



Jenna Childslayer and Siquella's Down and Dirty Sewing Guide for Pennsic



T-Tunic Construction

MEASUREMENTS *(can be taken loosely):*

Bust *(Over bra is fine, take measurement at nipple line)* = **B**

OR Hips *(at widest point)* = **H**

* Use the larger of these two measurements for **BL** on a straight tunic

Length *(Shoulder seam to desired length)* = **L**

Arm *(Measure around widest point)* = **A**

Head *(at widest point)* = **N**

$(B + 4) \div 4 =$ Bust tLine (**BL**)

$(H + 4) \div 4 =$ Hip Line (**HL**)

$L \times 2 =$ Length of Fabric needed

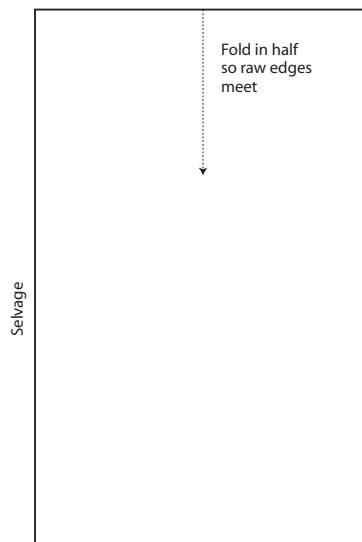
$(A + 4) \div 2 =$ Armseye (**AE**)

$N + 1 =$ Total diameter of Neckline

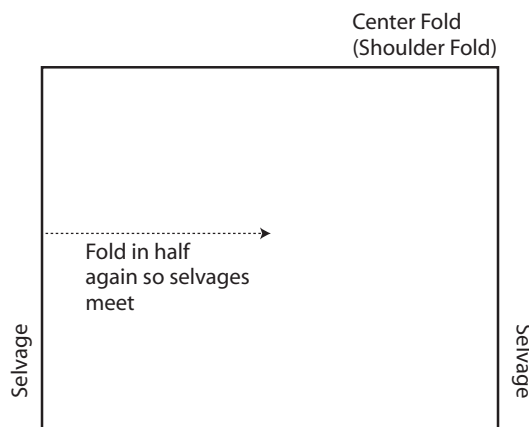
1. Start with an open length of fabric.



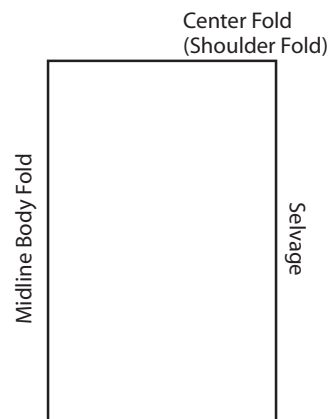
2. Fold in half so raw edges of the fabric meet.



3. Fold in half again so the selvages meet.

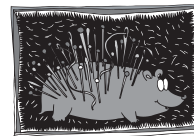


4. This is what it will look like



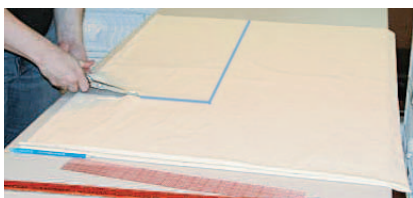
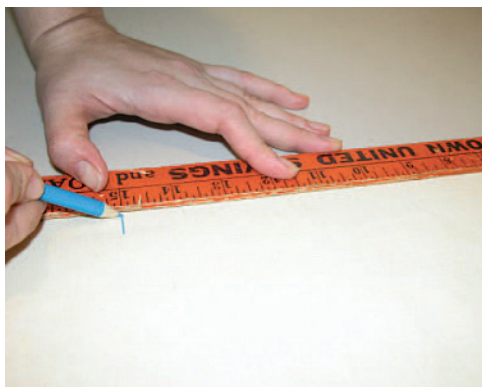
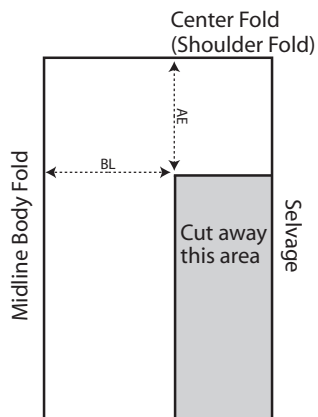


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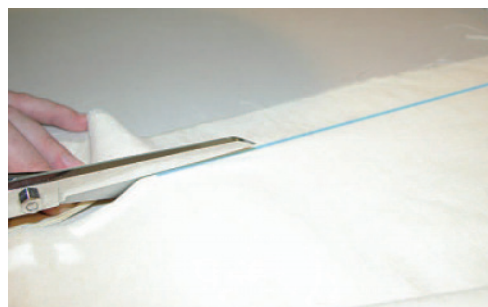


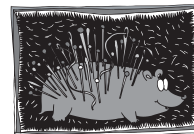
T-Tunic Construction (Page 2)

5. Now, we will mark (with sewing pencil, chalk or fade away marker) the Bust Line (**BL**) and the Armseye (**AE**). After it's measured and marked you cut away the extra fabric.



Special Note: if you notice that the raw open ends of the fabric are uneven after the folding, at this point you can even it out. On a flat surface, use your marking method to draw a line and then cut to even the edges. Do this before you make marks to cut armseye & bustline.





T-Tunic Construction (Page 3)

6. Neckline

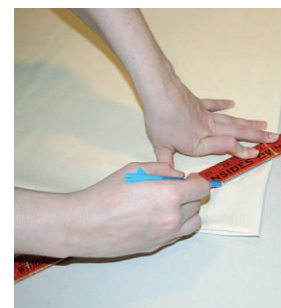
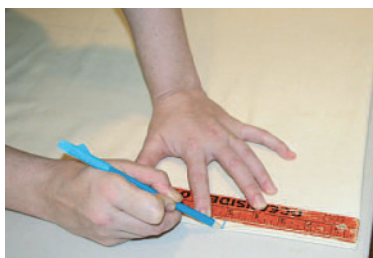
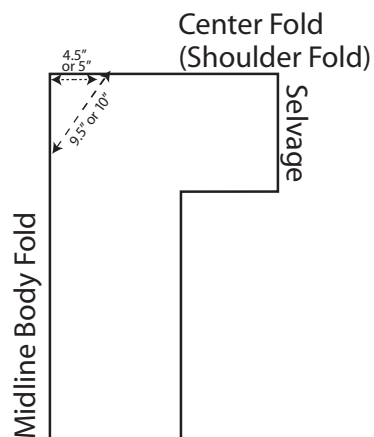
(we are using a triangle for the neckline but you can also cut a square, circle or keyhole shape).



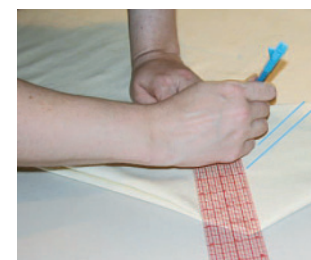
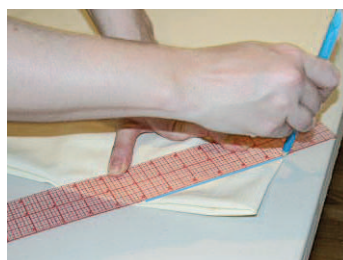
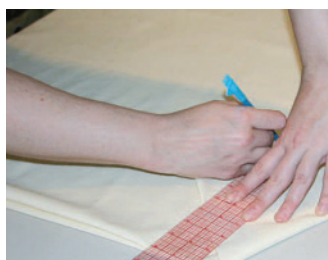
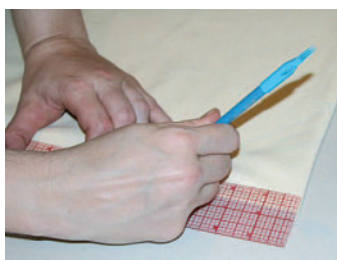
Neckline measurement for triangle $\div 3 =$ each side of the triangle
ie: $27'' \div 3 = 9$.

If you want it slightly bigger go up by an inch like we did on the one in our picture since it was measured for Siquella's father and we wanted a slightly larger opening. Another reason for a bigger neckline: Siquella uses a similar neckline for a dance caftan cover up (hide the special costume before the dance performance) and she found using these measurements were fine to get on and off over her head when she sewed it but when she tried to use it with jewelry, makeup & dance accessories in her hair it was too small and caught on them. So ideally, the neckline on that needed to larger when used for that purpose.

For marking the top of the triangle on the fold, the measurement has to be cut in half. $9 \div 2 = 4.5$

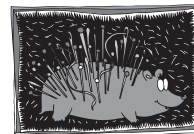


Once you have this marked on both sides of the folded fabric, mark another line inside the triangle that is a half inch (.5") smaller and mark snip corners (a line from the bigger to smaller triangle in the corners) Note, we switched to a quilter ruler (which is see through) so we could just place the ruler over the line and see what our half inch was and just draw it in versus making marks a half inch from the first and then having to draw the line.





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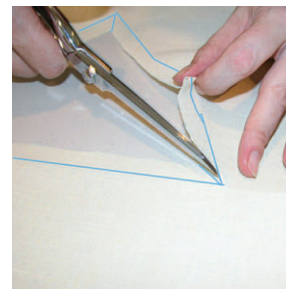
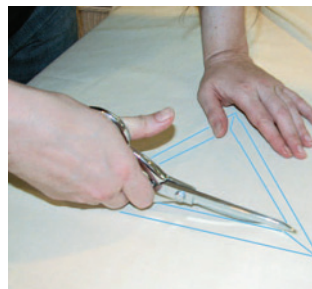
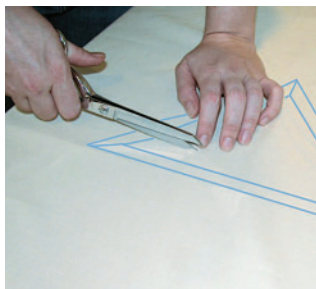


T-Tunic Construction (Page 4)

6. Neckline (Continued)

SPECIAL NOTE: When you get ready to cut out the triangle make sure the fabric is completely opened before cutting neckline out. This is important since if you cut on the folded fabric you will get a diamond shape instead of the triangle.

Trick: To get a nice even line on the triangle, snip first in the center of the triangle rather than trying to get a clean cut starting right out on the clip lines and then cut down to the line to cut out the triangle.



7. Stitching the neckline

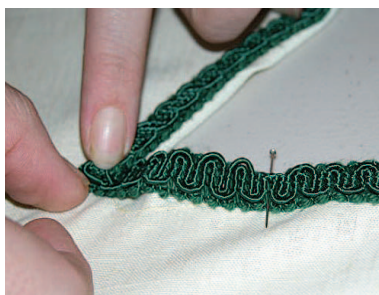
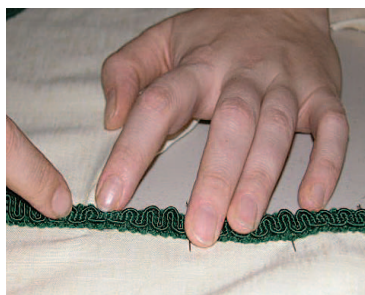
Next, fold the neckline the half inch where we marked and clipped it earlier. Make sure you fold in to the wrong side of the fabric. Stitch this down, again curving around the corners so it is a continuous line.

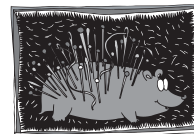


8. Trim (optional)

The next step is pinning and sewing any trim on the tunic. On our picture sample, we put trim around the neckline and on the sleeves but you can also put trim at the bottom of the tunic as well.

At the neckline, you can put the trim right up to the edge of the now finished neckline or place it in slightly so you have a small fabric border (either .125" or .25"). When you get to the corners, you will have to fold the trim back over itself, in a triangle like shape to follow the neck. Since there is no seam, when the trims meets, you will need to fold both edge back under to finish the edges (about .5"). If your trim ravel very easily, you might want to put some Fray Check on the raw ends to prevent this before folding them under. Also unless you are using a really thin trim (.25" or smaller), most trims will need two stitching lines, one on either side close to the edge.





T-Tunic Construction (Page 5)

8. Trim (optional) - (Continued)

On our sleeves which are on the selvage edge of the fabric, we put the trim about .5" in, on the line where the selvage and fabric meet. **NOTE:** when a tunic doesn't have selvage at the end of the sleeves or at the bottom on the tunic which is raw edges be careful where you put trim since you will need to make a roll hem to finish the raw edges. You can either put your roll hems in first and then put your trim on or wait till the very end and put your trim on after.



9. Pinning the tunic

Fold the tunic at the shoulder line so the good front fabric is facing each other on the inside the fold. Next put a pin where sleeve meets body at the underarm. From there pin the rest of arm and body. If you have put trim on the sleeves make sure it matches when you pin it together.

Note: you are pinning so "wrong sides" are outside.



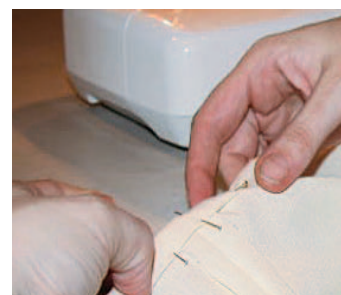
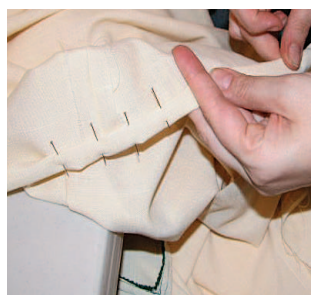
10. Sewing sides (end of arm to underarm point to hemline)

Sew both sides of the tunic. When you meet the underarm point, curve the stitching path around the corner so it's rounded and not just a 90 degree turn. When done, sewing a side, go back and stitch over the underarm point to reinforce that area (sew about four inches four inches either side of underarm point).



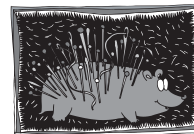
11. Hem Tunic Bottom

Double roll the raw edge of the hemline. Make sure you are rolling into the "wrong side" of the fabric. Stitch. If you didn't use a selvage edge for your sleeves, do the same type of hem you used for the hemline.





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Tunic Dress Construction

Tunic dress follows the same construction notes as a T-Tunic. The only differences are the measurements of the fabric and cutting a slight curve into the bottom of the hemline. Below are the measurements to make a dress.

MEASUREMENTS *(can be taken loosely):*

Length of fabric *(shoulder to floor):*

$$(L + 2) \times 2 = \text{Length of fabric } L$$

Arm at widest:

$$(A + 2) \div 2 = \mathbf{AE}$$

Bustline:

$$(B + 4) \div 4 = \mathbf{BL}$$

Hipline:

$$(H + 4) \div 4 = \mathbf{HL}$$

Shoulder to Waist *(top length)* = **T**

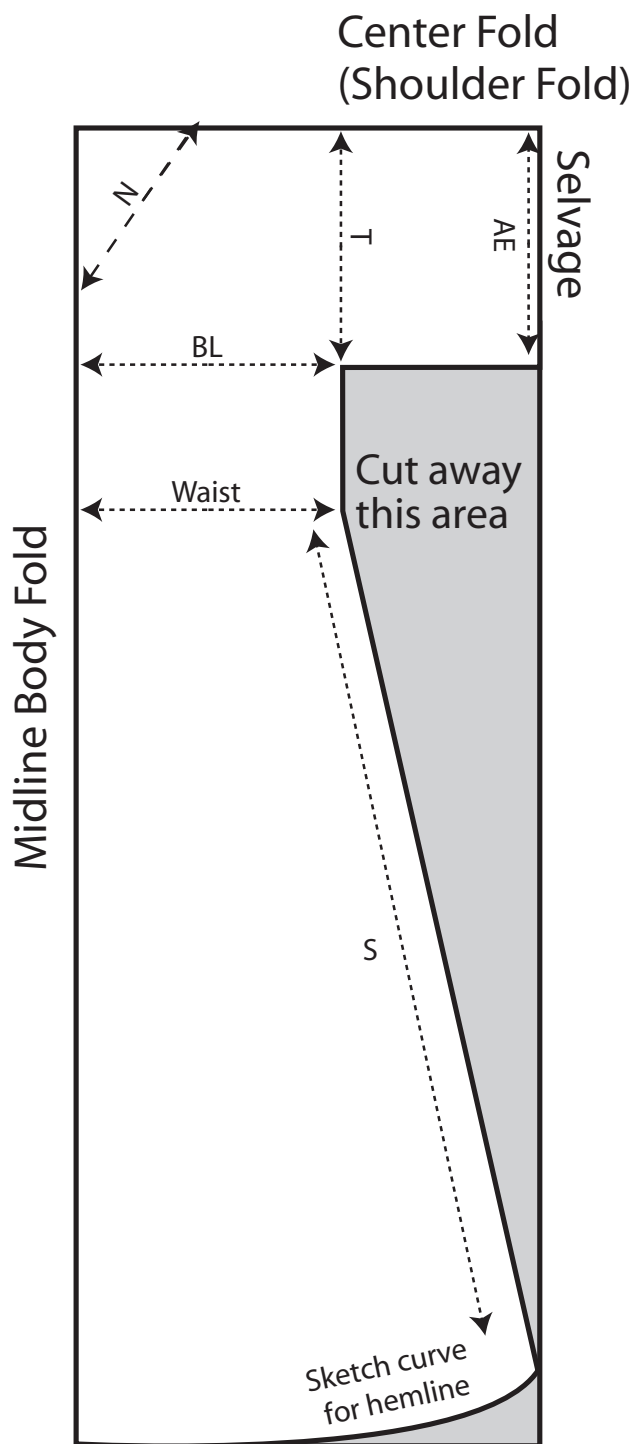
Head *(for neckline):*

$$(H + 1) = \mathbf{N}$$

or for triangle cutout: $(N \div 3)$

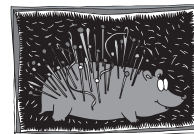
Waist to Floor *(skirt length)* = **S**

Note: $S + T = L$





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Trews Construction

This is a one-size fits most design. (5'2" - 5'10")

The rise (crotch area) can be shortened for pants that sit lower on the hips (ie. for belly dancing)

More or less fabric can be used to alter fullness.

Side seams can be switched to the outside of the leg & left partially open (for belly dancing).

You can also hem the pants legs vs using elastic or draw strings (for a wide belly dance/Viking pants)

MEASUREMENTS *(can be taken loosely):*

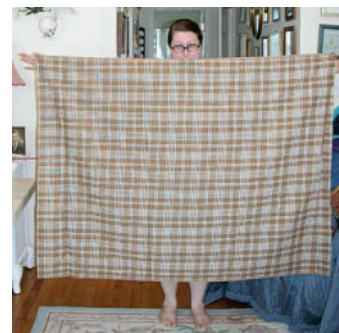
Measure from your preferred waistline in back, between legs to preferred waistline in front = **C**
Rise

$$(C + 4) \div 2 = \mathbf{R}$$

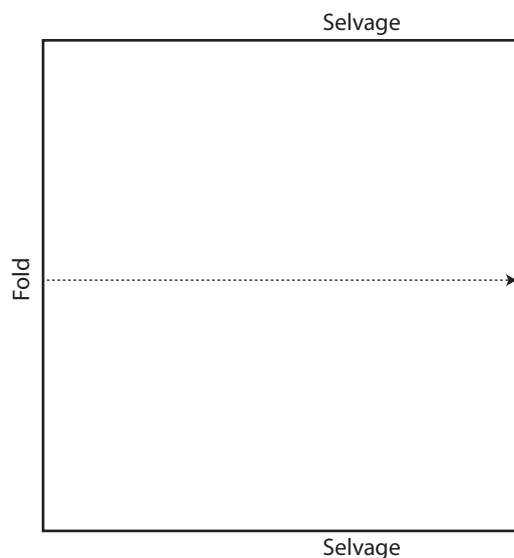
NOTE: when measuring, be sure you can comfortably stand & squat down several times. This should be a slightly loose measurement.

Seated, measure from preferred waistline on back to hard surface
Rise Height = **RH**

1. Cut fabric in half so you have two 1 1/2 yard pieces). Lay together making sure you have "wrong sides facing out.

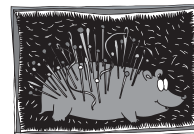


Fold in half so selvage is the short side. Pin open ends.



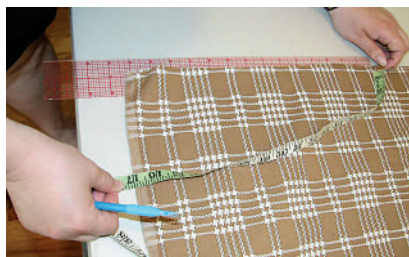
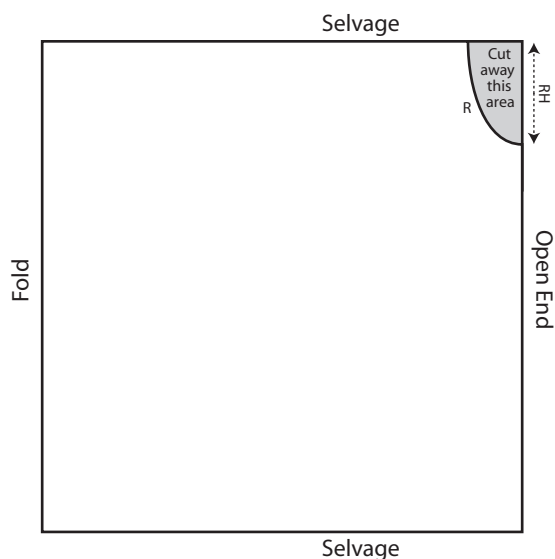


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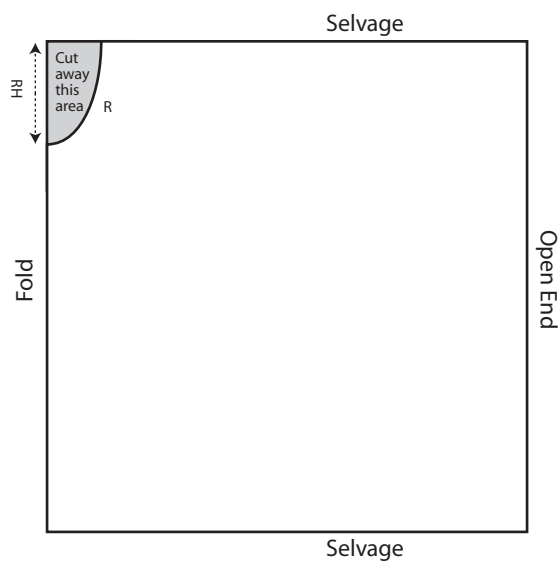


Trews Construction (Page 2)

2A. For inside seam pants make the rise on the open side of the fabric. Now mark (with sewing pencil, chalk or fade away marker) the Rise (R) and the Rise Height (H). After it's measured and marked you cut away the extra fabric. Take out any pins and separate fabric so you have two separate legs now.

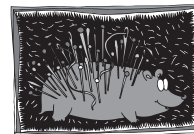


2B. For outside seamed pants make the rise on the fold. Now mark (with sewing pencil, chalk or fade away marker) the Rise (R) and the Rise Height (H). After it's measured and marked you cut away the extra fabric. Take out any pins and separate fabric so you have two separate legs now.



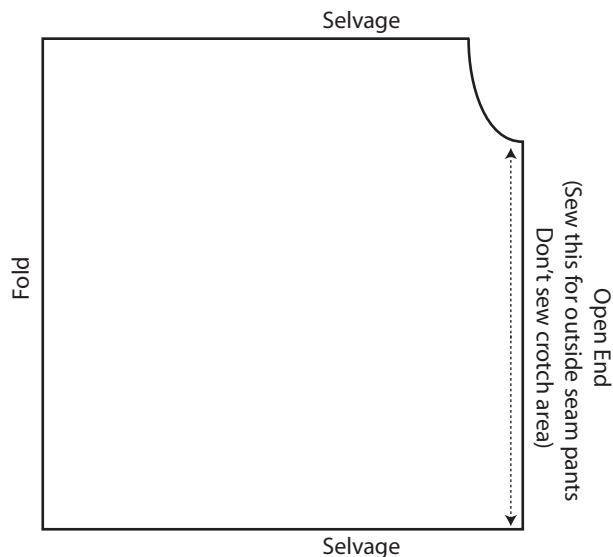


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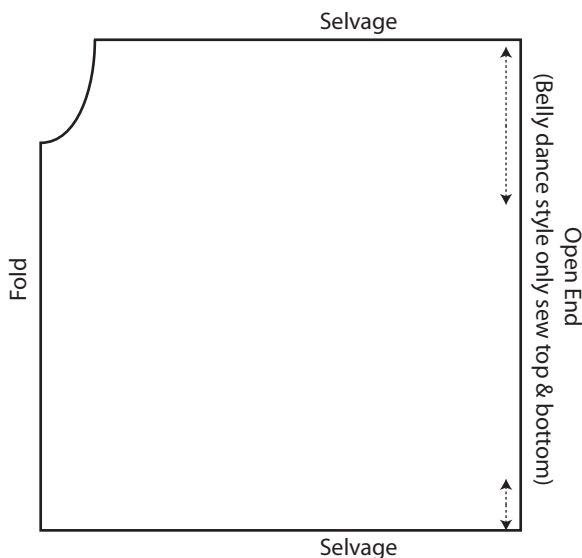
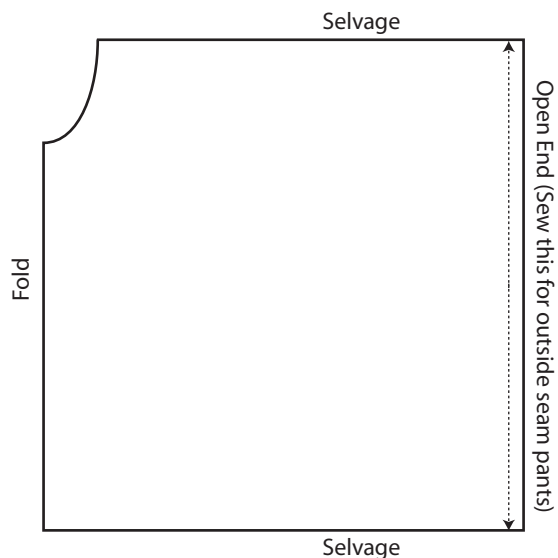
Trews Construction (Page 3)

3A. Fold fabric so wrong side is facing out and pin from crotch to hemline for each of the two pants legs. Sew the leg tube of the Inside seamed pants. Make sure you don't sew the crotch area.



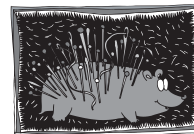
NOTE: if when you pin the legs, the curves of the crotch don't match, this is the time to even it out before sewing the legs

3B. Fold fabric so wrong side is facing out and pin from waist to hemline for each of the two pants legs. Sew the leg tube of the outside seamed pants. For bellydance style you can sew only top and bottom. The bottom can be just 3" but you want to measure the waist to where you want the opening to begin (just above mid thigh). Then make a small roll hem on all the side openings with the roll turning in to wrong side of fabric.





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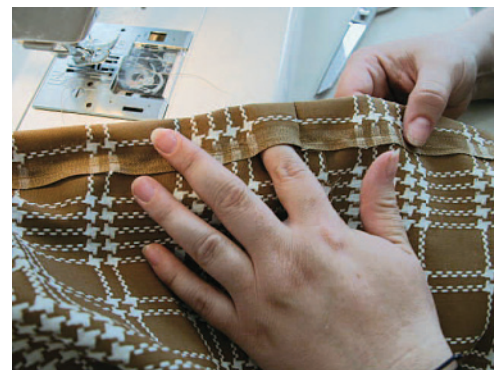
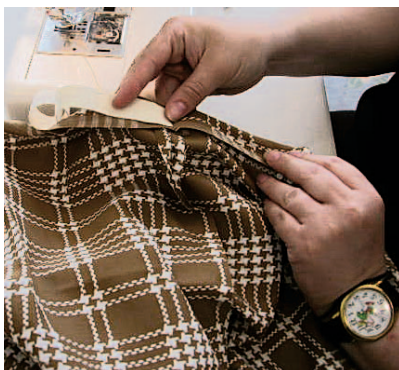


Trews Construction (Page 4)

4. For either version, turn legs right side out and pin the crotch together starting at the center seam and working out in both directions. Stitch together.

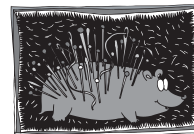


5. Roll and stitch waistline band. Make sure to leave a 2 inch opening to be able to insert either drawstring or elastic preferably at a seam. If using elastic it should be $\frac{3}{4}$ " to 1" wide. Make sure casing is at least $\frac{1}{4}$ " larger than chosen elastic. If using a draw string, the casing should be $\frac{1}{4}$ " larger than chosen string. To measure the elastic make sure that you stretch it around you as you measure it so that it won't be too large and leave 1 extra inch for sewing overlap. To measure the drawstring, wrap it around your hips at the widest point and add 18".



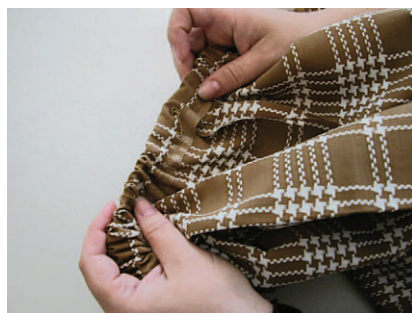
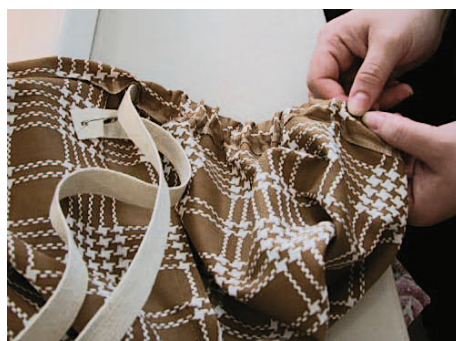


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Trews Construction (Page 5)

5. Continued: Then pin string or elastic to the pants with safety pin. Put another pin on other end. Using the loose end thread the elastic through the opening. You will have to gather the fabric as you thread to be able to string it all the way though. Once that is done, if using elastic, you will overlap the elastic by an inch and sew it together. For drawstring you will not sew closed the opening but with elastic, you can either hold it closed with a small safety pin or sew closed the opening but we recommend using a safety pin to close elastic and try on pants to make sure the elastic isn't too large. **NOTE:** if you hate having the elastic roll when wearing, you can sew down the waist band seam at the top on either side to keep it from turning.



6. Roll and stitch ankle bands. Make sure to leave a 2 inch opening to be able to insert either drawstring or elastic preferably at a seam. If using elastic it should be 1/4" to 1/2" wide. Make sure casing is at least 1/4" larger than chosen elastic. If using a draw string, the casing should be 1/4" larger than chosen string. To measure the elastic make sure that you stretch it around your ankle as you measure it and leave 1 extra inch for sewing overlap. With ankles you might want it a little looser than the waist so add an extra inch to the tight measurement. Then pin string or elastic to the leg with safety pin. Put another pin on other end. Using the loose end thread the elastic through the opening. You will have to gather the fabric as you thread to be able to string it all the way though. Once that is done, if using elastic, you will overlap the elastic by an inch and sew it together. For drawstring you will not sew closed the opening but with elastic, you can either hold it closed with a small safety pin or sew closed the opening. **NOTE:** if you want a loose leg belly dance pants or Viking pants, just roll hem the entire bottom closed.