



Pretty as a picnic cotton minis

Lingerie sewing is becoming increasingly popular and these sweet floral minis are an excellent project to help your skills blossom – just in time for Valentine's Day!

Project: KATHERINE SHEERS & LAURA STANFORD

SKILL LEVEL: ♥♥

MATERIALS:

- ♥ 0.5-1m cotton lawn
- ♥ 8mm leg & waistband
- ♥ 1.5-2.5m elastic
- ♥ cotton jersey for the floating gusset
- ♥ ribbon for the bow

Sizing: W (Waist) H (High hip)

- Size 8 - 65cm (W) 81cm (H)
- Size 10 - 70cm (W) 86 cm (H)
- Size 12 - 75cm (W) 91 cm (H)
- Size 14 - 80cm (W) 96 cm (H)
- Size 16 - 85cm (W) 101cm (H)
- Size 18 - 90cm (W) 106cm (H)

Note: This style sits on the hips with slight fullness to the front and back panels.

HOW TO MAKE:

**LAYING AND CUTTING OUT
PATTERN PIECES**

1 Iron the cotton lawn and cotton jersey fabric. Fold the cotton lawn in half along the crosswise grain. Lay the front and back paper pattern pieces on the fold, pin in place and cut out.

2 Fold the cotton jersey with the main stretch perpendicular to the fold. Lay the floating gusset paper pattern piece along the fold, pin in place and cut out.

3 Remove the pins and paper pattern pieces. Open the pattern pieces out flat.

SEWING A FLOATING GUSSET

4 Turn the seam allowance along the top edge of the floating gusset pattern piece to the wrong side of the fabric, pin and topstitch in place.

5 Align the gusset seam of all three pattern pieces by laying the front and back panel, right sides facing. Place the floating gusset wrong side uppermost onto the back panel. Pin, tack and sew along the gusset seam. (See Pic A.)

6 Turn the floating gusset so that it sits wrong side facing the front panel. It should sit centrally with a gap down each side. Pin and tack in place along the leg lines. Press the gusset seam flat.

SEWING A FRENCH SEAM

The side seam has a 1cm seam allowance

to allow you to sew a French seam, which encloses the raw edges of fabric within it.

7 Lay the front and back panels wrong sides together and align the side seam. Pin, tack and sew a 0.5cm seam allowance. Trim the seam allowance to 3mm.

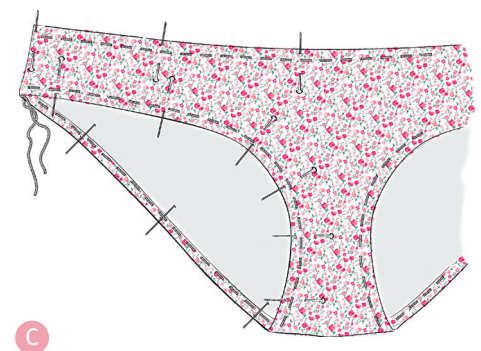
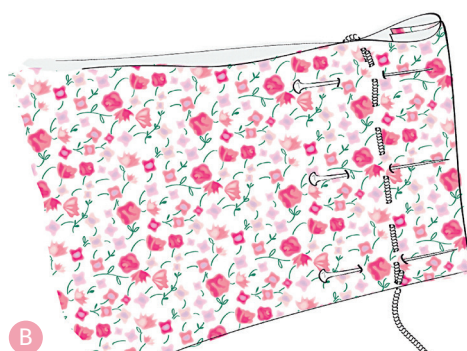
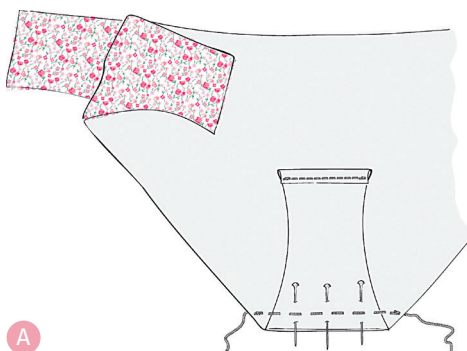
8 Turn the front and back panels right sides together, press the side seam flat and sew another 0.5cm seam allowance to complete the French seam. (See Pic B.)

ATTACHING THE ELASTIC

9 Turn the seam allowance for the waistband and leg openings, pin and tack in place. (See Pic C.)

10 To determine how long the waistband and leg elastic should be, measure around the waistline of your pattern pieces and cut the elastic 20% shorter than this measurement. Add 3cm back onto the length of the elastic before you cut it (this extra will make it easier to join the ends of the elastic together). Repeat for the leg openings.

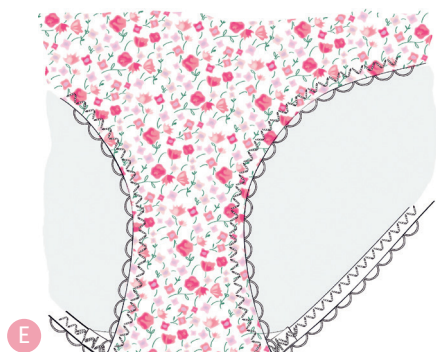
11 Make one length of leg elastic into a loop.



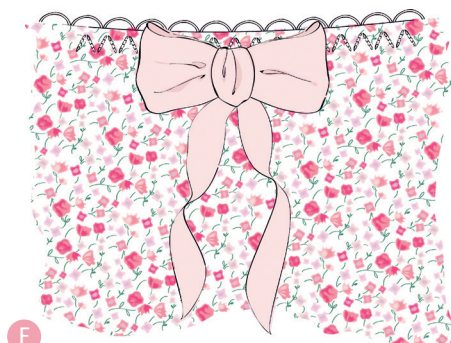
PRETTY AS A PICNIC COTTON MINI



D



E



F



Overlap the elastic by 1.5cm at each end. This won't be the finished overlap, but it gives you and your machine something to grip onto while you sew the ends together. It will be trimmed in the next step. Sew one back-and-forth row of stitches through the centre of the overlap. Trim each end by 1cm to leave 0.5cm each side of the join.

12 Divide one leg elastic loop into four equal sections, marking it with four pins, one of which should sit on the elastic join. Align this pin with the gusset seam of the leg opening and pin together. Divide the rest of the leg opening into four equal sections and align each with one of the pins. Use the pins as markers to ensure you get an even tension along the elastic. To make things even easier, divide the elastic and leg opening into eight sections rather than four to give you twice as many markers to work with. (See Pic D.)

13 Sew the elastic to the leg opening using a zigzag stitch just a little narrower than the width of the elastic. Start sewing just after the elastic join at the gusset seam (so that you finish sewing on the join). Stretch the elastic out to sit flat against the fabric as you go. Do not try to stretch the fabric itself.

14 Repeat steps 14 and 15 with the other leg opening and then with the waistband, aligning the elastic overlap with the LHSW (left hand side as worn) side seam. Remove

the tacking from around the waistband and leg opening. Note: Sometimes, after sewing the elastic to a garment, the tacking stitch can distort the edges, causing it to look as though the garment is not very elasticated. This is particularly true of garments with a mix of fabric types. Don't panic – once you remove the tacking, the elastic will be released.

ATTACHING THE BOW

15 Attach a bow to the centre of the front panel by hand, sewing small bar tacks through the bow loops right beside the knot. This is better than stitching through the knot, which can turn the loops into 'bunny ears'! (See Pic F.) ♥

Top tip

To accurately calculate the lengths of elastic required, always measure the garment itself and not the paper pattern pieces. Because elastic varies in modulus, once you've determined the length of the waistband elastic, slide it onto your body to see if it feels comfortable. If you need to make any adjustments, this change can then be applied as a percentage to the leg elastic too



The Secrets of Sewing Lingerie by Katherine Sheers & Laura Stanford. Photography by Ali Allen. £12.79 from Kyle Books