

TOP-STITCHED ELASTIC DIRECTIONS

These instructions are for applying professional top-stitching elastic that will NEVER twist. No more uncomfortable twisted elastic casings! This method is perfect and can be used on both woven AND knit fabrics.

SUGGESTED FABRICS

Jersey, interlock, rib knit

You can read ALL of my tips and tricks of working with knit fabrics with a traditional sewing machine for professional looking results -- no serger required and no amateur zigzags! Although I've also included all of my favorite serger tips and tricks too.

<http://www.jocole.net/pdf/KnitTips&Tricks.pdf>

CUTTING

Make sure you cut your pieces so that the greatest amount of stretch goes around the body, width wise. Pattern weights are ideal instead of pins. (River rocks, large washers, tuna cans). STRETCH elastic a few times before cutting!!

Make sure you have 2 opposite pieces for the front and the back, either fold the fabric and cut out 2 at once – or lay out the fabric in one layer and cut out the pieces, then flip the pattern over to cut out the other pieces.

NOTIONS

thread, universal, ballpoint or stretch needles

1 1/4" *knitted* elastic or 1" for doll size (for the Essential Pants, the Flounce Ruffle Pants or the Mega Ruffle Pants -- OR whatever size elastic is specified for your pattern + 1/4"),

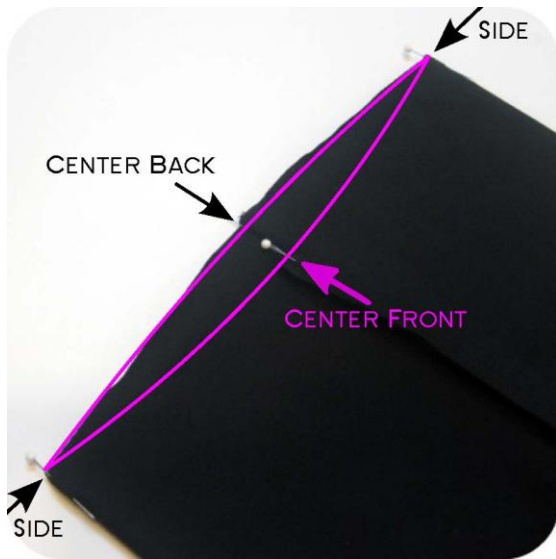
[I really recommend knitted elastic as it is easy to sew through. You can use woven elastic but it is more rigid.]

REQUIRED TOOLS

scissors, basic sewing machine

OPTIONAL TOOLS

serger sewing machine, stretch twin needle, wooly nylon thread,



SEWING INSTRUCTIONS

1. MARK waist into quarters. Align center back and center front and the folds are the side marks.



2. Prepare elastic. Stretch it out a few times before cutting to the right length. Use a lighter to seal the cut ends to prevent fraying or raveling. [Not necessary, but a small simple touch that I like to take]



3. Align elastic cut edges together (do NOT overlap) and stitch using the widest zigzag setting and a short stitch length. (My settings: Width: 5, Length: 1). STITCH forward and backwards a couple times.



4. MARK elastic into quarters. Fold elastic along the seam done in Step 9 in half and mark the opposite fold. Refold, aligning the seam and the mark in the center (not of the edges anymore) and mark the 2 side folds. I just use a pencil on the elastic, but you can use pins as well.



5. STITCH elastic around waist along edge of elastic to the WRONG side – starting at center back. You'll need to stretch the elastic so the marks align with the marks along the waist. Backstitch to reinforce seam. A zigzag stitch (length: 1-2, width: widest) is recommended for optimal stretchiness.

*NOTE: You *NEED* to gently stretch the elastic behind the presser foot of your machine as well so the feed dogs can grab the fabric and sew. (not shown in the picture, because my other hand was holding the camera!!)*



6. If using a serger, STITCH using a 3/8" seam allowance. Make sure the elastic is inside the cutting blade – you don't want to trim the elastic. Note: using a serger makes the seam more bulky in the end.



TA-DA!! Elastic sewn onto waist completely.



7. FOLD waistband down along the edge of the elastic to the inside.



8. Topstitch with the RIGHT side up, creating a faux-coverstitch. Remember to stretch the elastic while stitching. (The left-most needle of your twin needle is inside the elastic – same concept as hemming, shown in Steps 2 and 3).



[NOTE: If you don't want to use a twin-needle you can use a zigzag stitch instead for optimal stretchiness.]

9. Finished waist. Doesn't that look professional?!

10. **ENJOY!!**

EMBELLISHMENT IDEAS:

You can find a list of all of our FREE tutorials for embellishing you garments HERE:

<http://jocole.blogspot.com/2011/12/embellishment-ideas.html>



Easy Ribbon Tags for identifying what size the item is:

<http://jocole.blogspot.com/2010/11/easy-ribbon-tags.html>



Mini-Bows are perfect for sewing on the FRONT to help your little one dress herself, so she can easily tell what is the front and what is the back:

<http://jocole.blogspot.com/2010/11/mini-bow-directions.html>