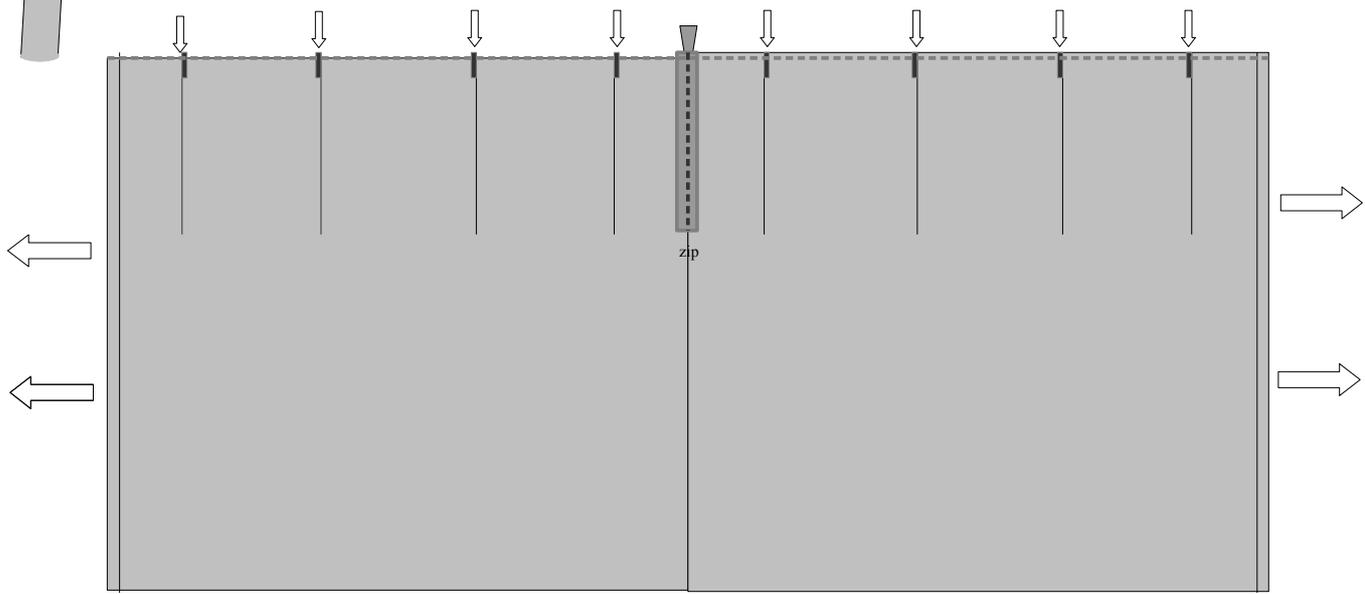
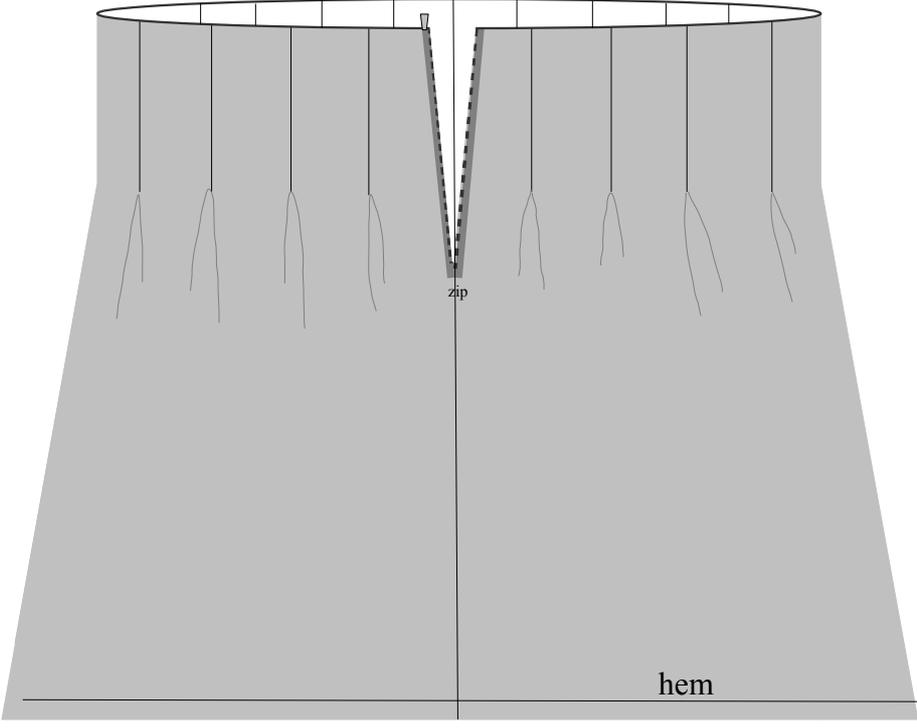
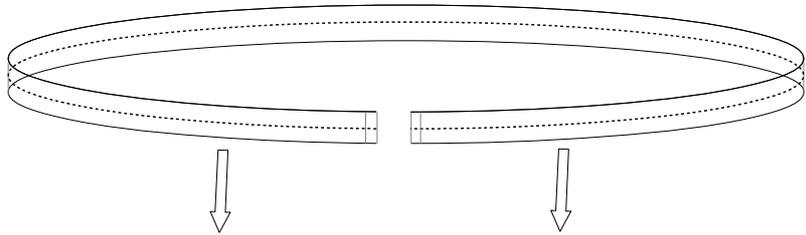


2cm x 2cm



Make waistband



# HOW TO MAKE A PLEATED SKIRT FROM A METRE OF FABRIC

by Sewgirl

**For fabric 115cm wide you will get a maximum skirt length of approx 55cm and from a fabric 150 wide you will get a skirt approx 70cm long. You will need an 18cm zip and thread to match.**

## THIS IS WHAT YOU DO

Take your 1 metre of fabric and trim a strip across the width of the fabric of 10cm for the waistband.

From the remaining fabric ie 90 x 112cm (or 90cm x 150cm) fold in half lengthways so you have a piece 90cm x 56cm (or 90cm x 75cm).

Press then cut along fold, so you have 2 long pieces.

## MAKING THE PLEATS

Fold fabric in half lengthwise (the longest dimension), press, then in half again, press, then in half again and press.

Open out fabric so you have 7 folds.

Place a pin at top of first fold, then every other fold so you have 4 pins in total marking 4 fold lines.

Make an inverted pleat at each pinned fold of approx 2cm (*to work out how much each pleat needs to be for your size, measure your waist in centimetres, half it. Take this number away from 90, then divide by 4 = the number of centimetres you need to pleat in at each of the pinned folds*).

Pin each pleat first then adjust to size if needed. Its best to have skirt sit on top of hips for a more flattering shape.

Sew each pleat 2.5cm down from top edge. Then press each pleat flat open and sew along top edge to keep pleats flat.

## INSERTING THE ZIP

Insert zip at right hand side, by sewing a 1.5cm seam then placing zip face down with zip teeth in line with reverse side of seam. Tack then sew with a zip foot or stitch by hand.

Pin left side seam together try on for size, then if all ok, sew left seam together with a 1.5cm seam as before.

## WAISTBAND

Make a waistband from the 10cm strip you cut at the beginning by folding over the 2 long sides in (with right side outermost) 1.5cm then fold over in half again. If your fabric needs extra support iron on a piece of fusible interfacing.

Open out one side of folded waistband and, with right side of band facing, place top pleated edge of fabric on to band with right side of fabric facing right side of band. Pin, tack, sew 1cm from top edge.

Fold up band, then fold back on itself, so right sides of band facing each other.

Sew sides 1cm on each short side. Turn to right side, hand sew up opening.

Turn up, press the bottom hem to desired length then sew along.

All done and ready to wear