Devant

1



**Für Körpergröße/ for height/ pour la taille 168 cm:**

Größe/ Size/ Taille	34	36	38	40	42	44	46
Oberweite/ Bust/Poitrine	80	84	88	92	96	100	104
Taillenweite/ Waist/ Taille	64	67	71	75	79	83	87
Hüftweite/ Hip/ Hanche	90	93	96	99	102	105	108
Vord. Taillengl./ Front waist length/ Longueur taille devant	42	43	44	45	46	47	48
Rückw. Taillengl./ Back waist length/	41	41	41	42	42	42	42

**Für Körpergröße/ for height/ pour la taille 66 Inch:**

Größe/ Size/ Taille	34	36	38	40	42	44	46
Oberweite/ Bust/Poitrine	31,5	33	34,6	36,2	37,8	39,4	40,9
Taillenweite/ Waist/ Taille	25,2	26,4	28	29,5	31,1	32,7	34,3
Hüftweite/ Hip/ Hanche	35,4	36,6	37,8	39	40,2	41,3	42,5
Vord. Taillengl./ Front waist length/ Longueur taille devant	16,5	17	17,3	17,7	18	18,5	18,9
Rückw. Taillengl./ Back waist length/	16	16	16	16,5	16,5	16,5	16,5

**Legende/Legend/ Légend**

Größe/	-----	34
Size/	—————	36
Taille	~~~~~	38
	-o-o-o-o-	40
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2

3

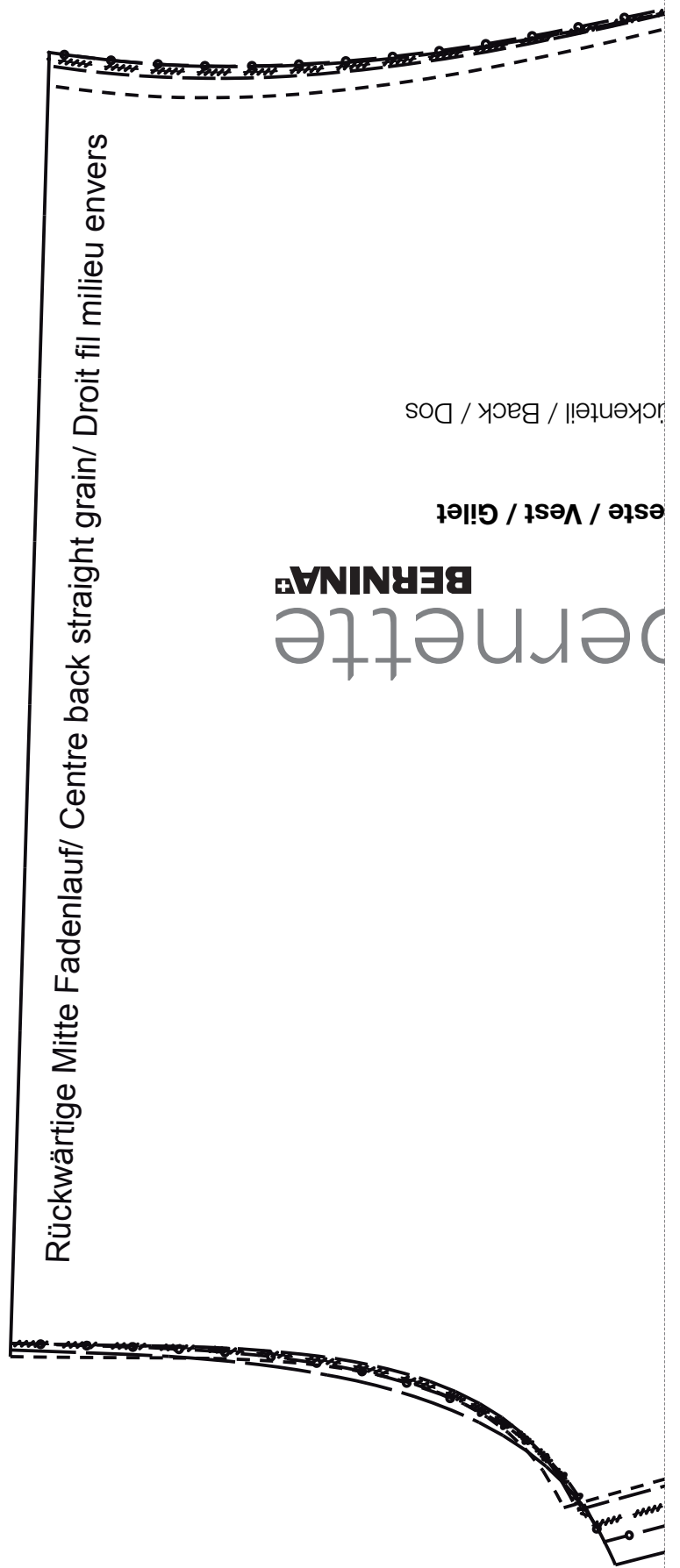
Rückwärtige Mitte Fadenlauf/ Centre back straight grain/ Droit fil milieu envers



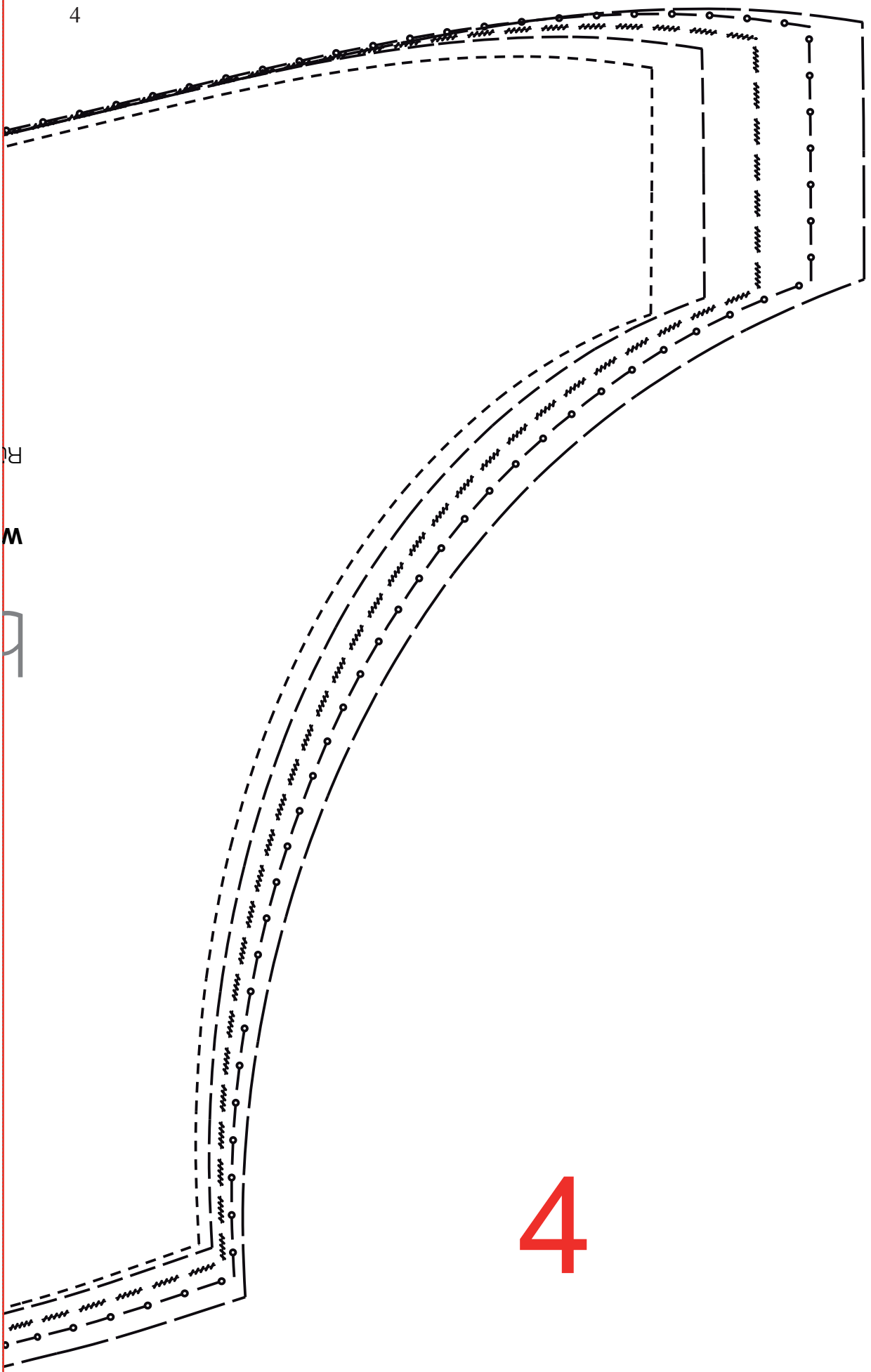
BERNINA®  
Dernette

este / Vest / Gilet

ückenteil / Back / Dos



4



R  
W  
R

4

18.5 cm

**Taschenbeutel /  
Pocket bag / Poche**

