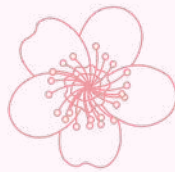




Lycra T-Shirt Making Guide

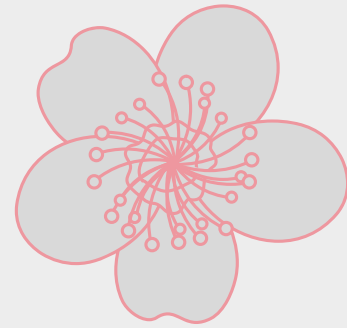


わびさび
wabi-sabi





Making your wabi-sabi T-Shirt - kit & pattern



1

The first stage of any successful sewing project is to **gather together everything you need before you start.**

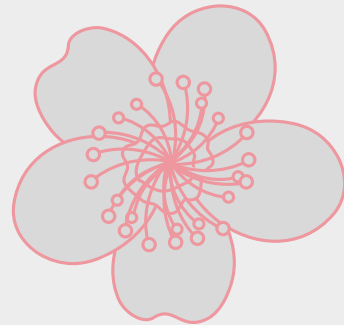
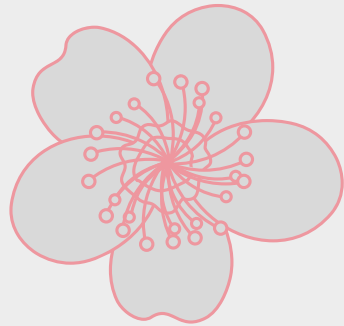
Your kit comes in cardboard packaging and a biodegradable potato starch tough sack. Here at wabi-sabi we believe in avoiding plastic packaging as much as we possibly can.

Inside you will find the wabi-sabi T-shirt printed panel - we use a sublimation printing method on an excellent quality stretch lycra fabric (if you have ordered the kit). We also include a pattern and this can be used as a template and allows you to make as many T-shirts as you want to in your own fabric in the future!

If you purchased the pattern on its own please see the following pages for guidance on how to place the pattern pieces on your fabric.

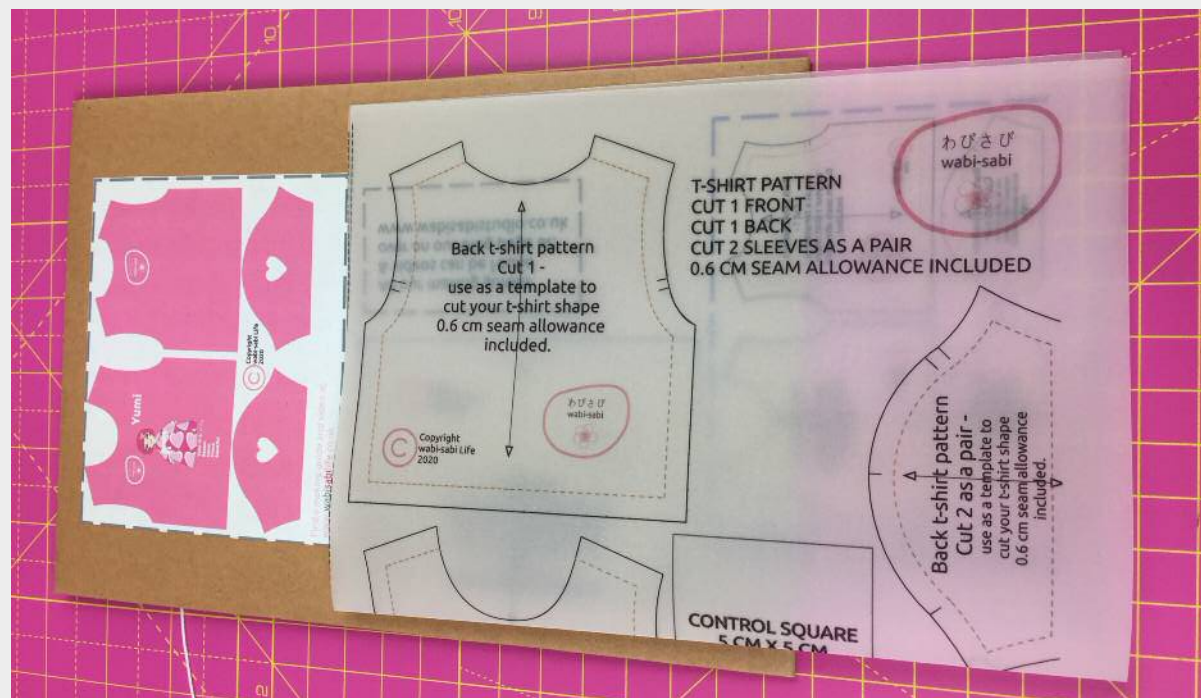
We also have a video for you to follow if you prefer a visual guide!





Making your wabi-sabi T-Shirt - kit & pattern

1



Gather together everything you need

2

A sewing machine (optional)

A hand sewing needle.

Some good quality sewing thread.

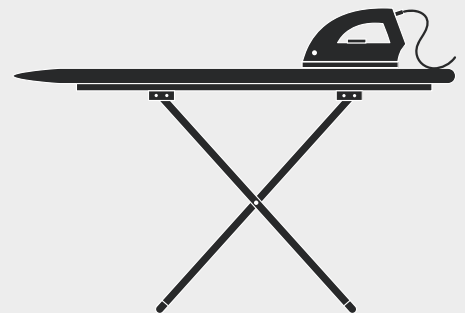
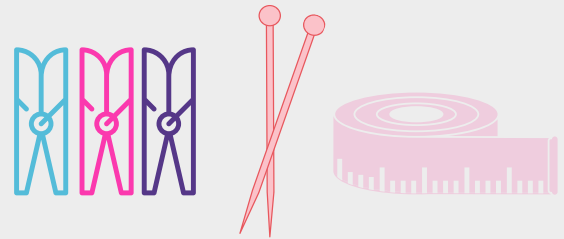
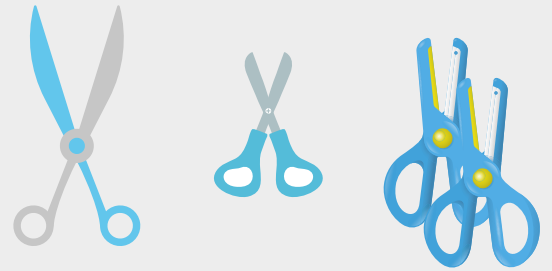
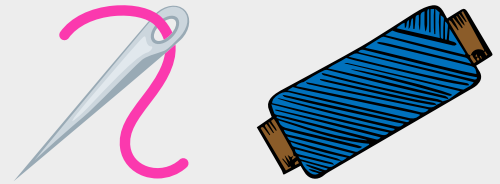
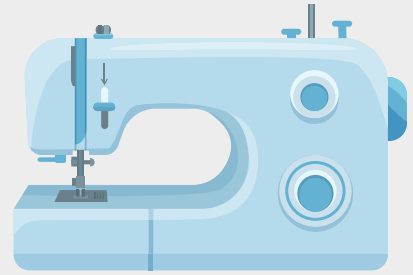
You can sew our projects together by hand or use a machine - it's up to you!

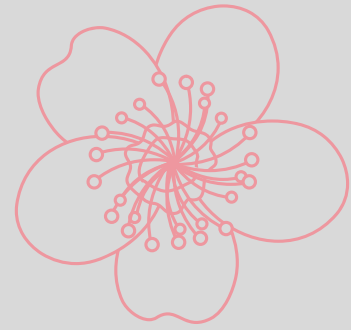
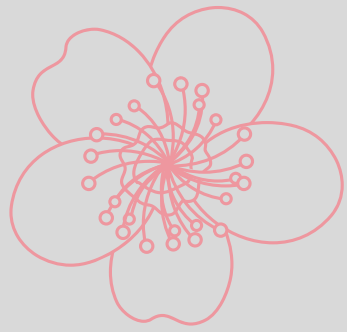
You will also need some fabric scissors for cutting out your pieces, snips for cutting loose threads are useful but not essential. If you are cutting out the paper pattern pieces you will also need some paper scissors.

Fabric clips are best to hold the layers of fabric as you sew. A tape measure is also useful when making clothing.

Note we do not recommend using pins if you are making for or with a child - disappearing fabric marker pens are also useful but not essential.

A pressing station to press your seams as you go along and again please make sure children are supervised at all times.





Cutting out



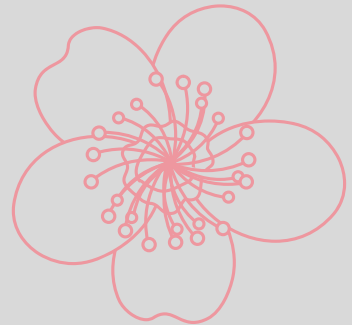
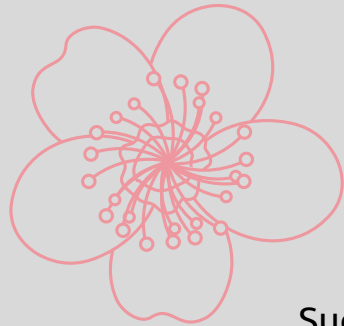
3 You may want to press your fabric before you start to cut out.

If you have our kit then go ahead and carefully cut out your T-shirt pattern shapes - take your time.

Now use the pattern pieces to mark the sleeve and armhole notches from the pattern onto the fabric. I use a disolvable fabric marker pen for this.

If you purchased the pattern on its own or you are using a fabric of your choice please follow the guidelines on the following pages for cutting out.





Cutting out continued

3

Suggested lay plan guide for cutting on a flat piece of fabric. Note that the sleeve pattern piece is flipped over for the second piece so that you have a left and right side for the sleeves.



Lay out guide - 22 cm wide x 18 cm length

Back t-shirt pattern
Cut 1 -
use as a template to
cut your t-shirt shape
0.6 cm seam allowance
included.

Front t-shirt pattern
Cut 1 -
use as a template to
cut your t-shirt shape
0.6 cm seam allowance
included.

Back t-shirt pattern
Cut 2 as a pair -
use as a template to
cut your t-shirt shape
0.6 cm seam allowance
included.

Back t-shirt pattern
Cut 2 as a pair -
use as a template to
cut your t-shirt shape
0.6 cm seam allowance
included.

Note: Flip the sleeve pattern piece to create a mirror image





Lets prepare to start sewing!

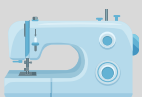
Sewing 1 shoulder seam

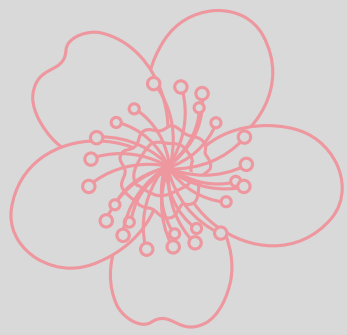


- 4** Place the back t-shirt with the right side up on the table, now place the front t-shirt so that the right side is facing downwards, so you have right sides together, match at the shoulder seam and sew one shoulder seam only. The other shoulder seam is left open in order to make the neck binding easier. NOTE - I use a scrap of fabric to sew off to avoid the machine chewing up these small seams.

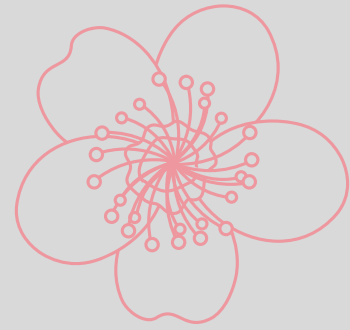


How you choose to neaten the seams is up to you - if you have a serger or overlocker the seams are designed to be wide enough to take an overlocked edge. As this fabric is a stretch Lycra then the fabric will not fray so the seam edges can be left raw.



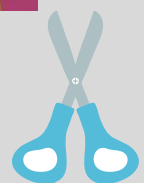
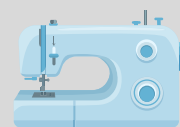


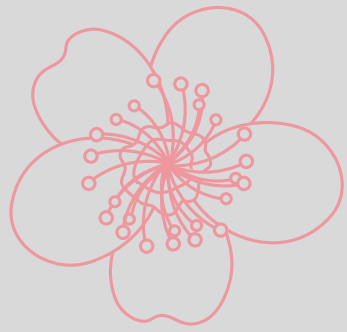
Sewing the neckline binding FOE



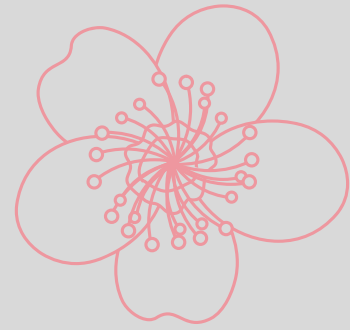
- 5** You can now apply the fold over elastic binding to the neckline. This can be done in one step, place the edge of the seam allowance to the fold line in the center of the FOE to enclose the raw edge - zig zag stitch the FOE in place - I leave about 2 cm (3/4 inch) as a run on and run off piece, these extensions can then be left on to help with the next step.

If you are unsure of this technique then please head over to our blog page where you can find lots more useful tips at www.wabisabistudio.co.uk and a link to a detailed video on this.



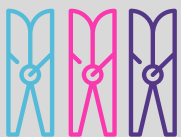
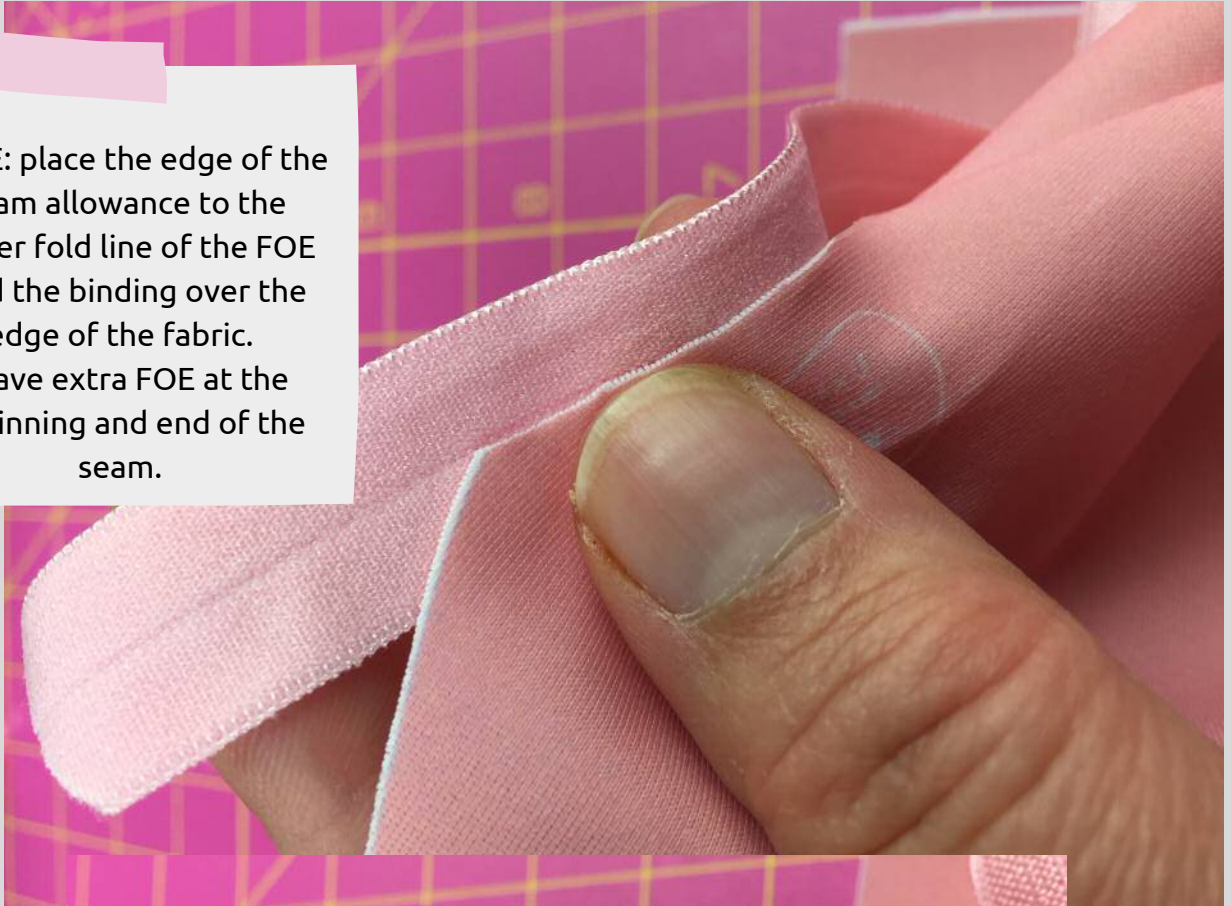


Some more pictures to help you

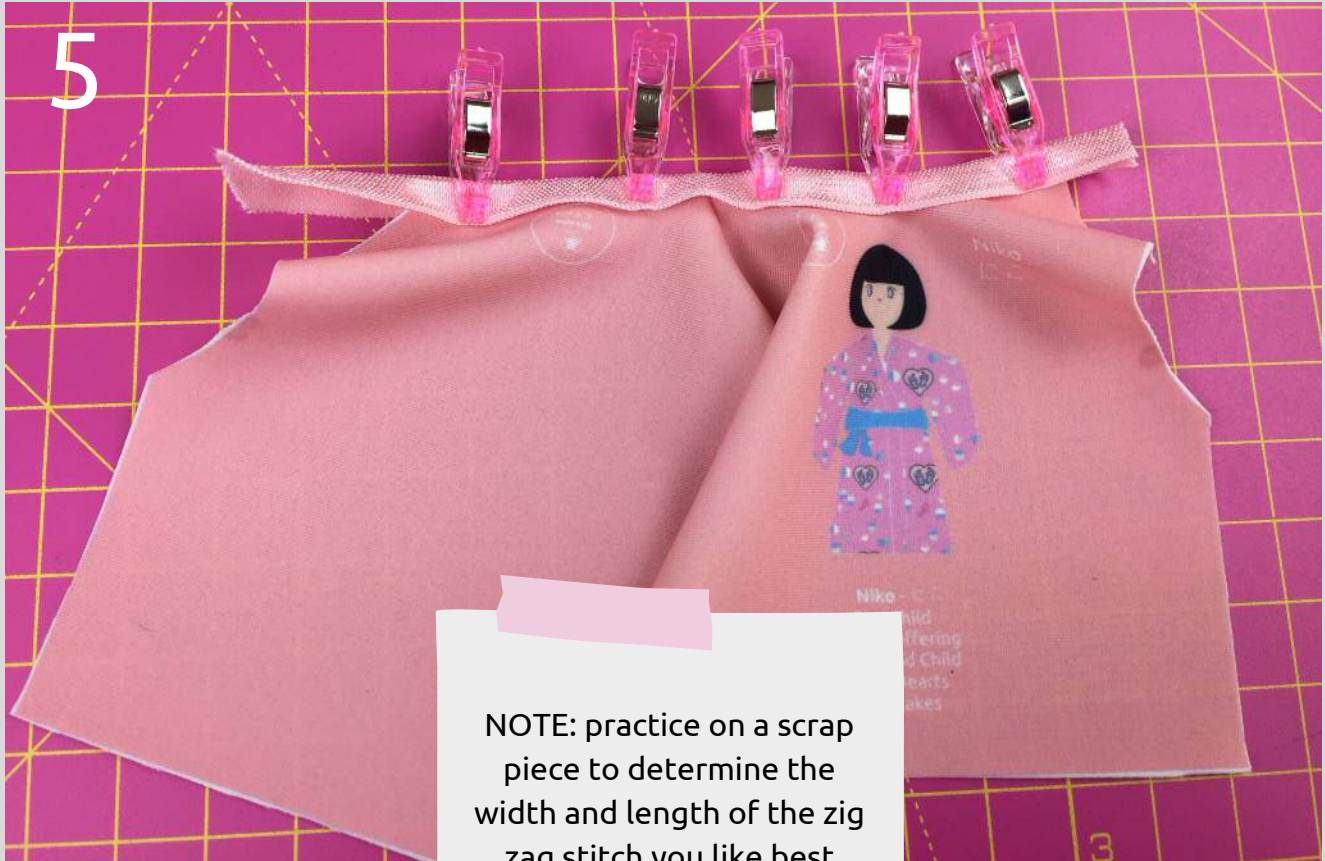


5

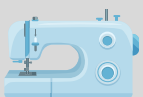
NOTE: place the edge of the seam allowance to the center fold line of the FOE
Fold the binding over the edge of the fabric.
Leave extra FOE at the beginning and end of the seam.

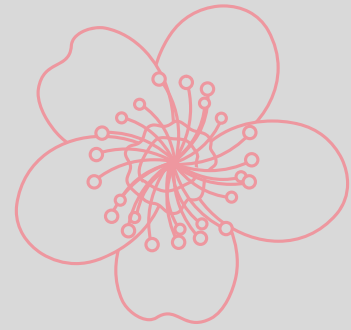


Some more pictures to help you
Please see our blog page for more help on
applying FOE



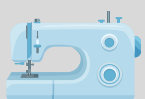
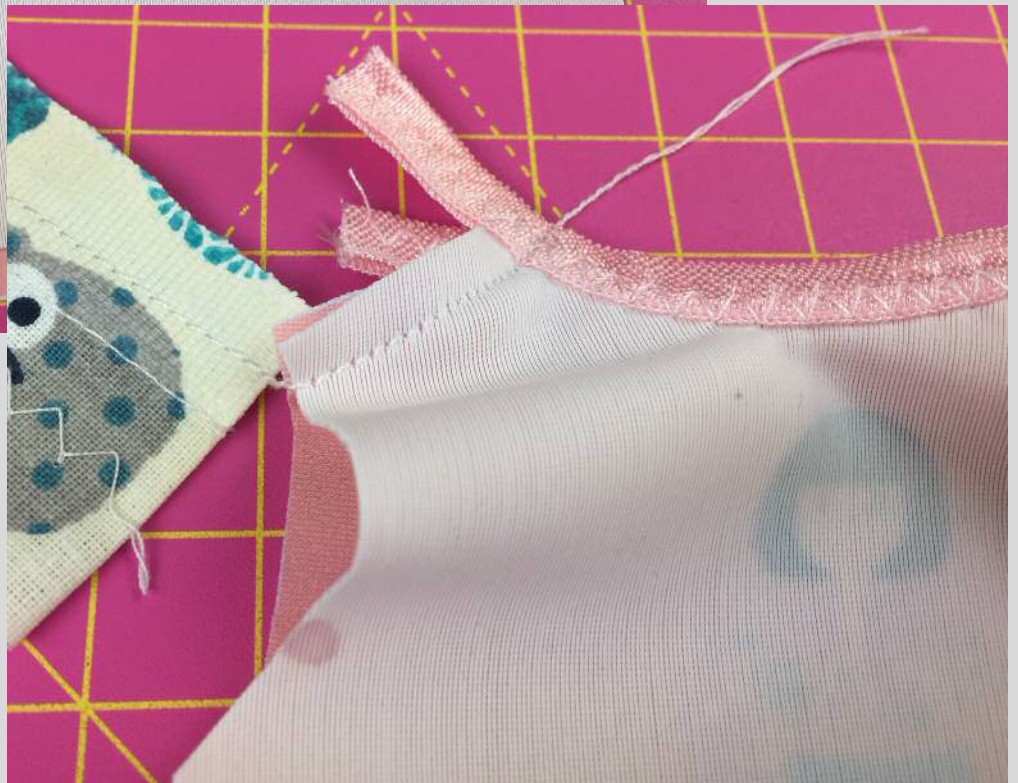
NOTE: practice on a scrap piece to determine the width and length of the zig zag stitch you like best I use 3.5 wide and 3 long, however all machines are different.





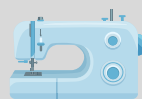
Sewing the second shoulder seam

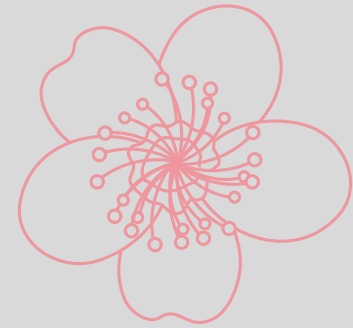
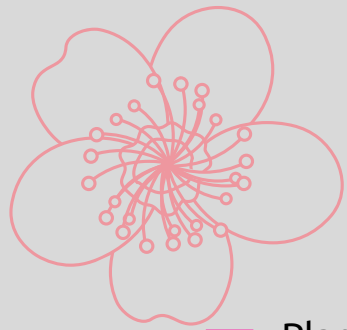
- 6** Now sew the second shoulder seam - I leave the end pieces of the FOE uncut for now, as they help when sewing the shoulder seam - they are great for holding the work.



Shoulder sewing continued

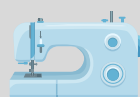
- 6** Once you have sewn the second shoulder seam you can trim down the FOE ends to match the seam allowance.

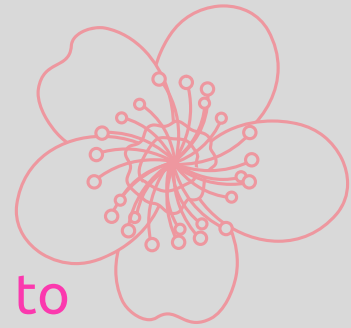
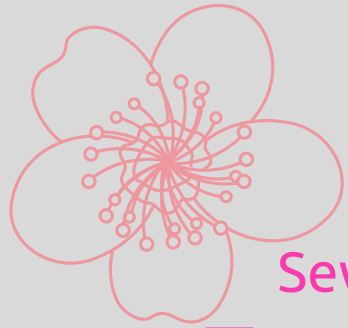




Sewing in the sleeves

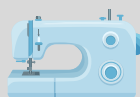
- 7** Place the sleeves to the T-shirt, with the right sides together, matching all the notches, note that the front sleeve and armhole have 1 notch and the back sleeve and armhole have 2 notches. The notches can be found on your pattern pieces. Go ahead and stitch the sleeves into the armholes from underarm to underarm - note that we are leaving the side seams open for now.

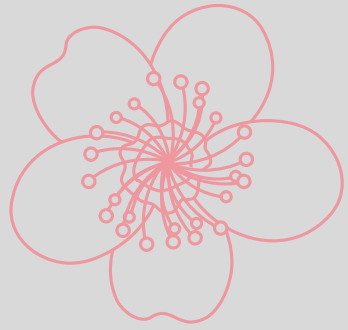




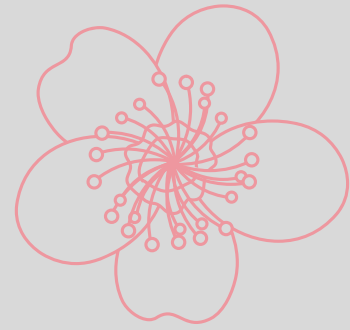
Sewing in the sleeves - more pictures to help you

7

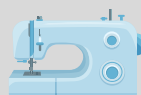
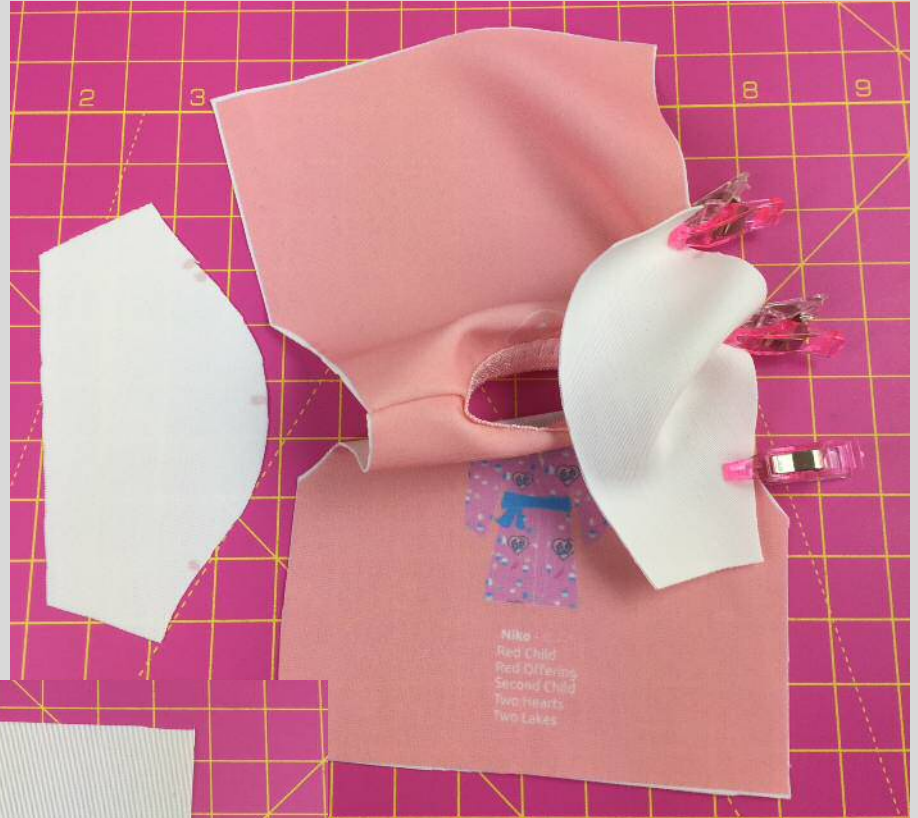


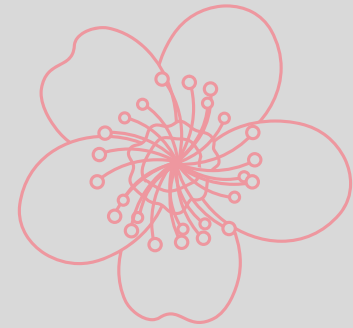
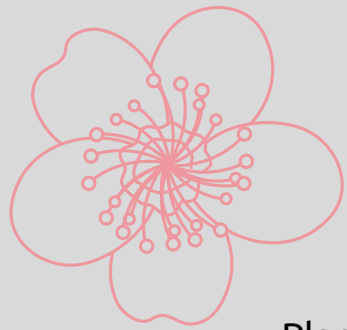


More pictures to help you



7

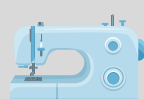




Binding the sleeve hems

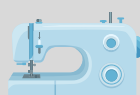
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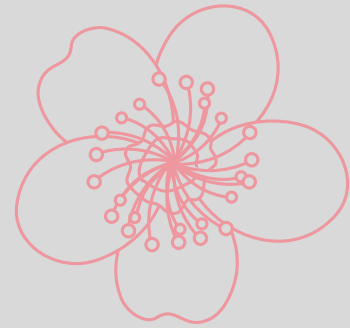
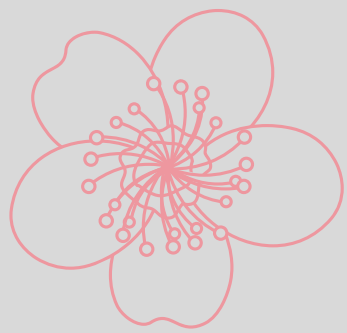
Place the FOE binding to the sleeve hems and apply as before using a zig zag stitch. If you need more detailed help with this technique then head over to the blog page for more methods and instructions



Sewing 1 side seam

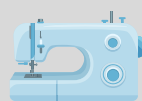
- 9 Before you continue to sew the first side seam, turn the garment through to the right side and check all your seams are correct. Continue to sew just one side seam by placing the right sides of the garment together and sew from the underarm to the hem line, make sure the armhole seams face towards the sleeve hem.

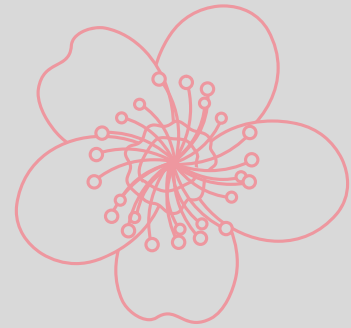
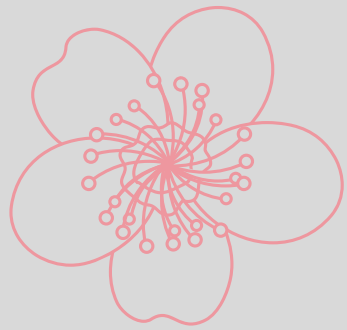




Binding the hem line

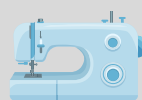
10 Now you can apply the FOE binding to the hem line in the same way you applied the neckline and the sleeve hem binding.





Completing the final side seam

11 Now stitch up the second side seam to complete the t-shirt!



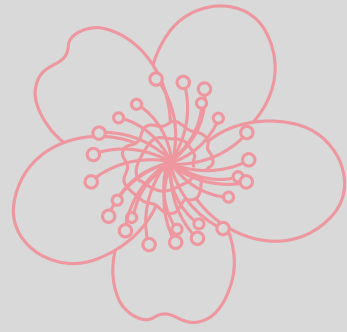
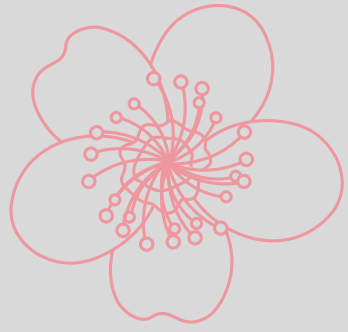
Turn through & press

12



Your T-shirt is complete! Turn the garment through and give a gentle press, snipping all loose threads before you try the t-shirt on your doll.





Try the T-shirt on!



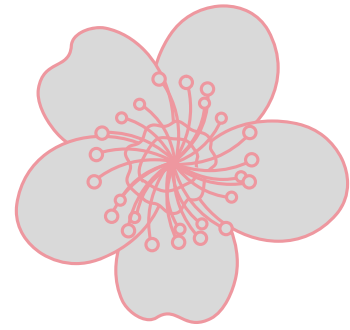
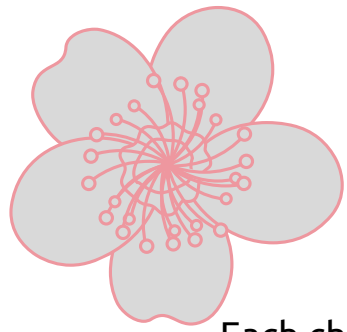
Why not try one of our other projects

Now your project is complete - why not try one of our other Wabi-Sabi doll kits - we have a range of characters!

We also have kits for our doll outfits, and each doll has it's own unique fabric and specially designed t-shirt.

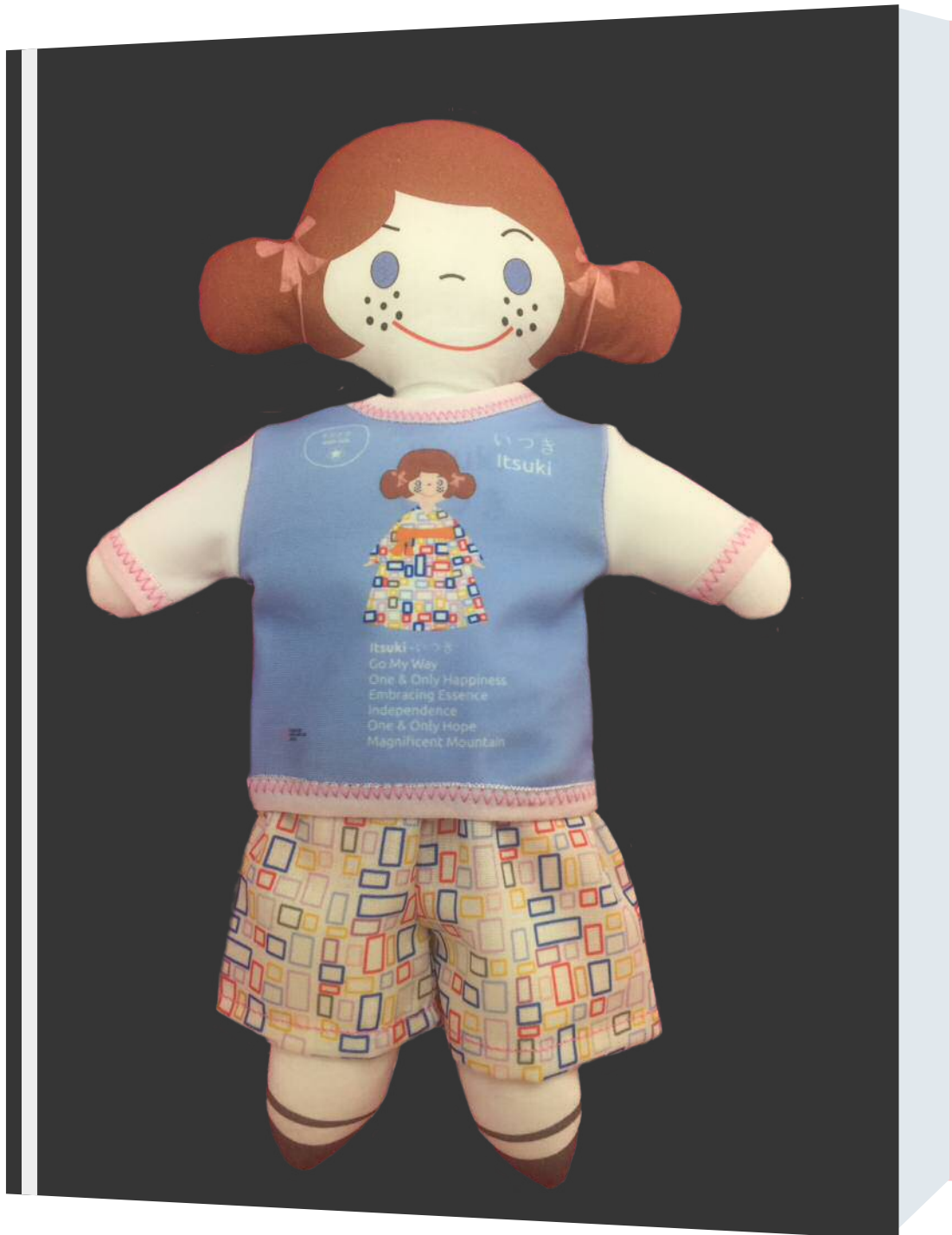


Itsuki is one of our favorites!

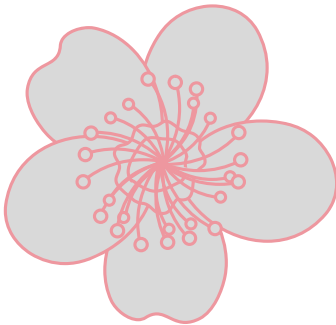


Each character has their own t-shirt and specially designed fabric!

Itsuku wearing a unique t-shirt design and shorts made in a favorite fabric.



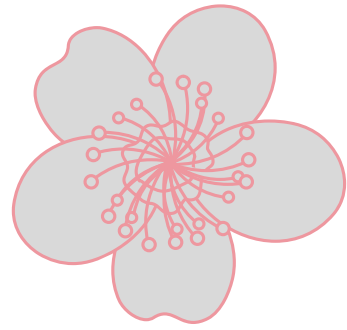
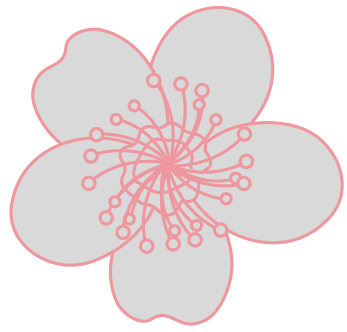
www.wabisabilife.co.uk



We have an ever increasing range of doll clothing patterns...



All our doll clothing patterns are available in kits with fabric supplied, or as PDF patterns that you can instantly download at home .

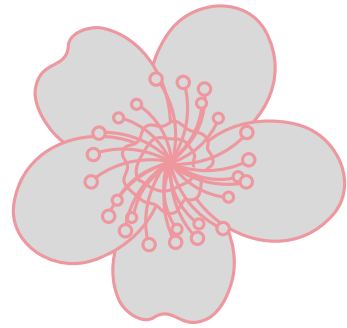
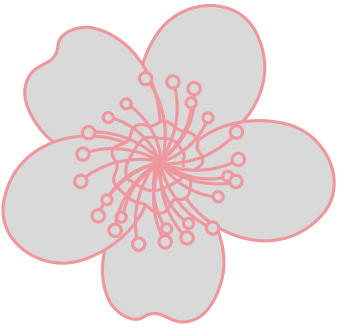


We also have lots of doll sized fabric prints and doll sizes trimmings in our Etsy shop



Have you tried our bag & purse projects?

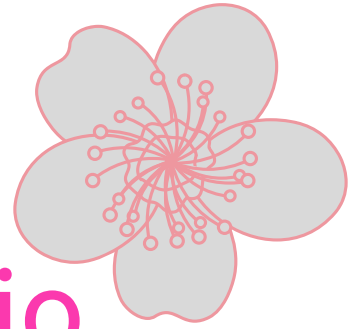
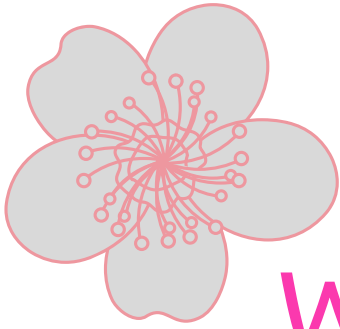




Plus lots more Wabi-Sabi creative projects!



and lots more to come...



Wabi-Sabi Studio

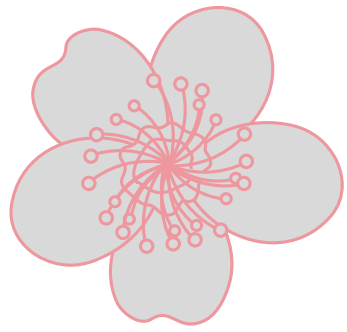
JOIN US OVER AT OUR BLOG



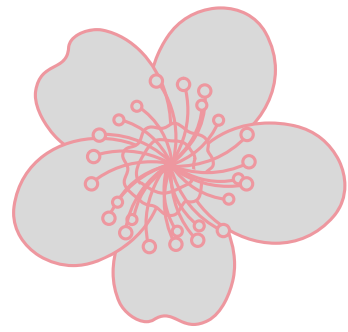
Find lots of help and advice over at our blog page
Wabi-Sabi Studio.

Including an area where you can access our pdf
guides and templates

www.wabisabistudio.co.uk



Wabi-sabi Life



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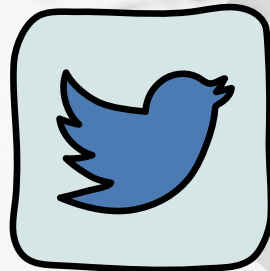
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