



# DIY PYJAMA BOTTOMS : INSTRUCTIONS



## Let's get started!

\*for items in ***BOLD ITALICS*** see pattern key at the end of the instructions

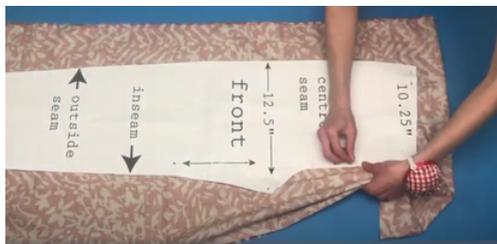
### NOTES

- This is a straightforward pattern, ideal for beginners
- In this pack you'll have
  - a multi-size pattern
  - reclaimed fabric for your trousers and waist tie
  - some thread
  - pins
  - a care label

### 1.CUT YOUR FABRIC

Cut your paper pattern out and iron flat if necessary. Make sure to cut along the line of your chosen size. It may help to draw over it first with a felt tip to keep you right.

Lay your paper patterns onto your fabric as directed by the ***GRAINLINE*** on the pattern. Pay attention to any special instructions such as ***PLACE ON FOLD***. Pin in place and cut everything out being careful to mark any ***NOTCHES*** or pattern markings.



### 2.SEW THE OUTSIDE LEG

Take one front and one back leg and pin the outside edge, with ***RIGHT SIDES TOGETHER*** making sure you are pinning a correct pair (i.e both left legs).

Sew these together, using a medium length running stitch, starting from the top of the waistband and using a 1cm seam allowance

Continue down the leg until you reach the ankle. You may wish to overlock or zigzag this seam to help stop it from fraying.

Iron the seam flat.

Repeat this process for the other outside leg seam.



### 3.SEW THE INSIDE LEG

Pin & sew your inside leg seam, matching notches and making sure you've pinned ***RIGHT SIDES TOGETHER*** (your trouser legs will be inside-out at this stage). Again, you may wish to overlock or zigzag stitch down this seam to help stop it from fraying.

Iron the seam flat.

Repeat for the other leg.



## 4. SEW THE CROTCH SEAM

Now we'll sew our crotch seam. Leave one leg inside out and turn the other the right way round.

Fit this leg inside the inside out leg and pin along the crotch seam with **RIGHT SIDES TOGETHER**, matching your seams at **CENTRE FRONT** and **CENTRE BACK**.

This sounds tricky but is actually really simple, you might want to watch our 'how to' video closely to see how I'm doing it. Now sew this closed with a 1cm seam allowance.

This seam will also benefit from being overlocked or zigzag stitched to help stop it fraying. Iron this seam flat.



## 5. WAIST TIE CHANNEL

Turn the top edge of your trousers over by 1cm and iron down.

Fold down a further 2cm, encasing your 1cm seam inside this channel. Iron this down. Before sewing your channel, fold your care label in half and insert it under the seam at the centre back.

Now sew the channel closed by **TOPSTITCHING** very close to the bottom edge. You should now have a channel running the width of your waist band with the opening at the centre front. Give this a final press to help it sit flat.



## 6. HEM

Turn the hem up 1cm towards the inside of the trouser leg, then turn this over a further 2cm to trap your raw edge inside and press flat with the iron. Sew with the inside of the trousers facing up so you can see the turned edge. Topstitch your hem down keeping the stitch quite close to the top of your turned edge.

## 7. WAIST TIE

Now we'll make our waist tie. Take your two waist tie pieces and sew the short ends together using a 1cm **SEAM ALLOWANCE**. This will double the length. Now fold it in half lengthwise and sew closed along the long edge using a 1cm seam allowance.

The waist tie is inside out so to turn it the right way round attach a safety pin to one end and use it to feed this end through the inside of the belt until it reaches the other end. You should now be able to pull the rest of the tie along and out the other end. Once you've done that, iron it so it sits flat.

Now use the safety pin again to feed your waist tie through the waist channel by pushing it through one of the open edges at the **CF**, round the waist band and then out the other side. Double turn the ends of your waist tie and sew them down to stop them from fraying. Even up the belt so the middle of the belt is positioned at the **CENTRE BACK** of your waistband. Hold this in place with a couple of long stitches back and forth or tack by hand.



# YOU'RE DONE!

We hope you've had fun!

We'd really love to see your finished item. Share with us on social media or email a photo to [hello@remodeyouth.org](mailto:hello@remodeyouth.org)



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## PATTERN KEY

Sewing methods and terms ITALICISED in sewing directions are defined below-

**CENTRE FRONT or CF-** The exact position of the middle of the front of the body. Imagine an invisible line going down the centre of the chest all the way to the floor.

**CENTRE BACK or CB-** The exact position of the middle of the back of the body. Imagine an invisible line going down the centre of the shoulder blades all the way to the floor

**RIGHT SIDE or RS-** The side of the fabric that ends up on the outside of the garment, often abbreviated in pattern instructions to RS. Some are easy to tell as one side will have a visible print or texture (such as velvet) other times it's harder to tell and so it's a good idea to decide which is your RS and RS before cutting and mark with an X using tailors chalk to avoid confusion later on.

**WRONG SIDE or WS-** The side of the fabric that ends up on the inside of the garment. Some are easy to tell as WS will have a duller or less textured print. See above for more info.

**ON THE BIAS-** Cutting on the bias means to place your pattern piece diagonally to the selvedge or grain of the fabric. At a 45 degree angle to the grainline.

**INTERFACING-** fabric which is attached to the wrong side of your fabric to stiffen and strengthen areas of strain, wear and tear or to help keep their shape. Most often used in waistbands, button stands, collars and cuffs. Can be ironed-on or sewn in. The fusible or iron-on version is also often called Vilene – this is simply the brand name. Pin fusible interfacing to WRONG SIDE of fabric. Fuse interfacing in place by ironing on medium heat for 10/15 seconds or following manufacturers instructions. Always pin shiny/rough/glue side down. If unsure, do a small test first!

**STAY-STITCH-** Sew a row of stitching within the seam allowance close to the cut edge of your fabric to prevent stretching on curved edges

**DART-** Usually shown in the shape of a 'V'. They take in fabric to give shape to the garment. Fold the fabric along the shape of the V and sew from the top to the point, following the line shown on the pattern.

**PLEAT-** A pleat is a fold in fabric that add fullness into a garment. Fold the fabric in the direction shown on the pattern and baste along the top edge to keep in place.

**UNDERSTITCH-** Press facing or lining and seam away from garment, stitching through facing and seam allowances close to seam to keep seam sitting flat on the underside.

**BASTE-** Sew a temporary row of stitching using a long stitch length, to hold seams in place before sewing permanently. Sometimes referred to as 'tacking'.

**TOP STITCH-** The process of stitching on the exterior side of a project to finish seams or folds to keep them in place. Usually paired with a longer stitch length which looks more professional and can make it easier to go in a straight line.

**PLACE ON FOLD-** Long line marking with directional arrows on either end means that outer line of pattern is to be placed exactly on folded edge of fabric prior to cutting. No seam allowance is needed on this edge as you are cutting it in one piece. PLACE ON FOLD marking normally corresponds to the CF or CB of a bodice pattern.



**NOTCHES-** A notch is a mark on the sewing pattern which guides you on the correct positioning of the garment sections. Use notches to match up your pattern pieces while sewing. On our patterns, the notch symbol appears as a simple short line at a right angle to the original pattern line. Snip into your notches by 2/3mm ONLY. Any more and you will end up with a hole in your garment.



**LOOP-** Fold in half, lengthwise with RIGHT sides together. Stitch a scant 6mm from fold edge, stretching loop while stitching. With a needle, attach a strong thread to one end of loop. Draw needle eye forward, through fold, turning loop RIGHT side out. Cut to desired length (roughly 6cm depending on size of button to be used – check first!) Fold loop in half bringing ends together as shown. To keep ends together, hand tack inner edges within seam allowance

**GRAINLINE-** This mark is a horizontal line with arrows on either end (as illustrated below); line this up with the grain of your fabric as you position your pattern pieces. (The grain of your fabric is parallel to the selvedge edges)



**STITCH SEAMS WITH RIGHT SIDES TOGETHER UNLESS OTHERWISE STATED**