

Appendix 1: Clothing Patterns

Two-Seam Gathered Skirt

Create a simple two-seam gathered skirt by using the following instructions.

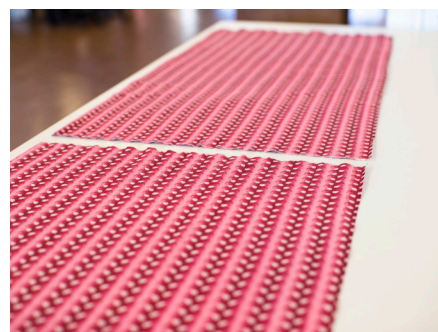
- 1 Measure the person from her natural waistline to her midcalf. Add 4 inches to that measurement for the waistline casing and hem.

You will need:

- Fabric twice the length of the above measurement. Good fabric choices include 45-inch-wide cotton, cotton-poly blend, muslin, or gingham.
- A length of 1-inch-wide elastic to fit snugly around the waist. Add 1 inch for overlap.
- Thread to match the fabric.

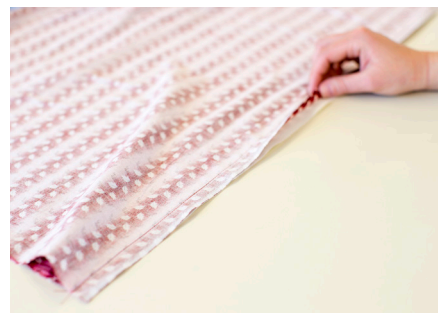


- 2 Cut the fabric in half crosswise.



- 3 With the right sides facing each other, sew the selvage edges together, forming a tube.

Press the seams open.



- 4 To create the waistband, turn down the top edge $\frac{1}{4}$ inch, press, and stitch.



- 5 Turn down the top edge again $1\frac{1}{4}$ inches and sew close to the hemmed edge, leaving a 2-inch opening to insert the elastic.

Fasten a safety pin to one end of the elastic and thread the elastic through the waistband.



- 6 Overlap the elastic 1 inch and stitch it together. Stitch the opening in the waistband closed.



- 7 Turn up the bottom edge of the skirt $\frac{1}{4}$ inch, press, and stitch.

Turn up the bottom edge again, 2 inches, and stitch close to the hemmed edge to form the hemline. The hem can be topstitched, sewn by hand, or stitched with a blind hem if your machine has that option.



- 8 Finished skirt

