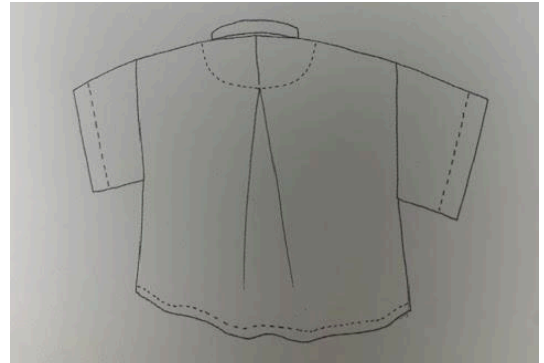
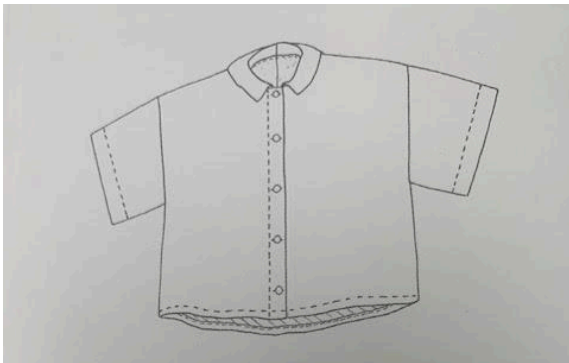


SEW FAB

SUSTAINABLE | COMMUNITY | EDUCATION

Zero Waste Workshop - Sew a Shirt



This course aims to:

Provide you with an introduction to the general principles and skills of zero waste sewing by making a Shirt. It is an oversized, wide sleeved boxy shirt made of a woven fabric fastened by buttons. The back has a neck facing and a pleat.

We will be following the instructions from the book Zero Waste Patterns by Birgitta Helmersson. Zero Waste sewing uses all the fabric with no pieces leftover for the scrap bin. Ideal for thrifted or leftover fabric from other projects. There are no paper templates for the garment - shapes are measured and drawn directly onto the fabric.

We will cover how to draw out the basic shapes, cutting fabric and assembling the garment sewing straight seams.

Who is this course for?

Suitable for those who have used a sewing machine before and can confidently thread up and change basic settings. There is optional use of an overlocker to finish seam edges -basic instruction can be provided.

What will I be able to do by the end of the course?

- Make a pleat
- Construct and attach a collar
- Use bias binding as a finish for edges

- Attach a neck facing
- Sew a double turned hem
- Sew buttonholes to shirt front placket

What materials do I need to buy?

Most fabric types would be suitable. Zero Waste patterns do not work with one-way print (eg flowers growing up) or anything with a nap (velvet or corduroy). Plain, spot or all over patterned woven fabric such as cotton or linen is ideal. Please wash all fabric before use to avoid shrinkage at a later date.

Any light to medium weight fabric like cotton lawn, shirting, or linen would produce a successful result. Drapey fabrics like viscose or satin, whilst harder to work with, could create a more luxurious feel to this garment .

Materials Required

- 1m of cotton bias binding 4cm wide
- 5 buttons 1-1.5cm in diameter
- Lightweight iron on interfacing for collar and button placket 70cm x 20cm approx
- Matching thread(s)
- Fabric

The shirt fabric needs to be 90cm long and for width see below table and select according to your body measurements. Use this link for information on measuring yourself:

<https://blog.cashmerette.com/2020/10/how-to-measure-yourself-for-sewing.html>

FABRIC WIDTH	MAX. CHEST/BUST	MAX. HIP
135 cm (53 in.)	96 cm (38 in.)	104 cm (41 in.)
140 cm (55 in.)	101 cm (40 in.)	109 cm (43 in.)
145 cm (57 in.)	106 cm (42 in.)	114 cm (45 in.)
150 cm (59 in.)	111 cm (44 in.)	119 cm (47 in.)
155 cm (61 in.)	116 cm (46 in.)	124 cm (49 in.)

Finished shirt length: 62 cm (24½ in.), measured from shoulder to finished hem. This length can easily be altered on the cutting plan to suit your needs.

Finished sleeve length: When using a 145-cm (57-in.) wide fabric, the sleeve length is approximately 45 cm (17¾ in.), measured from the neck to finished hem. This length varies slightly with different fabric widths and can be altered when turning up the hem.

The Shirt can be sized up further by adding a panel in the centre back, so bring additional fabric if you wish to do this.

Our sewing studio is well stocked with sewing tools equipment including Janome sewing machines and overlockers.

Local Fabric Suppliers :

[Ditto Fabrics, Kensington Gardens, Brighton](#)

[Cloth Control, Kensington Gardens, Brighton](#)

[Haberdashery & Fabrics, 73 Western Road, Brighton](#)

Online Suggestions:

[Fabricgodmother.co.uk](#)

[Fabricland.co.uk](#)

[Minerva.com](#)

[Frumble.co.uk](#)

[Raystitch.co.uk](#)

[Merchantandmills.com](#)